

Visiting Hours

Volunteers Can Offer Inspiration To Others

BY CARLA HUMMEL, CAVS
Avera Sacred Heart Hospital

Is it more to be inspired by others, or to do inspiring things? Although we are inspired every day by people volunteering their time, sharing their talents and providing compassion, doing things that may inspire others also has benefits. More often than not, you receive much more than you give.

It's the little acts of kindness that often touch the hearts of so many. The opening of a door when someone's hands are full. The smile that helps brighten a day of someone having a tough time. Or the willingness to do a little something extra that takes the pressure off someone else on a really busy day.

Avera Sacred Heart has a great list of volunteer opportunities to inspire:

At Avera Yankton Care Center and Majestic Bluffs, there is always an activity that could use a couple extra hands. Many residents are in a wheel chair and appreciate assistance getting to their destination. Sometimes just a ride with a little conversation can make a world of difference.

If you like Bingo, it is available at either location three days a week. Bingo is usually followed by coffee time and fellowship with the residents - and time they cherish. Bingo not your game? Checkers, cards and other board games are available. You could help turn any evening into a fun-filled, memorable game night.

At the hospital, we have a couple places that are getting particularly hit by the "snow bird" bug. We need some volunteers in the TEAM office. TEAM is a group of volunteers who answer calls from 8 a.m.-3 p.m. for various requests throughout the hospital and adjoining buildings. The TEAM members escort patients out of the hospital after discharge, bring some meal trays from the kitchen to patients, deliver mail or packages, and much more.

The Gift Shop in the hospital is also in need of some volunteers. Completely staffed by volunteers, this cute little shop is a great place for finding a gift for a loved one, grabbing a pop and candy bar or just passing a little time while a loved one is having something done. The volunteers in this area help people with an eye toward healing in a different way.

Another hospital opportunity is the Patient Liaison program. This volunteer interviews patients helping us to make sure pain is being managed, food is good and the patients know what to do when they are discharged.

At Majestic Bluffs, there is a new assignment called Dining Assistant. This volunteer helps some of the residents who may be challenged when it comes to feeding themselves. This assignment does require a little training but is guaranteed to be rewarding.

Thank you for your inspirational little acts of kindness!

If inspiration was as aromatic as a cup of coffee, we would drink it.

If inspiration was as flavorful as a cookie, we would eat it.

If Bingo spelled Inspiration, we would surely yell it. Let's all find our inspiration and put it into action.

Hummel is the director of Volunteer Services at Avera Sacred Heart Hospital. To check into these opportunities to inspire, contact Hummel at chummel@avera.org, phone 668-8104, or stop by and ask for her at 501 Summit.

P&D To Dispose Of Old Photos

The Press & Dakotan has in its files dozens of photos that have been submitted to us during the past several months for publication. If you have not come in to pick up your photo(s), we ask that you do so soon. We will keep the photos on file until Jan. 31, 2013, after which time we will dispose of them.

Dr. Mike Rosmann

BY DR. MIKE ROSMANN

Although dogs were domesticated from wolves as long as 30,000 years ago, available historical and genetic evidence suggests raising animals solely for food and clothing began about 10,000 years ago.

Last week's "Roots of Agriculture" column was devoted to growing crops, a form of agriculture that developed first in the Fertile Crescent of southwest Asia. Today's column is about domesticating animals.

For today's article I drew from Jared Diamond's book, Guns, Germs and Steel, and many other books and articles, both popular and scholarly. A bibliography is available on the website: www.agbehavioralhealth.com.

Dogs and humans have long mutually beneficial relationships. Genetic analyses indicate all canines descend from wolves. Wolves hung around hunter-gatherers such as Neanderthals to scavenge food scraps or eat the people.

Evidence suggests humans probably took care of orphaned pups and kept them for food when little else was available. The animals that were most docile were allowed to breed. Through selection, over successive generations ever tamer pet wolves were produced until they diverged enough to be considered dogs.

With their keen olfactory sense, dogs assisted humans by tracking prey and guarding their human associates. Some scientists speculate humans' need for an acute olfactory sense diminished as they came to rely on the sensitive noses of dogs, and because upright-walking humans no longer had their



Dr. Mike
ROSMANN

during lean times, dogs provided skins and bones for use by humans. Canines benefited by having a steadier food supply than if they depended only on themselves and they experienced protection when proximate to human groups.

What about cats? Cats probably adopted humans, rather than vice versa. Ask cat owners and most will tell you that kitties are more interested in satisfying their needs than yours.

As modern man began some 13,000-15,000 years ago to harvest and store the grains and legumes they raised, rodents that invaded the grain containers were a ready source of cat-food. Cats that hung around humans gradually developed ever shorter "flight distances" and eventually let humans pet them.

Ungulates (animals with hooves) came next on the domestication record. Accumulated evidence suggests sheep and goats

noses close to the ground like their earlier quadrupred predecessors.

Eventually, powerful dogs were harnessed to pull travois (two long sticks strapped to the beasts onto which packs of belongings could be fastened and drug behind the animals) on the ground, or sleds on snowy terrain. Besides serving as food

were the first domesticated livestock, although humans hunted these animals long before they were tamed some 10,000 years ago.

Sheep and goats were good choices for domestication. They provided meat and milk for food. Hair, wool and skins could be used for garments. Horns and stomachs could be turned into tools and storage containers.

Perhaps even more important, sheep and goats possessed few defense mechanisms, such as the sharp teeth and claws many species relied on. Other than butting and running away, they had few behaviors that deterred their domestication.

Many types of sheep and goats also exhibited a natural tendency to group together for safety, which made them well suited for handling.

The first known shepherds were inhabitants of southwest Asia where farming had begun earlier. Wild sheep and goats that roamed the nearby Zagros Mountains were good candidates for domestication. Once again, dogs showed their adaptability as they became herders who assisted their human masters.

Cattle, pigs and horses were tamed some 7,500 years ago. Two types of cattle were domesticated in Asia and Europe.

Bos Indicus, a class of cattle well adapted to warm climates and the presence of pests, inhabited much of southern Asia. These animals were fairly docile. With patience by their handlers, the cows allowed themselves to be milked and they gradually surrendered to being hooked to plows and sledges.

Bos Taurus, a rugged and often ill-tem-

pered animal that was suited to the colder climate of Europe, was harder to handle and slaughter. When crossed with Bos Indicus however, their temperament improved and they became the ancestors of many of our current breeds of cattle.

Pigs were domesticated thereafter because of their capacity to utilize many food sources, including refuse in the expanding Asian agricultural communities. Horses, and their relatives, asses, were domesticated mainly for riding or pulling, as recent as 5,000 years ago in Asia also.

Domestication of chickens likely occurred first in China about 8,000 years ago. Their uses for meat and eggs quickly made them popular across Asia, Europe and Polynesia. Likewise, ducks and geese were tamed first in China, but perhaps only about 2,000 years ago.

Few domesticated animals were available in the western hemisphere. Scientists have established that the first human Americans brought tame dogs with them when they crossed the Bering Strait some 30,000 years ago. The llama was the only indigenous animal that was tamed in the Americas; the Incas accomplished this about 4,000 years ago.

Like raising crops, animal production was important to the emergence of humans as the dominant species.

Dr. Rosmann is a Harlan Iowa psychologist and farmer.

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COLORING CONTEST WINNERS



Local young artists broke out their Crayons and markers to participate in the First National Bank South Dakota coloring contest, which was held during the bank's 50th anniversary celebration. In the age division of "5 Years and Under," Harper Hosmer and Nora Krajewski took top honors. Taking top honors in the "6-10 Years" division was Emma Sedlacek. The winners received a \$50 deposit into their First Savers Account at First National Bank South Dakota.

SUBMITTED IMAGE

AAA: Avoid A Cold-Weather Breakdown

SIOUX FALLS — As 264,000 South Dakotans take to the roads for the year-end holidays, AAA anticipates it will assist more than 1,310 stranded motorists across the state from Dec. 19 to Jan. 2. The auto club will be busy with lockouts, battery replacements, jump starts, winches, changing tires, towing vehicles for repair and more.

"When the weather turns frightful, the least delightful activity is being stranded on the side of the road," said Marilyn Buskohl, spokeswoman for AAA South Dakota. "Please take the time to make certain your vehicle is properly maintained and prepared for holiday driving to ensure it gets you and your loved ones to your destination safely and without incident."

Nationwide, AAA expects to respond to calls for help from 1.2 million motorists over the final 13 days of 2012 and into the first two days of the new year.

Drivers can avoid most breakdowns by keeping their vehicles properly maintained. AAA advises motorists to follow their vehicle manufacturer's

recommended maintenance schedule and make sure their vehicle is ready for the rigors of year-end holiday driving.

Here are a few things to add to your list before heading out for your holiday drive:

- Antifreeze. Check antifreeze annually to ensure it will withstand the winter cold. A 50/50 mixture of coolant and water will protect against freezing.
- Windshield wipers and washer fluid. Replace wiper blades if they do not clear the glass in a single swipe without streaking. Fill the windshield washer reservoir with winter detergent fluid to prevent freeze up.
- Tires. A tire loses about a pound of pressure for every 10-degree drop in temperature, so check the pressure frequently and maintain the recommended levels found on the driver's door jamb. Motorists should never reduce tire pressure in an attempt

to increase traction on snow and ice. This does not work, and when the roads dry out it can cause excessive tire wear and vehicle handling problems.

• Battery. South Dakota's summer heat puts auto batteries to the test, while our state's winter temperatures can quickly sap the energy that's left. Batteries don't always give warning signs before they fail, so test its strength and ensure connections are tight and free of corrosion to avoid an unexpected failure. AAA Mobile Battery Service <<http://www.sd.aaa.com/auto/mb.s.htm>> comes to members for on-the-spot testing and installation.

• Belts and hoses. Replace drive belts that are cracked, glazed or frayed, as well as coolant hoses that are visibly worn, brittle, bulging or excessively soft. Check for leaks around hose clamps and at the radiator and water pump.

While preventive measures help keep motorists driving safely on the road, unexpected weather or vehicle problems may still arise and leave them stranded. AAA encourages motorists to update their emergency roadside kit for winter to include a mobile phone and car charger, blankets, a flashlight with extra batteries, a first-aid kit, drinking water, a small shovel, a sack of sand, cat litter or traction mats, windshield scraper and brush, battery booster cables, paper towels and emergency flares or reflectors.

Motorists seeking a trustworthy repair shop to help prepare their vehicle for winter driving are encouraged to visit one of AAA's Approved Auto Repair facilities.

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