

Visiting Hours

A Bad Night's Sleep?

Some Sleep Disorders Are Related To Obesity

BY ABBY GOEKEN, RPSGT, EEGT
Avera Sacred Heart Hospital

Now that the New Year has rolled around, countless people have made a New Year's resolution to get additional sleep each evening or to lose some extra weight for 2013. Does this sound familiar to you? If so, this article's for you.

The statistics are alarming: about 65 percent of Americans are now overweight or obese, according to the Centers for Disease Control and Prevention (CDC), and 77 percent of older adults who are obese report some kind of sleep problem. The CDC also reports, "That 1 in 3 American children born in 2000 will develop diabetes, and children under 10 years of age are already developing type 2 diabetes, which is primarily seen in adults-usually not until past the age of 40." As a nation, we're also getting less sleep than we used to. Add all of those features together, and we have a perfect model for obesity.

An estimated 18 million Americans have sleep apnea, which is often associated with people who are overweight. As a person gains weight, especially in the trunk and neck area, the risk of sleep-disordered breathing, he/she may not be as motivated to exercise or to diet. Poor sleep and sleep deprivation may increase appetite. Because the psychological manifestations of fatigue, sleep and hunger are similar, as adults, we sometimes confuse them—we tend to eat when we're actually sleepy, because we think fatigue is a sign of hunger. So, when you think those fries may help you get energized, start thinking more sleep instead.

Sometimes the best way to treat obesity can be to treat an underlying sleep problem. Successful treatment of sleep apnea, usually with Continuous Positive Airway Pressure (CPAP), may reduce sleepiness and then motivate patients to effectively lose weight, which will in turn help the obesity and the sleep apnea.

Here are some helpful tips to lose weight and also improve your sleep according to the National Sleep Foundation:

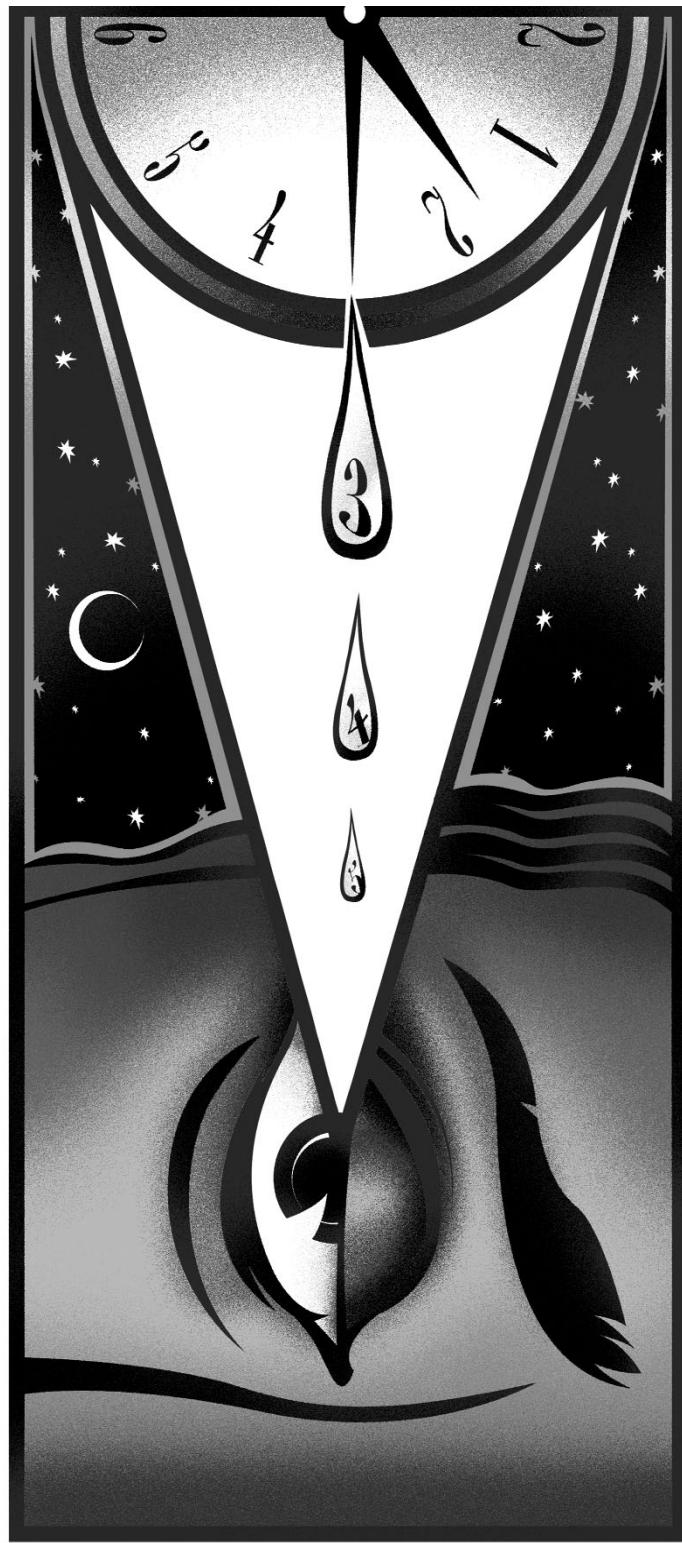
- Make healthy choices for your meals. Avoid fast foods. Eat more fish, fruits and vegetables; avoid foods high in carbohydrates or fats.
- Start getting consistent exercise. This will improve the quality of your sleep. Most experts, however, say to avoid exercising less than three hours before bedtime, because exercise is alerting and can make it harder to fall asleep.
- Examine your sleep schedule. Be sure you are getting at least seven to eight hours of sleep each night.

Do you wake up feeling refreshed or lethargic? Do you wake up frequently during the night? Are you underweight, overweight, or just right? Do you have difficulty falling asleep or wake up too early? Have you been told you snore loudly or stop breathing or gasp for breath while asleep? Also, have you experienced unpleasant sensations in your legs while trying to sleep or tired most days? These are symptoms of potentially serious sleep problems and disorders.

If you're having trouble sleeping or you notice a loved one who is having problems sleeping, talk to your health care provider. You may also stop by or call the Avera Sacred Heart Sleep Disorders Laboratory at 605-668-8773 for more information.

Information provided by the National Sleep Foundation

Goeken is coordinator of the Avera Sacred Heart Sleep Diagnostic Lab.



MCT ILLUSTRATION

The Relationship Of Agriculture And Human Behavior

BY DR. MIKE ROSMANN

The development of agriculture has had profound effects on human behavior. The previous two Farm and Ranch Life columns indicated how agriculture greatly enhanced the survival of humans over preceding hunter-gatherer ancestors.

As agricultural methods of growing crops and raising livestock developed some 150 or so centuries ago, the people in these communities had a steadier supply of food and clothing, as well as time to pursue gainful activities besides scrounging for essentials.

Agriculture contributed to incredible advances that have shaped contemporary society, such as the invention of the scientific method, specialization in trades and cultural activities, the formation of cities and the establishment of governments.

Today let's look at some of the ways agriculture has shaped our behavior and contributed to our emotional welfare.

Farming is a highly territorial activity. We are infused with a powerful drive, called the agrarian imperative, to acquire the land, water and any other resources needed to feed and protect the welfare of our families and the larger human community.

This drive has become a critical part of our inherited genetic makeup. Just like most animals signify the boundaries of their territories by vocal displays and scent marking, we humans mark our territories with signs, fences and legal descriptions. Even in our offices and work areas we post photographs and favorite objects in prominent places that say, "This space is mine."

Even if we don't operate a farm, we exhibit remnants of the agrarian imperative by obtaining property and engaging in activities (e.g., employment) that enable us to provide for our families. Gardening and caring for pets, lawns and houseplants are manifestations of this same urge.

The most obvious agrarian behaviors diminish in about three successive generations when people leave agricultural activities to take up other occupations and places to reside. Bodily movements such as those required to scoop snow become less efficient. Often, urbanites feel uncomfortable in rural terrain.

Urban people usually pay less attention to the weather than if their livelihoods depended on weather conditions. They do not lose their agrarian capacities, however, because these are retained in their DNA. The agrarian imperative has survival value for the human species.

A person can be removed from the farm but not the "farm" from the person! How quickly persons not familiar with farming become attached to the land when they take up agricultural pursuits.

When city residents marry farmers or return to agriculture

as their life's work, they rapidly develop interest in markets, weather and acquisition of land. They develop efficient use of time and physical abilities.

Domestic animals retain capacities in their DNA to readily revert behaviorally back to the ways of their wild ancestors when thrust into a feral existence. In a single generation the hair of feral pigs lengthens, their tusks enlarge, and their behaviors become cautious and aggressive.

Humans who return to agricultural pursuits soon develop larger and tougher hands. Mannerisms become brusque. All this happens in just a few years.

Urban Agriculture is a manifestation of the agrarian imperative, I think. David Montgomery observes in his book, *Dirt: The Erosion of Civilization*, how the urban agriculture movement is proliferating in European and Asian cities. He describes how many North American cities now promote community garden spaces and many metropolitan residents raise chickens.

Perhaps the formation of urban gangs is also a manifestation of the agrarian imperative. The behaviors of gang members certainly are territorial in nature, as indicated by displays of graffiti and violent disputes over infringement of boundaries. It is less clear, however, if gang violence has long-term survival value.

But again, we have to remember that most international wars have been fought over control of desired territory. The disputed territory has usually been defended more vigorously when it contains resources necessary for life, such as productive soil and water.

Dr. Montgomery warns us also that we can enhance or reduce survival of the human species by the way we manage our soil, water and air. He suggests the Roman Empire failed primarily because agricultural land became degraded and washed or blew away.

A similar process took place in the Persian plains of southwest Asia where agriculture began. As trees and ground cover were stripped away, the land became more arid. The Fertile Crescent was transformed into desert, like much of that area is today.

"A nation that destroys its soils, destroys itself," said Franklin D. Roosevelt. How we farm and nurture the land are behaviors. Our agrarian imperative can easily go awry as we become so consumed with making profits that we exploit the resources necessary to produce adequate food.

We can easily destroy the land, water, air, and even the people needed to farm through greed and shortsightedness. We need healthy land and healthy farmers.

Mike Rosmann can be contacted at: www.agbehavioral-health.com.

Sponsored by Lewis and Clark Behavioral Health.



Dr. Mike ROSMANN

SCHOLASTICS

YANKTON HIGH SCHOOL SEMESTER 1 PERFECT ATTENDANCE

- Grade 9**
Auch, Cole Anthony
Benjamin, Brianna Noel
Borgstrom, Henry John
Cross, Renee Lynn
Doering, Amy Joyce
Elle, Skylar Michael
Frick, Rebecca Ann
Goble, Jeryka Breanne
Gravholt, Amanda Katherine
James, Coleton Micah
Johnson, Hannah Kathleen
Layne, Joseph Allan
Luken, Erin Michele
Magana, Kevin
Mammola, Anthony Edward
Megard, Lincoln Jay
Muehlbeier, Jessica Emelia
Oien, Abby Lucille
Perakslis, Cody Allen
Rafferty, Jared Daniel
Schild, Haley Anne
Schroeder, Kenneth Roman
Williams, Hannah Marie
Zadori, Stephan C.

- Grade 10**
Barkl, Jonathan Thomas
Beckmann, Danielle Marie
Bergeson, Kyle Jonathan
Donat, Austin Tyler
Eilers, Meagan Kay
Eslick, Dylan Micheal
Fanta, Paul Timothy
Greenaway, Evan Jon
Jaquith, Morgyn Marie
McClure, Brody Seth
Moody, Malan Tyler
Osborne, Janae Maureen
Rust, Elizabeth Marie
Greaver, Spencer Charles
Schlingman, Mitchell James
Sprakel, Andriana Holly
Sternhagen, Ryan Joseph
Stillo, Joshua David
Swenson, Andrew Michal
Tolsma, Julius James
Wallis, Maggie Ann
Weinandt, Patrick Joseph
Worm, Haylee Katherine

- Grade 11**
Ament, Brittany Jo
Clark, Devin Michael
Dolejsi, Brandon Lee
Fields, Alex Edward
Gartner, Anthony Jon
Grote, Justin Ray
Haak, Ashtyn Lauren
Hedges, Keeley Ann
Janssen, Kaleigh Ann Marie
Kelly, Brianna Caitlin
Megard, Logan Jacob
Murphy, Allie Nikael
Richardson, Tara Kathryn
Schade, Evan Thomas
Skillingstad, Casey John
Smith, Rylee Rae
Steward, William Andrew
Stone, Brae Ann
Tacke, Lillie Frances
Wechsler, Brendan James

- Grade 12**
Bergeson, Evan Jeffrey
Blaha, Tara Elizabeth
Christopher, Olivia Irene
Dahlberg, Fiona Rosemarie
Fanta, John William
Freng, Katie Marie
Goeken, Jessica Marie
Iverson, John Kevin
Luken, Cameron James
McDonald, Sarah Ann
Medeck, Paige
Miller, Kyle Robert
Mitchell, Abigail Leigh
Pokorny, Helena Dawn
Pospishil, Cassie Jo
Santos, Sarah Elena
Schroeder, Allyssa Marie
Westerman, Devin James
Wootton, Stephanie Atina

QUARTER 2 PERFECT ATTENDANCE

- Grade 9**
Alvarez, Hiram
Anders, Theodore (Ted)
Joseph
Auch, Cole Anthony
Barger, Austin Robert
Benjamin, Brianna Noel
Binder, Landon James
Borgstrom, Henry John
Chu, Alina
Cross, Renee Lynn
Davenport, Micah James
Doering, Amy Joyce
Eilers, Christopher Neal
Elle, Skylar Michael
Flores, Javier Adrian
Frick, Rebecca Ann
Friedenbach, Laurel Alisa
Goble, Jeryka Breanne
Golden, McKenna Rae
Gravholt, Amanda Katherine
Greaver, Talitha Danielle
Hanzlik, Zachary Donald
Headley, Miranda Aarie
Heumiller, Samantha Marie
James, Coleton Micah
Johnson, Hannah Kathleen
Kulhavy, Ciara Jade
LaCroix, Keenan Jacob
Layne, Joseph Allan
Luken, Erin Michele
Mace, Dakota Lynn
Mace, Dylan Robert
Magana, Kevin
Mammola, Anthony Edward
Megard, Lincoln Jay
Muehlbeier, Jessica Emelia
Oien, Abby Lucille
Oster, Logan Clark
Perakslis, Cody Allen
Pippin, Austin Wade
Rafferty, Jared Daniel
Schild, Haley Anne
Schmidt, Tyler Robert
Schroeder, Kenneth Roman
Simek, Amber Rose
Strom, Michael Anthony
VanMeeteren, Ashley Nicole
Williams, Hannah Marie
Zadori, Stephan C.

- Grade 10**
Albrecht, Kendyll Layne
Arens, Jaclyn Mary

- Barkl, Jonathan Thomas
Beckmann, Danielle Marie
Bergeson, Kyle Jonathan
Brinkman, Tristen Lee
Cross, Timothy Alan
Donat, Austin Tyler
Eilers, Meagan Kay
Eslick, Dylan Micheal
Fanta, Paul Timothy
Fitzgerald, Matthew James
Greenaway, Evan Jon
Jacobs, Peyton John
Jaquith, Morgyn Marie
Johannsen, Lexie Mariah
Larson, Lindsay Marie
Madsen, Mary Patricia
McClure, Brody Seth
Moody, Malan Tyler
Osborne, Janae Maureen
Padron Gonzales, Delia
Rust, Elizabeth Marie
Schade, Spencer Charles
Schlingman, Mitchell James
Sprakel, Andriana Holly
Sternhagen, Ryan Joseph
Stillo, Joshua David
Strahl, Mason James
Swenson, Andrew Michal
Tolsma, Julius James
Wallis, Maggie Ann
Weinandt, Patrick Joseph
Worm, Haylee Katherine

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Ament, Brittany Jo
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Fields, Alex Edward
Frohreich, Colton Patrick
Gartner, Anthony Jon
Greaver, Alliyah Christine
Grote, Justin Ray
Gulick, Anna Christine
Haak, Ashtyn Lauren
Hedges, Haley Ann
Hedges, Keeley Ann
Kelly, Brianna Caitlin
Magnuson, John Lawrence
Megard, Logan Jacob
Mogck, Jordan Patrick
Murphy, Allie Nikael
Richardson, Tara Kathryn

- Rothenberger, Spencer Darwin
Schade, Evan Thomas
Schaeffer, Levi Jacob
Skillingstad, Casey John
Smith, Carson Loretta
Smith, Rylee Rae
Steward, William Andrew
Stone, Brae Ann
Swensen, Blake Andrew
Tacke, Lillie Frances
Wechsler, Brendan James

- Grade 12**
Adams, Kali Lee
Bergeson, Evan Jeffrey
Blaha, Tara Elizabeth
Chambers, Savannah Skye
Christopher, Olivia Irene
Culver, Jessica Ann
Dahlberg, Fiona Rosemarie
Dvorak, Dustin Jacob
Fanta, John William
Fitzgerald, Kelsey J.
Freng, Katie Marie
Goeken, Jessica Marie
Hisek, James Lee
Houck, Shade Jerry
Iverson, John Kevin
Luken, Cameron James
McDonald, Sarah Ann
Medeck, Paige
Miller, Kyle Robert
Mitchell, Abigail Leigh
Muth, Damien Wayne
Pokorny, Helena Dawn
Pospishil, Cassie Jo
Rehurek, Alex Joseph
Rucker, Michael James
Santos, Sarah Elena
Schindler, Tyler Zane
Schroeder, Allyssa Marie
Sylvester, Kayla Rose
Taggart, Charlotte Adara
VanHorn, Donald Lee
Vogt III, Michael Lee
Westerman, Devin James
Wootton, Stephanie Atina

KYNT
AM 1450
MORNING COFFEE
WEEKDAYS MONDAY-FRIDAY
Wednesday, January 9
7:40 am ABS Winter Wonderland (Rich Wright, Jill Wermers)
8:20 am Hy-Vee Foods (Chef Staci)
Thursday, January 10
7:40 am Yankton Chamber (Carmen Schramm)
8:20 am Ykn Conv/Vis Bureau (Lisa Scheve)

'Women Of Distinction' Noms Sought

The Women Community Leaders Committee of the Yankton Chamber of Commerce is seeking nominations for two "Woman of Distinction" awards for 2013. The criteria for the awards and the nomination form can be obtained and submitted on line at <http://www.yanktonsd.com/distinctionnomin>.

Nomination deadline has been extended to Jan. 11. For more information contact the Chamber at 665-3636.

Center for Active Learners
Center for Active Learners is a program that provides short educational seminars covering a broad spectrum of topics for adult learners.

Informational Open House
Sunday, January 13th
2:30 PM
Cyber Café
MMC Campus
Join us!

TODAY'S FEATURED COURSE:
Consumerization of Information Technologies with Ed Koster
Thursdays, February 7, 14, 21, 28
6 PM - 7:30 PM | Bede Rm 115 | Limit 12 participants

Visit us at WWW.MTMC.EDU/BENEDICTINEINSTITUTE for a FULL list of Spring Semester courses and to learn more about the instructors who lead them.

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