

## Iodine Is Important

BY SARA GERMAN, RD, LN  
Avera Sacred Heart Hospital

A patient recently asked me a question that left me stumped.

"What are good sources of iodine? I know we're supposed to limit salt – but doesn't that have iodine in it? Where else does it come from?"

I ended up mumbling something about seaweed and promised to look into the matter further. I've told countless people to limit their sodium intake. Have I been inadvertently sending them into iodine deficiency?

Here's what I discovered. Iodine is essential. Iodine plays a major role in keeping your thyroid gland fully functional. The thyroid helps regulate your metabolism, which in turn influences your weight. Too little or too much iodine can negatively affect your thyroid. Iodine deficiency can also cause brain damage, especially in babies and young children.

Iodine deficiency varies depending on where you live. Iodine is an element that is most common in coastal areas. People who live on the coast get enough iodine from seafood or plants grown in the area. Inlanders – like us here in South Dakota – may have more trouble meeting iodine requirements. In fact, South Dakota used to be part of the "goiter belt" – a part of the country where a significant portion of the population suffered from iodine deficiency.

Iodized salt can be an important source of iodine in the diet. To combat the "goiter belt," the United States started adding iodine to regular table salt. This isn't a cure-all today, however. Processed foods tend to be high in sodium, but

the salt used is often non-iodized. And, if you are cutting down on your sodium intake, you may end up getting less iodine in the process.

As it turns out, natural sea salt is lower in iodine than iodized salt.

You don't need iodized salt to get enough iodine. Sea vegetables are the highest natural source of iodine. Kelp and nori (the stuff sushi rolls are wrapped in) are two varieties. They actually contain so much iodine that you can get 100% of your iodine requirements by eating just a tablespoonful every five days. Other good sources of iodine include shellfish, fish, cow's milk and yogurt, and eggs.

Why milk? As it turns out, milk is "accidentally" fortified with iodine, because an iodine solution is commonly used to clean cows' udders. Finally, even if you don't eat dairy products, fish or sea vegetables, many multivitamins provide 100 percent of the daily requirement.

Pregnant women should take an iodine supplement. While most people probably get enough iodine from diet alone, experts recommend 150 micrograms/day for pregnant or lactating women. If you fall into this category, make sure your prenatal vitamin contains enough iodine.

The take away? Yes, iodine is important – and if you are limiting your salt intake and don't eat much dairy or fish, you may not be getting enough. Fortunately, you don't need to start piling on the salt to get enough iodine. A regular multivitamin should do the trick. Talk with your doctor or a registered dietitian if you have concerns about your intake.

## Horse Sense: Lessons Learned From Working With Horses

BY DR. MIKE ROSMANN  
Sponsored By The L&C Behavioral Center

Most people who like horses have stories to tell.

Having lived and worked with horses half my life, they taught me lessons I can best describe as "horse sense."

My first lesson occurred at age four. I proudly "drove" Dad's team of Belgian draft mares during July oats harvest while Dad and a teenaged lad loaded oats shocks with pitch forks onto the wagon to be hauled to the McCormick-Deering threshing machine.

I yelled "Giddap" or pulled back on the reins to slow their pace so Dad and his helper had enough time to stack the oats bundles onto the wagon.

Helping with farm work this young might be termed child mistreatment today, but back then it was normal and I felt important.

Suddenly a large, blood-sucking female horsefly landed on the rump of a mare before Dad could shoo it away. When it bit the horse painfully, she energetically swished her tail and bucked, unable to shake the fly.

The Belgian mare began to run wildly. Her behavior alarmed her yoked mate to join in the escape.

I pulled with all my four-year-old strength on the reins and shouted "Whoa," while Dad raced to catch the runaway outfit. Our rig disappeared over the hill leading to the horse barn a quarter mile away.

I should insert here that a runaway team of horses was, and still is, a dreaded event that has resulted in many carriage/farm implement tipovers and injuries to people and horses.

Just as the horses approached a closed gateway into their corral, they skidded to a stop, nearly thrusting me off the front of the loaded wagon.

Dad caught up with us as I wiped



Dr. Mike ROSMANN

away tears and the heaving horses gathered their breath. The event was "the talk" among the threshing crew for the rest of the day, but it was the horses that deserved the credit, and I knew it, even though several of the threshing hands said I was a brave little boy.

Years later I learned running is one of the ways horses rid themselves of biting insects. These horses knew what they were doing and meant no harm to me or Dad, or any deviation from their work expectations.

Since Dad had raised colts every year and "green-broke" two-year-olds for sale to lumber harvesters or other farmers who kept draft horses for farm chores, it seemed natural for me to raise riding horses when my family moved from Virginia to our Iowa farm in 1979.

While growing up, my brothers and I frequently rode saddle horses to gather cattle, check gopher traps, and just for fun. I wanted my children to experience the same enjoyment.

I purchased a filly and an 18-year-old registered American Quarter Horse mare. I joined the AQHA to learn more and to register the colts we raised.

I used the horses to check cows during calving season until I figured out it was easier to get a new mama to follow her calf as it rode in a cart trailing an ATV where she could see and smell it than when the calf was slung over a saddle.

It also was easier starting and driving the ATV with its lights around the calving field at night than saddling a horse and holding reins, a flashlight and perhaps a calf as well while riding

the horse.

The horses were relegated to pleasure-riding. The older mare figured out how to dump the kids by purposefully scraping their legs when circling fence posts too closely and by running under low-hanging tree branches when they rode her.

The wily animal never tried these tricks when I rode her. I began to wonder if we needed the horses, especially after getting bucked off a few times by colts as I broke them to ride.

One summer day a neighbor called to say one of my bulls was running with his cows and asked me to get the animal out of his field.

I took the ATV to separate the bull from his new harem and drive him through a gateway to my farm. Every time he drew near the pasture opening, he bolted and ran at me.

I had to hightail it away to avoid getting butted. The bull trumpeted to his new kingdom as I returned home to retrieve the experienced quarter horse mare.

When I encircled the bull, now on horseback, he predictably charged us but the experienced mare dodged him adroitly every time and chased after him, sometimes biting him on his tail-head when she drew close enough.

After a couple hours of this game, the bull wore down and stood facing us, gasping for breath. I flung my lariat at him like a whip. He turned and steadily ambled toward the gate he knew he should exit.

Enough said. The horses remained with us for a few more years until the kids' interest in riding was replaced with teenagers' activities they deemed more important.

Contact Dr. Mike at: [www.agbehavioralhealth.com](http://www.agbehavioralhealth.com).

## SD National Guard Celebrates 153 Years Of Service

RAPID CITY — The South Dakota National Guard marks 153 years of service to the state and nation as they celebrate the Jan. 27, 1862 birth date of the organization's formation.

With a proud 153-year heritage of serving as the state's militia, the SDNG finds its origins dating back to 1862 as part of the Dakota Territory.

Since that time, SDNG units have served in nearly every major war or conflict since the Civil War, as well as provided assistance to the state in times of domestic emergencies such as floods, fires, tornadoes and winter storms.

### THE BEGINNING OF THE SOUTH DAKOTA NATIONAL GUARD

The journey of the Dakota militiaman begins during the Civil War with Companies A and B of the Dakota Cavalry.

On March 2, 1861, President James Buchanan signed the act establishing the Dakota Territory. By that time, Vermillion, Bon Homme and Elk Point were growing communities. The territory tended to be people who were genuine settlers, mostly immigrants from Germany, Norway and Sweden.

Earlier in the 1850s, the U.S. Army had established garrisons at Fort Pierre and Fort Randall on the Missouri River. Their mission was to protect the 5,000 settlers from the threat of attacks.

However, when the Civil War started, the Army withdrew three companies from Fort Randall leaving it in an exposed position. This led to the Dec. 7, 1861, proclamation, by the Territorial Governor William Jayne, to raise two companies of volunteer militia.

Recruiting centers were then established in Yankton, Vermillion and Bon Homme. The citizens were very patriotic with a lot of local pride, and in just over one month enough men had enlisted to assemble the first company of citizen-soldiers. On Jan. 27, 1862, Capt. Nelson Miner, company commander, formed the unit in Yankton, Company A, Dakota Cavalry.

This was the first unit of the Dakota Territory Militia and the birth of the South Dakota National Guard.

### HISTORY OF THE SOUTH DAKOTA NATIONAL GUARD

Since that historic date in 1862, the SDNG has since seen combat during the Spanish-American War, World War I and II, Operation Just Cause and Operation Desert Storm. The National Guard was also called up during the Mexi-



can Border Conflict, Korean War, Berlin Crisis and peacekeeping missions in Bosnia and Kosovo.

Since the Sept. 11, 2001 attacks on the United States, each of South Dakota's 22 National Guard communities has experienced a unit mobilization in support of Operation Noble Eagle, Operation Enduring Freedom and Operations Iraqi Freedom and New Dawn. More than 7,200 soldiers and airmen have deployed in support of these operations.

The National Guard is the only military component that holds a dual-mission consisting of both federal and state roles. The federal mission is to maintain trained and equipped units available for prompt mobilization for war or a national emergency. At the state level, the governor reserves the ability, under the Constitution, to call up members of the National Guard in times of domestic emergencies.

Throughout the years, natural disasters have called forth the Guard's spirit of teamwork and sacrifice to battle floods, fires, blizzards and tornado destruction. The Rapid City Flood of 1972, the Spencer Tornado in 1998, Hurricanes Katrina and Rita in 2005, the Missouri River Flood in 2011 and Winter Storm Atlas in 2013 are just a few of the disasters in which the SDNG mobilized its Citizen-Sol-

diers and Airmen to help their fellow South Dakotans and Americans in times of need.

### THE SOUTH DAKOTA NATIONAL GUARD TODAY

Today's SDNG remains strong with nearly 4,200 soldiers and airmen available to execute its dual-mission on the state and federal level. The Guard is located in 22 communities throughout South Dakota; comprised of 40 Army Guard units and detachments and 17 Air Guard units. These units perform a variety of missions which include everything from command and control, administration, engineering, field artillery, transportation, logistics, communications, maintenance, aviation, public affairs, military police, fire-fighting and medical.

The National Guard is no longer a strategic reserve to the active component, but an operational force directly integrated into active-duty deployments and missions. The force structure of the SDNG is designed to meet the needs of the future force; giving the Guard an enhanced capability to respond in times of emergencies and natural disasters and to support overseas contingency operations.

The SDNG had a significant impact on the state's economy with more than \$186.1 million dollars in expenditures and wages in 2014. The SDNG is also one of the largest employers in the state with more than 970



SUBMITTED PHOTOS

1924.

The South Dakota Air National Guard is located on the southeast corner of Joe Foss Field in Sioux Falls and was federally recognized in 1946. It has more than 1,000 airmen assigned to its headquarters and the 114th Fighter Wing. The mission of the SDANG is to provide combat capability to the war fight, security for the homeland and to provide combat-ready units in three roles: federal, state and community.

The SDNG is divided into different task forces to provide assistance to our local communities throughout the state in the event of an emergency. Separated by geographical regions, units are assigned to each task force providing personnel and equipment for response to severe weather, fires, natural disasters, search-and-rescue operations, civil disturbances or homeland defense.

The proud heirs of the militia tradition can be found in the men and women of today's SDNG. They stand ready to leave the comforts of home and family to help their friends and neighbors, defend the nation's interests and bring peace and hope to people throughout the world.

full-time employees, along with nearly 3,200 traditional Guard members who train on a part-time basis while pursuing a career or civilian education.

These full-time employees, along with state employees and civilian contractors, work to assist the traditional Guardsman by providing administrative training and logistical support. This support collectively goes into helping units meet mobilization and readiness requirements.

The South Dakota Army National Guard remains strong with more than 3,200 soldiers available for state and federal missions. The nerve center for the SDARNG resides at the state head-

quarters at Camp Rapid in Rapid City; an 84-acre training site first developed in

**MORNING COFFEE**  
WEEKDAYS MONDAY-FRIDAY  
AM 1450  
Wednesday, January 28  
7:40 am Second Chance Prom (Jill Wermers, Tess Welter)  
8:20 am Hy-Vee Foods (Chef Staci)  
8:45 am Mount Marty College (Kristi Tacke)  
Thursday, January 29  
7:40 am Yankton Conv/Vis Bureau (Stephanie Moser)  
8:20 am Yankton Chamber (Carmen Schramm)  
8:45 am USD Athletics (Joe Tuentje)

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