

## Visiting Hours

## A Guide To Healthy Weight Week

BY SARA GERMAN

Avera Sacred Heart Hospital

Jan. 13-19 is Healthy Weight Week. Are you at a healthy weight? The answer may depend on how you define it. If you eat a balanced diet, are physically active, and feel good about your body, there's a good chance you are at a healthy weight for you. (You might want to read on to learn what "balanced diet" and "physically active" mean, though.)

Many health professionals use a tool called the Body Mass Index (BMI) to group people into weight categories, including underweight, normal weight, overweight, and obese. To calculate your BMI, go to <http://nhlbisupport.com/bmi/>. The BMI is only a starting point, however. Although it can give you some idea of a healthy weight, factors such as diet, physical fitness, lifestyle, health, and age should be considered along with the number on the scale.

Here are a few things everyone can do to reach (or maintain) a healthy weight.

**1. Balance your plate.** The website [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) has a ton of great information about healthy eating (and physical activity, too — see #3). A typical lunch or dinner plate should look like this: 1/2 fruits and vegetables, 1/4 starchy vegetables (like potatoes) or grains, and 1/4 lean protein, completed with a glass of low-fat milk.

Sound impossible? Start by substituting



chopped veggies for potato chips as your mid-afternoon snack. Eat an apple instead of a candy bar.

**2. Eat breakfast.** It really is the most important meal of the day! Eating breakfast helps rev up your body to burn more energy later.

**3. Move more!** For adults, the minimum recommendations are 30 minutes of moderate physical activity 5 times per week.

Sound intimidating? Start by adding movement in small bits and pieces throughout the day. Take the stairs instead of the elevator. Take a brief stroll through the halls after lunch. Wear a pedometer and find ways to get to 10,000 steps.

**4. Get enough sleep.** Most adults need 7-9 hours per night. A good night's sleep isn't just a luxury — it's something your body needs to function properly.

**5. Keep track of your efforts.** Recording what you eat and how much you exercise — whether in a notebook or a smart phone app — has been shown to be a winning strategy for people trying to lose weight, and successful weight "losers" weigh themselves regularly so they aren't surprised by weight gain.

Finally, savor the moments. Weight loss (even weight maintenance) is hard work and doesn't happen overnight, but taking the above steps can help you feel better today. Don't obsess over a number; do appreciate the benefits. (Example: I ate more slowly, enjoyed my food and didn't eat too much. Now I feel good about myself and don't feel over-stuffed.) Celebrate your accomplishments! It's the little changes every day that add up to big health benefits.

*German is a clinical dietician at Avera Sacred Heart Hospital. She can be reached at (605) 668-8535 or [sgerman@avera.org](mailto:sgerman@avera.org).*

## SCHOLASTICS

## DAKOTA STATE UNIVERSITY

MADISON — Dakota State University in Madison held the fall commencement ceremony Saturday, Dec. 8, in the DSU Fieldhouse. Dakota State awarded 21 masters, 70 baccalaureate, 11 associate degrees and two certificates.

Area graduates included: Beresford — Samantha Kvigne, Bachelor of Science in Health Information Administration

Jefferson — Max Curran, Bachelor of Science in Exercise Science

## ROCHESTER COMMUNITY AND TECHNICAL COLLEGE

ROCHESTER, Minn. — Morgan Krotzinger, a resident of Yankton, was among more than 1,170 students from Rochester Community and Technical College who made the Dean's List for Fall Semester 2012 ending this past December.

To qualify for the Dean's List, a student must successfully complete 12 or more letter-graded credits, in the same semester, and achieve a grade point average between 3.0 and 4.0. The Rochester Community and Technical College Dean's List can be viewed by going to: [www.rctc.edu/about/html/Deans-list.html](http://www.rctc.edu/about/html/Deans-list.html).

## BAKER UNIVERSITY

BALDWIN CITY Kan. — The following students were named to Baker University's College of Arts

and Sciences and School of Education undergraduate Dean's List for maintaining a 3.5 grade-point average or higher during the fall 2012 semester.

Founded in 1858, Baker was the first four-year university in the state. Baker serves 3,500 students through the College of Arts and Sciences and School of Education in Baldwin City; the School of Nursing in Topeka; the School of Professional and Graduate Studies and School of Education in Overland Park, Kan.; Topeka, Kan.; Wichita, Kan.; and Kansas City, Mo.; and Lee's Summit, Mo.; and the School of Education in Overland Park.

Among the students on the dean's list were Justin Lillie of Yankton.

## AUGUSTANA COLLEGE

SIoux FALLS — Augustana College today announced that the following area students have been named to the Dean's List for the fall semester of the 2012-2013 academic year:

- Olivia Hopewell of Yankton;
- Spencer Hopewell of Yankton;
- Gabrielle Kachena of Yankton;
- Mallory Schulte of Yankton;
- Tess Wentworth of Stickney.

The Dean's List recognizes full-time students who have a minimum of 12 credit hours with grade-point averages at 3.5 or above.

## How Dairy Producers, Other Farmers Can Cope With Stress

BY DR. MIKE ROSMANN

Dairy producers currently are enduring one of the most serious and protracted economic crises of any segment of agriculture.

The recent temporary extension of the current Farm Bill by Congress addresses neither the cyclical stresses that affect dairy producers nor the greater ongoing fundamental shift in the dairy industry. The temporary extension put off meaningful solutions.

What should be done to improve the bottom line for dairy producers is a matter for debate. I will leave that part of the problem to farm economists, dairy producers and legislators.

For a penetrating analysis of the dairy situation, see Kirk Kardashian's recently published book, *Milk Money: Cash Cows and the Death of the American Dairy Farm*. Kardashian is affiliated with the Tuck School of Business at Dartmouth College. He examined the dairy industry from its inception as an agricultural enterprise to its current state.

I will focus on ways dairypersons, and any farmer, can cope better with behavioral health issues that accompany severe financial pressures.

Hunkering down is a way many farmers deal with economic challenges. Livestock and dairy producers often sell off a portion of their herd, usually the poorest producing animals. Some farmers also delay improvements to their operation and reduce purchases of inputs.

The aim is to retain enough animals, whether swine, bovines or whatever animals the farmer raises, to have a solid genetic base from which to expand when prices for the finished products improve.

In an Oct. 9, 2012, article for Bloomberg, Elizabeth Campbell reported that 2.04 million dairy cows were slaughtered during the first eight months of 2012 in response to below-break-even milk prices and increasing feed costs. This was 6.7 percent more than in all of 2011, and the most cows culled since 1986.

Reducing increasingly expensive inputs such as protein and grain has cut milk pro-



Dr. Mike  
**ROSMANN**

duction somewhat, along with drought negatively affecting the quality of pastures and hay production.

Reducing the number of dairy cows and their feed has not resolved the milk price problem however, because production per cow has increased slightly. Economic forecasters predict further cow sell-offs, and bankruptcies among producers before milk production declines enough to boost prices sufficiently. Both large and family-sized operations are being affected.

It is psychologically better for farmers to sell off some of the herd than to fully liquidate the herd or resort to filing bankruptcy. In most cases partial liquidation gives producers hope for the future as well as enough capital to "hang on" longer.

Partial liquidation also helps producers to feel they are contributing to necessary changes within the industry—that is, reducing the overall supply in comparison to the demand for their products. Producers feel they are sharing in the solution.

Total bankruptcy can be a killer. The farm crisis of the 1980s taught us that bankruptcy was associated with increases in anxiety and depression within farm families, family relationship strains such as bickering and blaming, substance abuse and suicide.

Suicide has increased recently among dairy operators who have been forced into foreclosure. It goes without saying that proactive partial liquidation, along with temporarily reducing inputs and improvements, are healthier coping strategies.

Farmers tend to work harder and to suffer silently when stressed financially. Some family members acquire second or even third jobs to enhance household income.

Kirk Kardashian described in *Milk Money* how some dairy producers sought economic relief and failed by applying these approaches to dealing with stress.

Working harder usually causes people to experience loss of necessary sleep and recreation, faster burn-out, and more frustration. Foremost, we need to take care of ourselves physically and behaviorally.

It is preferable to bring outside inputs into the solution planning. Seeking consultations with farm financial managers, psychological counselors and trustworthy advisors are usually helpful.

Some of the best advice-givers are other farmers, but one must select all advisors wisely to make sure they have your best interest at heart and can maintain confidentiality. They also must "know something," that is, they must have knowledge that is useful for your situation.

We need to share our troubles to obtain feedback, to gain perspective and sometimes just to hear ourselves verbalize what bothers us. Hope usually is easier to maintain, or reestablish, when we talk with sage confidants.

Consumers are increasingly turning to organic dairy products. Conversion of conventional dairy operations into organic production units could be a long-term contributor (usually it takes 3 years or longer) to solutions for the dairy industry.

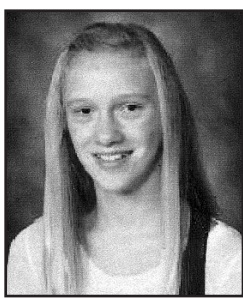
Improvements in the overall U.S. economy will probably lead to continued greater demand for dairy products, even if they cost more. Passage of a Farm Bill that constructively addresses the problems within the dairy industry could help, but I wouldn't count on Congress fixing the problem.

It is better for stressed dairy producers and other farmers to adopt healthy behavioral coping strategies for the immediate future.

*Dr. Rosmann is a psychologist who lives at Harlan, Iowa. He can be contacted at: [www.agbehavioralhealth.com](http://www.agbehavioralhealth.com).*

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# A+ Students of the Week



**Olivia Jurrens**

**Parents:** Loren and Laurie Jurrens  
**Grade:** 7th  
**School:** Avon Junior High  
**Why Nominated?** Olivia is a very dedicated student. She is polite, hard working and takes excellent notes.  
**Favorite Subject(s):** Math  
**Favorite School Memory(s):** Getting to be on TV in Civics Class.



**Hannah Reeves**

**Parents:** Sharon and Tommy Reeves  
**Grade:** 8th  
**School:** Avon Junior High  
**Why Nominated?** Hannah is a hard working student who is often done with assignments early. She is also very polite and respectful.  
**Favorite Subject(s):** Math and Science  
**Favorite School Memory(s):** Bus rides to sports and camps at track meets.



**Courtney Stewart**

**Parents:** Dennis and Carol Stewart  
**Grade:** 9th  
**School:** Avon High School  
**Why Nominated?** Courtney has vast knowledge, enjoys talking and debating, and does very diligent work as well as in-depth research for assignments.  
**Favorite Subject(s):** Algebra  
**Favorite School Memory(s):** Putting makeup on John and Chase for a demonstrative speech in English.



**Amanda Reiff**

**Parents:** Richard and Nina Reiff  
**Grade:** 10th  
**School:** Avon High School  
**Why Nominated?** Amanda always has a positive attitude and is willing to go the extra mile to figure out assignments. She is also very willing to help.  
**Favorite Subject(s):** Applied Biology, Chemistry, English and Accounting.  
**Favorite School Memory(s):** Making the libero spot in varsity volleyball.



**Chesney Nagel**

**Parents:** Blane and Cindy Nagel  
**Grade:** 11th  
**School:** Avon High School  
**Why Nominated?** Chesney is a very hard working student who is involved in many activities and strives to do her very best. She is also willing to help other classmates.  
**Favorite Subject(s):** Algebra, Geometry  
**Favorite School Memory(s):** School Physics class trip to Worlds of Fun, school music trip to Kansas City.



**Alyson Roth**

**Parents:** Charles and Vicki Roth  
**Grade:** 12th  
**School:** Avon High School  
**Why Nominated?** Alyson is an exceptional student who is a hard worker and great listener. She is always willing to help, is very serious about her studies, and challenges herself to go the extra mile to hand in quality work.  
**Favorite Subject(s):** Physiology  
**Favorite School Memory(s):** Science Fair Trips

**Congratulations Avon  
A+ Students of the Week!**  
**Look for Irene-Wakonda A+ Students in  
tomorrow's paper.**

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