

VISITING HOURS

Heart Healthy Benefits Of Cardiovascular Exercise

BY ANGIE O'CONNOR

Avera Sacred Heart Wellness Center

We hear the term "cardiovascular exercise" all the time, but do we really know what it means and the benefits it provides to our overall health?

Cardiovascular – sounds like a big word doesn't it? Cardiovascular simply refers to your heart and blood vessels. Like any other muscle, the heart needs to get exercise to get stronger and stay healthy. This can mean different things for different people. For someone who has led a sedentary lifestyle for a long time, a brisk walk for a half hour might be the start of a good cardiovascular exercise program. For someone who is very active and exercises regularly, a good cardiovascular exercise might include a five- to 10-mile jog or run, or a long bike ride.

The simple act of doing anything that increases your heart rate for a sustained period of time – preferably a half-hour minimum – will benefit your entire cardiovascular system.

We live in a society that has become increasingly obese and sedentary in its ways. We have, for one reason or another, become a very sedentary society. We spend too much time at the computer, playing video games, watching television and simply sitting around doing nothing. According to the Centers for Disease Control (CDC), as many as 250,000 deaths are due to this sedentary

lifestyle – that's 10 percent of lives that are lost annually in the United States. Even more specifically, 34 percent of heart disease deaths are attributed to inactivity.

Those are definitely some sobering statistics, but there is a silver lining – we have the ability to reduce the mortality rate in America by as much as 10 percent if we simply become active. It may sound like a chore when that couch and television set seem to be calling your name every night, but your heart wants and needs to work to stay strong and efficient.

Some of the heart healthy benefits of exercise include:

- decreased resting blood pressure
- decreased body fat
- decreased total and LDL cholesterol
- increased HDL (good) cholesterol
- can control or prevent the development of diabetes
- reduced stress

YOU CAN RUN, BUT YOU CAN'T WALK

That line may be a little deceptive, but there's some solid evidence that a simple leisurely stroll, while better than the couch, really doesn't benefit



your heart much at all. It is recommended that more strenuous exercise and physical activity on a regular basis can significantly reduce the risk of early death due to heart disease. Does this

mean you need to start running marathons? Of course not. However, it does mean that if your choice of exercise is walking, you should be doing it at a brisk pace. If it feels like you're working at it, it's much better for you than if it's a "piece of cake."

The U.S. Surgeon General's office guidelines recommend that people engage in moderate exercise or physical activity, such as brisk walking, for at least 30 minutes most days of the week to reduce the risk of heart disease.

There are some people who believe you should do that 30 minutes of exercise all in one session, and others, more recently, have said you can break it up throughout the day. All agree, however, that you need to be active to reduce your risk for developing heart disease.

Stressing your heart through aerobic or cardiovascular exercise has proven to be better for your heart than strength or flexibility training although each plays an important role in your

overall health. By increasing your heart rate for an extended period of time, through walking, running, biking or swimming for example, you are making your heart a stronger muscle. It's the same as if you were lifting a hand weight to strengthen muscles in your arms. Anytime you stress a muscle on a regular basis you are making it stronger. You can actually reduce the amount of plaque build-up in your arteries, make your arteries more elastic, control blood sugar that can damage your arteries if too high and improve circulation with regular aerobic exercise. It's also very important to do your exercise at least 3-5 days per week with a goal of 20-60 minutes per day. Starting with only a few minutes per day and building up can still provide you health benefits.

Regular exercise provides us with so many benefits including the reduction in risk for heart disease, cancer and diabetes. It can also help us recover faster from those diseases should we acquire one. It almost seems ridiculous, when you look at all the facts, not to exercise.

Angie O'Connor is the Coordinator of the Avera Sacred Heart Wellness Center.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

The Best Is Yet To Be

BY VAL FARMER
www.valfarmer.com

Growing old is an attitude. "Some men never seem to grow old. Always active in thought, always ready to adopt new ideas ... Satisfied yet ever dissatisfied, settled, yet ever unsettled, they always enjoy the best of what is, and are the first to find the best of what will be." - Shakespeare

"It is not by the gray of the hair that one knows the age of the heart." - Bulwer

"You are as young as your faith, and as old as your doubts; as young as your self-confidence, as old as your fears, as young as your hope, and old as your despair." - Zoroaster

"There cannot be a more unhappy creature than an ill-tempered old man, who is neither capable of receiving pleasures, nor sensible of conferring them on others." - Sir W. Temple

There is something left to do. "Whatever poet, orator, or sage

May say of it, old age is still old age.

It is the waning, not the crescent moon;

The dusk of evening, not the blaze of noon;

It is not strength, but weakness; not desire,

But its surcease, not the fierce beat of fire,

The burning and consuming element,

But that of ashes and embers spent,

In which some living sparks we still discern,

Enough to warm, but not enough to burn,

What then? Shall we sit idly and say

The night hath come; it is no longer day?

The night hath not yet come; we are not quite

Cut off from labor by the failing light;

Something remains for us to do or dare;

Even the oldest tree some fruit may bear; ...

For age is opportunity no less

Than youth itself, though in another dress,

And as the evening twilight fades away

The sky is filled with stars, invisible by day." - Henry Wadsworth Longfellow

"I would rather be ashes than dust! I would rather that my spark should burn out in a brilliant blaze that it should be stifled by dryrot. I would rather be a superb meteor, every atom of me a magnificent glow, than a sleepy and permanent planet. The proper function of man is to live, not to exist. I shall not

waste my days in trying to prolong them. I shall use my time." - Jack London

"It is too late! Ah, nothing is too late

Till the tired heart shall cease to palpitate,

Cato learned Greek of 80; Sophocles

Wrote his grand Oedipus, and Simonides

Bore off the prize of verse from competitors,

When each had numbered more that four-score years.

Chaucer, at Woodstock with the nightingales,

At 60 wrote the Canterbury Tales;

Goethe at Weimar,

toiling to the last,

Completed Faust when 80 years were past.

These are indeed exceptions, but they show

How am the gulf-stream of our youth may flow

Into the Arctic regions of our lives." - Henry Wadsworth Longfellow

Age brings perspective. "No wise man ever wished to be younger." - Swift

"Let me grow lovely, growing old

So many fine things do; Laces, and ivory, and gold, And silks need not be new. And here is healing in old trees,

Old streets a glamour hold; Why may not I, as well as these,

Grow lovely, growing old?" - Ruth Wilson Baker

"To say that youth is happier than maturity is like saying that the view from the bottom is better than the view from the top. As we ascend, the range of our view widens immensely; the horizon is pushed farther away. Finally, as we reach the summit, it is as if we had the world at our feet." - William Lyon Phelps

"Age is the top of the mountain high;

Rarer the air, and blue. A long hard climb, a bit of fatigue;

But oh! What a wonderful view!" - Author unknown

"Grow old with me! The best is yet to be, The last of life, for which the first was made:

Our times are in His hand Who saith, 'A whole I planned,

Youth shows but half, trust God, see all, nor be afraid!" - Robert Browning

For more information on growing old, visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

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Park

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Those who make the trek to Niobrara and Niobrara State Park find it well worth the trip.

Rettig praised the park's diversity, ranging from wetlands and marsh to the beauty of the bluffs. The park offers a wide variety of recreation and fishing, he said.

"The fishing for catfish right now is really on the loose," Rettig said, noting the high activity.

The Missouri River's high current has curtailed boating and swimming activities, Rettig said. However, the park is loaded with activities that don't require going on the river, from camping and fishing to a swimming pool and cabins to horseback riding and buffalo cookouts.

And that doesn't include the abundant wildlife and surrounding historical sites, he said.

"We cover 1,260 acres with 13 miles of hiking and biking trails," he said. "We have great horse trails and fishing. We are open year-round. We have open cabins all winter long, and you can reserve cabins up to one year (ahead)."

Besides its recreational offerings, Niobrara State Park and the surrounding area remain loaded with cultural and historical treasures, Rettig said.

The J. Alan Cramer Interpretive Center highlights people and places that played key roles in the history of the area, including the story of the Ponca Indians.

Visitors can check out the site of the mosasaurus paleontological find, the first complete fossil of its kind found in Nebraska. Other areas of interest are the Ponca Cemetery, Mormon Monument, the Ponca Agency and Standing Bear monument, as well as other local historical attractions.

Rettig also works with Nebraska's newest state park, Ashfall Fossil Beds State Historical Park, opened in 1991. Located six miles north of U.S. Highway 20 between Royal and Orchard, the park is a joint project of the University of Nebraska State Museum and the Nebraska Game and Parks Commission.

"(Ashfall) formed from a volcano from 10 million years ago," he said. "They have the barreled rhino, three-toed horse and the saber tooth deer. They are finding new species every day."

So far, the visitor numbers have been holding up, Rettig said.

"We could get a few more RV campers. Those people are more worried about the road conditions than the folks who come to the cabins or use tents," he said. "They need to understand that Niobrara State Park and our RV camping are always available. We are always accessible by black-top."

Rettig thinks people might enjoy having his less-crowded offerings than those found at other parks.

Then again, visitors will find "neighbors" amidst the plentiful wildlife that calls the park home. The wildlife can be enjoyed during a drive along the park's seven miles of roads or a stroll along

the 14 miles of hiking trails.

"The flooding along the river bottom has driven the animals into areas you wouldn't expect, for some very watchable wildlife," Rettig said.

White-tailed deer call the park home, and wild turkeys roam freely through the camping areas. Beaver, muskrat and mink prowled the river banks, and bird life ranges from the eagle to the chickadee.

Bird watching remains a major draw to Niobrara State Park, Rettig said. "It's just fantastic. The (largest number of) different species of birds that we saw in one morning was 203," he said. "We are right in that flight pattern for their migration. Where Niobrara is located, we are in a pretty good position to see a lot of different birds."

As part of its programming, Niobrara State Park offers a buffalo cookout and speaker program on selected Saturday evenings. The cookout begins at 6 p.m., with the free program starting about 30 to 45 minutes later.

For cookout reservations, guests must sign up at the park office by Saturday noon. Reservations can be made by calling (402) 857-3373. A minimum of 25 persons is required to hold the cookouts.

Programs are free and open to the public. Attendance at the cookout is not required, and programs are held at the cookout shelter unless otherwise noted.

"We had 105 (visitors) who came to the cookout last weekend, and we had another 30 who came just for the program,"

Rettig said.

The remaining programs are July 30, Missouri River steamboats; Aug. 6, Ponca Cultural Night, featuring Native American dancers and story telling; and Sept. 3, Nebraska's musical smorgasbord followed by a "Night Sky" program.

The park is also sponsoring an Aug. 4 fishing clinic and Sept. 2 program on "Where's The Park?"

Rettig has already made plans once the flooding recedes, including the opening of the railroad bridge for biking, hiking and fishing.

Looking ahead, the Niobrara area offers great fall hunting, while Niobrara State Park itself offers an archery season for limited hunting from Nov. 1 to Dec. 31, he said.

Many people can enjoy the park without traveling a great distance and spending much money, Rettig said. "If you want a one-tank getaway, this is the spot to come to," he said.

When it comes to flood talk, Rettig continues to offer a two-word piece of advice. "Ignore rumors," he said.

Rettig said he promotes not only the park but the Niobrara community, which is suffering economic hardship this summer because of lost tourism.

"Nobody is giving up. Everyone is doing their best until Highway 12 opens," he said. "We hope to get (the highway) open soon. We have a lot of people working on it."

For more information, visit online at www.statepark.com/niobrara/html.

Ruling

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"If the law is upheld, it would advance Alpha's primary mission of counseling pregnant women and helping them keep and raise their children," Martinez said in an affidavit supporting the motion. "If the bill is defeated, Alpha's mission and its interest in referrals to Alpha for counseling will be damaged and impaired."

Planned Parenthood has opposed the centers' request to intervene.

South Dakota's latest restriction says abortions can only be scheduled by a doctor who has personally met with a woman and determined she is voluntarily seeking an abortion. The procedure can't be done until at least 72 hours after that first consultation, establishing the longest waiting period in the nation.

Before getting an abortion, a woman also would have to consult with a pregnancy help center to get information about services available to help her give birth and keep a child. The state would publish a list of pregnancy help centers, all of which seek to persuade women to give birth.

South Dakota voters rejected statewide ballot measures in 2006 and 2008 that would have banned most abortions in the state, measures that sought to provoke a court challenge of Roe v. Wade.



Mr. & Mrs. Robert Oien

50th Wedding Anniversary

The family of Robert (Bob) and Norma Oien is requesting a card shower in honor of their 50th wedding anniversary. Bob and Norma were married July 3, 1961. They have four children, Cindy Bye of Lennox, Koni Saylor of Omaha, Shari (Paul) Gustad of Volin, and Mike of Brooklyn Park, MN. They have 9 grandchildren and 5 great-grandchildren.

Greetings may be sent to PO Box 123, Volin, SD 57072.

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RIVERBOAT DAYS 2011 PARADE ENTRY

Entries are now being accepted for the 2011 Riverboat Days Parade, to be held on August 20th. The parade starts at 9:30 AM. Advance registration is required. Deadline August 1, 2011. The parade size may be limited. Send registration to address listed below.

Parade Theme: "It's a Zoo out there!"

August 20, 2011

Name of Organization _____ Person to Contact _____

Address/City/State/Zip _____

Telephone Number _____ E-Mail _____

\$20 Fee Per Entry: (up to 5 vehicles in each unit per entry fee). **Late fee is \$40.00**

Please check one of the three divisions in which you want to register

Non-Profit/Service Group Commercial Vehicle

Check the type of your entry:

Band Animal Unit Political Float

Cars Trucks Tractors Other Vehicle

Total Length of Entry: (Include length of towing vehicle) _____ feet long.

Also include the number of units or animals in your entry. _____

DO YOU WANT TO BE JUDGED FOR AN AWARD? YES _____ NO _____

Prizes awarded in the Non-Profit/Service Group: Cash Prizes: \$300, \$250, \$200, \$150, \$100
Trophies will be awarded in the Commercial (3); and vehicle unit divisions (3)

DESCRIPTION OF ENTRY/ORGANIZATION: What would you like said about your entry?
Description **must** accompany entry. Please limit description to 50 words.

The parade committee reserves the right to pull any unit from the parade.

MAKE CHECKS PAYABLE TO "RIVERBOAT DAYS PARADE" AND RETURN TO:
WAYNE & JOLENE WILLIAMSON, PARADE COMMITTEE
901 W. 3RD STREET, YANKTON, SD 57078
Questions – Phone: Wayne & Jolene Williamson: 605-665-8428
e-mail: wayne@yvn.midco.net

PLEASE RETURN BY AUGUST 1, 2011
ENTRIES POSTMARKED AFTER THIS DAY MAY NOT BE ACCEPTED!