

Visiting Hours

# Healthy Weight, Plate And Living

BY RACHEL PINOS

Avera Sacred Heart Hospital & Hy-Vee Dietitian

January 15-21 is Healthy Weight Week. Do you know what your healthy weight is? Are you at your healthy weight? It is not just a number on the scale, but the weight your body finds when you are eating healthy and are physically active. Dietitians often use a formula based on your height and weight — called the body mass index (BMI) — to determine if you are at a healthy weight. Maintaining a healthy weight reduces your risk of health problems associated with obesity such as heart disease, diabetes and high blood pressure.

If your BMI is between 19 and 24.9, you are at the recommended healthy weight range for your height. However, you still may have an increased disease risk if you are not physically active and making healthy food choices.

If your BMI is 25 to 29.9, you are in the overweight category. This may or may not be unhealthy, depending on some other things like your waist size, level of physical activity and healthy food choices. However if your BMI is 30 or higher, you're in the obese category. You may need to lose weight by changing your eating habits and increasing physical activity to improve your health. The good news is even small levels of weight loss can improve or prevent the health problems associated with obesity.

One of the easiest things you can do to



improve your health involves using a tool you already use every time you eat — your plate — and how you fill that plate. Using your plate as a guide can help you eat the right foods and right amount of foods for bet-

ter health. Check out [www.MyPlate.gov](http://www.MyPlate.gov) for a personalized eating plan and follow these healthy eating tips:

- Consider the size of your plate. Try using a 9-inch plate as a way to reduce portion size and calories.
  - Review the food groups. What foods fit into each section?
  - Visually divide the plate or bowl in half. Fill half of the plate with veggies and/or fruit. Fill one-quarter of the plate with lean meat or protein. Fill one-quarter of the plate with grains, including whole grains as much as possible.
  - Add one serving of low-fat milk, yogurt or cheese.
  - Know proper portion sizes for each MyPlate™ section. You still need to measure! Focus on whole, low-fat foods: Fresh or frozen fruits and vegetables Whole grains Fresh, lean protein Skim milk Cheese and nonfat yogurt.
- When making lifestyle changes always remember to set healthy, realistic goals. When you make changes step-by-step and set realistic goals, you are more likely to succeed in reaching them. Start with two or three specific, small changes at a time. Track your progress by keeping a food and activity log. When you've turned a healthy change into a habit, reward yourself with a fun activity.

# Powerful Role Models Make A Difference

EDITOR'S NOTE: Dr. Farmer chose this column published in January 2003 as one of his favorites

BY VAL FARMER  
[www.valfarmer.com](http://www.valfarmer.com)

Do you remember those individuals in your life who inspired you, helped the most, and took a special interest in your life? What did they do? What made them so extraordinarily influential? Now take out a pad of paper and jot down their qualities.

Patrick Carnes, a psychologist and author from Minnesota tells of a professor he had while he was a graduate student. Once when Carnes told his professor he needed to leave school for a semester to regroup his finances, the professor took out his checkbook and wrote him a check to cover tuition.

Carnes was told, "Repay me when you have it." This same professor asked for everything Carnes had written during the past five years — letters, papers, research projects, etc. Everything. That was a lot because Carnes had previously taught history at the university level.

Six months later the professor returned the materials along with a 20 page synopsis describing his student's thinking style. That story takes my breath away. What an incredible act of unselfish devotion!

**My story.** I have a story too — one about my older brother Scott. My father was an alcoholic and gone from the home frequently during my teen-age years. Scott was six years older than I. I say "was" because he died in an airplane crash at age 27.

He went to college and was a starting fullback at Brigham Young University — a fraternity member, campus hero, and quite a character. Everyone loved him. He had an engaging personality and a sense of humor. He was a good student and a devoted friend. He had a zest for life that was rare and contagious.

He played the greatest prank in the history of the university. To the coeds, he was a "Greek god." Everyone knew who Scott Farmer was.

**Time for family.** It is easy to understand how someone like that might be caught up in his own life and not have time for his family. Not Scott. He was concerned about his family back home. In the parlance of addiction and family life, some might call him a "family hero."

Can you imagine how someone 19 might befriend and nurture two younger brothers, ages 12 and 13, and shepherd them through their adolescence? He would write countless letters, send money, give encouragement, and take an interest in our activities and accomplishments.

Scott planned and paid for a family trip to the Rose Bowl and parade. He arranged for us to visit him at his summer job at Kennecott Copper Company in Utah. When my brother Larry and I were 17 and 18 years old respectively, Scott paid our way to Hawaii to spend the summer with him.

Imagine that — a 25-year-old bachelor wanting two snott-nosed little brothers to cramp his style. Evidently his lifestyle wasn't as important as giving an experience of a lifetime to his brothers. I joined him again the following spring for another six months.

He didn't just give me a vision of what I could be like. He took me aside and gave me heart-to-heart talks about what he noticed in my life and how I could improve. In fact, my last conversation with him before I left Hawaii was about things I needed to do to improve in my relationships with others. Five months later he lost his life.

**What I learned.** What did I learn from Scott? His example molded my personality. He taught me to take risks, to think big, to be socially engaging and thoughtful. He shared his wisdom and experiences. He had a spiritual core.

Because he believed in me I came to believe in myself. He opened the doors of opportunity. He gave genuine help. He went out of his way and sacrificed himself when he didn't have to. He had boundless energy. He released energy in me. He believed in family and family ties. He gave me vision. He cared when he didn't have to.

It wasn't just the two of us. It was my mother, my sisters, my youngest brother, and his friends. Countless people were touched by his generosity and friendship. How he found time for all of this and still had time to live his own life packed with accomplishments is beyond me.

It wasn't perfect, though. A girlfriend of his, in her frustration, described why Scott was an elusive matrimonial prospect. "It's his family." He couldn't let go enough to make his own commitments.

Despite coming from a poor family, my brother Larry and I both obtained doctorates in clinical psychology. We are both indebted to an older brother who embraced and nurtured us. We know how influential he was.

Let's appreciate those special teachers, youth leaders, clergy, mentors, coaches, music and drama instructors, siblings, aunts and uncles, and grandparents, who go the second, third and fourth mile in young people's lives. I had that. Patrick Carnes had that. Our lives will never be the same.

We, who have been privileged to receive such unselfish gifts of love, can pass them on to others.

For access to Dr. Farmer's archived writings or for his books on sale, you can visit his website at [www.valfarmer.com](http://www.valfarmer.com). Those who wish to share how this column has impacted their lives can do so by sending him an email at [val@valfarmer.com](mailto:val@valfarmer.com) or writing him at P.O. Box 207, Grover, MO 63040.

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Val FARMER

# Chronic Kidney Disease Conference Dates Set

Avera Education & Staffing Solutions (AESS) and Yankton Rural Area Health Education Center (AHEC) will host the fifth annual Chronic Kidney Disease Conference on Feb. 8 in the Professional Office Pavilion and Education Center on the Avera Campus in Yankton.

This annual update is a full day workshop for health care professionals and provides an opportunity to learn about the newest trends in kidney disease.

Pre-registration is required and open to all healthcare staff, dietitians, dialysis technicians, social workers, diabetic educators, pastoral care providers, medical students and nursing students located throughout the Midwest.

The Chronic Kidney Disease Update/2012 is being co-sponsored by Genzyme Corporation.

The conference is designed to highlight clinical updates for best practices in the management and support of patients and provide current information that applies directly to your practice and patients.

Featured speakers for the 2012 workshop include:

- Sister Elena Hoye will speak

on the "Value of Spirituality in its Challenges with Chronic Kidney Disease." Sister Elena, a Sister of the Presentation from Dubuque, Iowa, is the Vice President of Mission at Avera Sacred Heart Hospital in Yankton.

• Dr. Chuma Mbaeyi will present on the "Prevention of Health Care Associated Infections (HAIs) in Dialysis Units." Dr. Chuma is an Epidemic Intelligence Service (EIS) Officer with the Centers for Disease Control and Prevention (CDC) in Atlanta. Through his work in the Division of Healthcare Quality Promotion at CDC, he has participated in a number of public health response activities involving dialysis facilities and transplant centers in the U.S.

• Dan and Jill Johnson will present an energizing session on "Laughter Yoga." Dan and Jill Johnson are laughter professionals and owners of Joyful Living, a business that brings more joy to your personal and business life



through laughter. They are Certified Laughter Yoga Leaders and Trainers.

• Marianne Wolfe-Hutton will present on "Nutritional Challenges of Dual Diagnosis: Chronic Kidney Disease and Diabetes." Wolfe-Hutton is a Registered Dietitian, Certified Diabetes Educator and Board Certified in Renal Disease. She

brings her expertise having worked for four of the largest dialysis providers in the U.S. as well as her experience as a Renal Case Manager for one of the biggest HMOs in California.

• Catherine Garvey will present on "Organ Transplantation of the Person with Diabetes and Kidney Failure." Garvey is the Clinical Director of Transplant at the University of Minnesota Medical Center, Fairview, Minn. As a nurse and clinical transplant coordinator, Garvey participated in the development of non-directed kidney donation and has presented widely on living donation and

transplant topics.

For more information on this program or other upcoming events, contact Avera Education & Staffing Solutions at 605-668-8475 or visit [www.averasolutions.org](http://www.averasolutions.org). We have successfully provided health care education, training, consulting and staffing solutions for more than 35 years.

Avera Education & Staffing Solutions is an Approved Provider of continuing education by CNE-Net, the education division of North Dakota Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This continuing nursing education activity is supported through unrestricted grants and exhibits. This does not imply ANCC Commission on Accreditation, CNE-Net, or Avera Education & Staffing Solutions approval or endorsement of any product.

Application for contact hours has been made to CNE-Net, the education division of the North Dakota Nurses Association, an accredited approver of continuing education by the American Nurses Credentialing Center's Commission on Accreditation and SD Board of Social Work Examiners.

# Wind

From Page 1

ago by Duluth-based Minnesota Power, is devoted almost entirely to carrying wind energy out of North Dakota, Gackle said.

South Dakota wind developers received some good news in December, when the Midwest Independent Transmission System Operator, a nonprofit regional transmission organization, approved 17 new transmission lines.

Three of those will help move wind energy out of South Dakota, and they've received a special status allowing the companies building them to spread the cost of

construction throughout the region, Gackle said.

The Brookings Line, a \$730 million high-voltage line that will begin at a substation north of Brookings and run nearly 240 miles to a proposed substation southeast of Minneapolis, is scheduled to be in service by 2015. The joint project of 11 utilities, including Otter Tail Power and Xcel Energy, has already received permits from the South Dakota and Minnesota public utilities commissions.

Two more lines running from Elendale, N.D., to Big Stone and from Big Stone to Brookings also received MISO approval and will qualify for cost sharing, but those lines haven't yet received state regulatory approval.

The other major factor hampering wind development is uncer-

tainty about the production tax credit, a federal incentive that helps offset the cost of electricity production during a wind farm's first 10 years of operation. The credit will expire at the end of this year unless Congress passes an extension.

Rebenitsch said companies want certainty, and a 3- to 5-year extension instead of more typical 2-year extensions could spur more development.

"They're kind of putting things on hold to see what happens," he said.

But, the pending expiration date is also spurring development, by pushing some companies to get turbines spinning by Dec. 31.

North Dakota regulators in October approved construction of a 105-megawatt Minnesota Power

wind farm in Morton and Oliver counties that calls for construction of 35 turbines. And two companies formed by NextEra Energy Resources have applied to build 30 turbines in north-central Morton County and 62 turbines in northern Burleigh County.

Jerry Lein, a PSC utility analyst, said the three projects remain under review.

Rebenitsch said South Dakota has a phenomenal wind resource, but it needs to improve access for potential customers.

"We're a little bit like the farmer without a road to the market," he said. "You can have all the grain in your bin, but if you can't get it to market, it's just difficult to plant the next crop."

# Extension

From Page 1

my commissioners are behind me and willing to fund this office and support 4-H," she said. "I think they realize that 4-H has the potential to grow in our county and across the state."

Under the Extension restructuring formula, Bon Homme partnered with Yankton and Clay counties to meet the minimum number of young people for a state-provided 4-H advisor.

Bon Homme County Commission chairman John Pesek said his board was committed to participating in the state program.

"It's so important to us that we maintain Extension and 4-H in Bon Homme County," he said. "And it's important that we keep the office going in Tyndall."

Bon Homme County Commissioner John Hauck agreed that maintaining the Extension office is crucial.

"When it comes to Extension and 4-H in Bon Homme County, it's been important all these years," he said. "There was no way we were letting it disappear. It would be a loss for our people if we didn't have it."

The full impact of Extension restructuring is hitting the general public, Hauck said.

"It's been in the media that

something was going to happen (under restructuring), but it's not something that people are going to pay attention to until they have a question or a problem," he said. "Now, they are finding out more about it when they come to the office needing something."

Hamilton has remained busy since last fall's departure of Extension educators from the Tyndall office.

"At first, I was afraid there wouldn't be enough to stay busy after Oct. 21 (when the Extension educators finished their contracts), but there has been a lot going on," she said. "I kept a daily log of where my questions are created (from the public). Most are 4-H related, but I also get questions on other areas."

The continued local presence remains crucial, particularly during this first year of Extension restructuring, Hamilton said. She refers the public's questions to regional field specialists as needed.

"It's hard for our clientele to adjust to that much change," she said. "They were always used to Steve Sutura being available for ag questions, or Amanda Larson being available for FCS (Family and Consumer Science) questions, or anything dealing with Character Counts or food preservation."

"People want to know they can walk through the door and still find someone there that can help them. If people figure that someone won't be there for them, they

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MARGARET HAMILTON

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Besides fielding Extension questions, Hamilton works with Will Kennedy, the new 4-H and youth program advisor for Bon Homme, Yankton and Clay counties. Kennedy formerly worked three years with the Clay County Extension office.

Kennedy maintains a color-coded calendar to keep track of his schedule, Hamilton said.

"Will is dealing with three sets of county commissioners, three sets of (4-H) leaders and three sets of fair boards," she said. "He

has met with several of our (Bon Homme) leaders, and they are working out schedules."

Based on the funding levels provided by each county, Kennedy spends two days each week in Bon Homme and Clay counties and one day per week in Yankton County.

Bon Homme enrolls 73 4-Hers among its five clubs and independent members, Hamilton said. The county also offers the Clover Buds program for 6- and 7-year-old youngsters who want to join clubs but are too young for formal competition.

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Bon Homme County will maintain its own Achievement Days but could continue sharing events such as special foods contests and horse shows with neighboring counties, Hamilton said.

"Keeping our own Achievement Days was really important to people," Hamilton said.

Hauck agreed, noting the large volunteer turnout to put on Achievement Days and the accompanying barbecue.

The Bon Homme County Commission's continued Extension funding kept the county 4-H program alive, Hamilton said.

"If we lose that (state) connection, 4-H will go by the wayside. It's a very important program," she said. "I am seeing our second generation of families with kids in 4-H. There is real dedication on the part of those families."

While the restructuring brings growing pains, Hamilton sees tremendous potential for 4-H programs.

"It takes time to see 4-H branch out. It's not overnight," she said. "It's a process, where hopefully we'll see a large increase in the next five years and that they will have the opportunity to do more special programming with things like after-school programs and Boys and Girls Clubs."

The current 4-H year is already flying by, Hamilton said.

"Soon, we will be busy with a number of activities," she said. "We have public presentations, fashion review, horse shows, and then it's Achievement Days and State Fair. Where did the time go?"

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