

Droughts Take A Toll On Our Hopes

BY DR. MIKE ROSMANN

If you operate a farm or ranch you probably know what it is like to experience a drought. You find yourself checking the western horizon more frequently than usual.

You hope the little sliver of clouds at sundown brews into a substantial overnight thunderstorm that parks itself over your farm for a while. Then as you feel a twinge of self-ishness about your desires, your wishes expand for a soaking rain that waters all drought-stricken areas.

In Their Fathers' God noted author Ole Rolvaag captured the distress that farm people dependent on their land felt when drought crushed their spirits. Along with drought came depression, family bickering and schemers who tried to capitalize on farmers' hopes for rain.

It always seems like some portions of the world are at risk for famine and disaster as droughts mount. On our continent vast portions of the West are abnormally dry for a second year in a row, as well as parts of the Southeastern U.S. Some Mid-western crops are suffering this summer.

One of the most distressing features of a drought is that it doesn't come on quickly and clearly, like a tornado or flood. Its onset is slow and tiring. It wears down our hopes gradually and it usually goes away slowly as well.

Drought is one of most insidious stressors agricultural people deal with. What can we do to insulate ourselves from its deteriorating effects on our crops and livestock, our financial well-being, and most importantly-our hope?

Fortunately, we have many USDA programs in place to mitigate the financial effects of drought. Federal crop insurance coverage is available for most crops. As long as producers comply with program requirements, they are eligible for benefits.

There are fewer insurance-type programs available for livestock producers. Relief programs such as the Livestock Disaster Forage Program can be useful. I won't go into the financial protections more because the most suited advice for each farm or ranch situation is available from the local Farm Service Agency, the local Extension office and insurers.

I will concentrate on emotional coping and say what I have learned about hope.

Droughts seldom materialize into declared disasters that involve the provision of Crisis Counseling Programs, such as I described in my July 2, 2012 column. The drought may be declared an agricultural disaster,

but no special behavioral health assistance accompanies agricultural disasters, unless there are accompanying fires or the natural disaster becomes so pervasive that people's lives and homes become jeopardized.

Just as we can check with our local Farm Service Agency to learn about farm disaster provisions, we can check with our county Emergency Management Agency to learn if any Crisis Counseling assistance is available. Every county is supposed to have an Emergency Management Agency and plan.

Usually news accounts on television, the radio and in newspapers will indicate availability of such assistance as well. Crisis counseling, if available through declared federal or state programs, is free and confidential.

Often the best resources for emotional coping are within us and our neighbors. Here are several rules of thumb about emotional coping and hope.

- The best coping is done with others. While farm people tend to keep our concerns to ourselves, it is healthier to talk about what bothers us the most with people we can trust and whose thoughts we respect. It shares the burden.

- Talking, grieving and worrying together sometimes generate solutions. A positive synergy develops when we toss out ideas and as others react and expand on the thoughts. A creative atmosphere materializes, that in itself often provides ways to face the threats and generates hope.

- Remember, we can't produce productive bodily chemicals that make us feel better if we are constantly down and dreary. Talking, working, playing, praying and doing other activities together bring relief, even if temporary, so our bodies and minds can relax and recuperate a while.

- Hope is an elusive virtue and feeling. We can't always detect how much hope we have, except when we don't have hope. We get scared and fearful when we have nothing that brings us hope for something better.

- And what is it that can become better during a drought? It is our sense of community. We can endure when we cooperate together.

I will end by noting that the silver lining in the clouds along the western horizon is more than the moisture that lies within; it is also the bonds that people develop as we work together to ease anxieties caused by the drought.

Dr. Rosmann is a farmer and psychologist who lives near Harlan, Iowa. Previous columns are available on the website: www.agbehavioralhealth.com.

Applications Sought For Planning Commission

The Yankton County Commission is seeking a person to fill an unexpired term vacancy on the Yankton County Planning Commission. The term to be filled expires in April 2013.

Interested persons should submit a letter of interest by 5 p.m. August 3 to Paula Jones, Yankton County Auditor at 321 W. Third Street, PO Box 137, Yankton, SD.

Tractor Parade Slates For Yankton Friday

As part of the WNAX/Tri-State Old Iron two-day tractor ride being held in Yankton this week, a parade of 180 tractors will be held in downtown Yankton this Friday evening, Friday 13.

The parade will begin at 6 p.m., passing down Third St. in Yankton proceeding west to Cedar Street, south to Second St., then back east to Douglas where it will proceed on Levee Street. Each tractor and driver will be announced on the corner of Third and Douglas.

The tractors will park on Levee Street giving spectators a chance to view all the antique tractors in one area. Tractors and drivers will be present from New York, Missouri, Oklahoma, Nebraska, Iowa, Minnesota and South Dakota.

The public is encouraged to attend the event, which will feature antique tractors of all colors and ages.

Golf Advisory Board Meeting Scheduled

The City of Yankton Golf Advisory Board will meet at noon on Monday, July 16, at Fox Run Golf Course, 600 W. 27th St. This meeting is open to the public.

Visiting Hours

Tips On How To Manage Arthritis

BY TAMMI ADAM

Occupational Therapy, Avera Sacred Heart Hospital

Have you had a visit from your Uncle Arthur? How about a visit from Art? Many of us know who these folks are and have one in our immediate "family." The Arthritis Foundation website (www.arthritis.org) indicates that Arthur, or Arthur-itis, affects many people. The website reports 27 million Americans are affected by osteoarthritis, and 1.3 million by rheumatoid arthritis. Even children are included in these "visits," with 300,000 American children challenged with some form of juvenile arthritis.

Osteoarthritis is the most common form of arthritis, also known as degenerative joint disease. The lining of the joint (cartilage) wears down and allows the bony joint surfaces to rub together. This causes pain, stiffness and even loss of movement at the joint. Rheumatoid arthritis is a chronic disease that causes inflammation of the lining of joints (the synovium).

There are several principles of joint protection I teach to my patients that can help to manage the disease processes by easing the pain or helping to prevent (further) deformity at the joints. The general principles and some examples (primarily for the hands and arms) follow:

1. Maintain muscle strength and joint range of motion (flexibility, strengthening and cardiovascular exercise), keeping exercises to a low number of repetitions and resistance, as well as performing in a slow, controlled manner.
2. Avoid positions of deformity at the

joints, as well as external pressures and internal stresses in the direction of deformity. When using the hands, the forces generated in pinch and grasp become increasingly deforming as resistance increases. Movements should be performed in a direction opposite the deformity.

- a. Open jars on a nonskid pad and use the hand that allows you to turn toward the thumb, or use a jar opener
- b. Press water from sponge or braid rather than wringing
- c. Use a knife that is sharp, possibly have the blade protrude from small finger side of hand (dagger grip), or use a pizza cutter or T-handled knife to maintain neutral positions of the fingers and wrist joints
- d. Hold spoon with thumb at the top when stirring
- e. Use adapted tools with handles to eliminate wrist deviation, such as T-handled or 90 degree-angled knife
- f. Smooth clothing/sheets with small finger side of hand leading and neutral wrist
- g. Place pressure through palm instead of fingertips when pushing oneself up to stand

3. Use the largest, strongest joints available for the job.
 - a. Carry pots, casseroles, and other heavy objects by placing one hand and forearm flat underneath and steadying the object with the other hand (oven mitts are necessary)
 - b. Carry purses and bags over the forearm or shoulder vs. in the hand
 - c. Use a two-handed technique for lifting and carrying all heavy objects
4. Use each joint in its most stable anatomical and functional plane.

S.D. State 4-H Horse Show Scheduled

BROOKINGS — The South Dakota State 4-H Horse Show will be held July 24-26 on the State Fairgrounds in Huron.

More than 600 4-H contestants from around the state will be competing in different equine events, according to Rebecca Bott, SDSU Extension Horse Specialist. One of the judges for the South Dakota State Horse Show will be David Denniston, an associate professor of Animal Science at Colorado State University and founder and owner of HorseShowPatterns.com.

"Having David Denniston as a judge again is in itself an incredible opportunity," Bott said. "He is a well-spoken, diligent judge who values the educational components of a 4-H show."

At this year's event the South Dakota State 4-H Horse Show has partnered with HorseShowPatterns.com. HorseShowPatterns.com will be shooting an educational horse judging DVD during the event and the contestants will have the opportunity to be featured in this judging DVD.

"The fact that HorseShowPatterns.com is going to be producing an educational video at our show is very exciting," Bott said. "This is a

neat opportunity to commemorate our youth and their devotion to the 4-H project and Horse Show."

The Youth Horse Ownership Responsibility Safety Education Training programs have been designed to teach youth enrolled in the Horse Project key components of horse safety and care. Youth HORSE Trainers have administered hands on training activities and interactive presentations previously. All 4-H youth enrolled in the Horse Project are required to complete the Youth HORSE Training annually and it must be completed by June 1 of each 4-H year.

In order to qualify for the State Horse Show, constants must have competed in a county qualifying show and have received a purple ribbon. The qualified contestants must sign up for the SD State 4-H Horse Show no later than July 13, through their local county office. Contestants participate in numerous classes that range from showmanship, equitation, performance, pleasure-driving and timed events. They can also compete in Youth-In-Action events, such as quiz bowl, hippology, horse judging and public presentations.

"The purpose of the 4-H Horse Program is to help 4-H members acquire desired characteris-

- a. May need to use a splint to hold fingers and wrist in good alignment during activities (or overnight to prevent further deformity)
- b. Avoid twisting the knees when standing (stand straight up first before turning and walking, as well as lining up with chair before sitting)
- c. Use correct patterns of movement

5. Avoid holding one position for any undue length of time.
6. Avoid starting an activity that cannot be stopped immediately if it proves to be beyond your capability.
7. Respect pain as a signal to stop the activity.

Adaptive devices can also be helpful to allow you to follow the above principles. Some examples include: jar openers, book holders, zippers with large teeth and ring pull tab, chairs with elevated seat height (risers under base or lift chairs), toilet risers, long-handled shoe horns, sock aides, reachers, built-up (wide) handles on utensils, rocker- or 90-degree-handled knives, increased barrel size on writing utensils (and gel or felt-tip inks require less pressure as compared to ball-point pens). Electric devices are also helpful, such as an electric can opener instead of the pressures and positions needed with a manual opener.

Please contact Avera Sacred Heart Hospital Occupational Therapy department at 605-668-8268 with any questions or for more details.

BBB Reports On Summer Travel Scams

BY STUART PFEIFER

© 2012, Los Angeles Times

Here is a roundup of alleged cons, frauds and schemes to watch out for.

DISCOUNT TRAVEL
Summer travel season brings with it a variety of scams to watch out for, the Better Business Bureau said. Travelers should be wary of deals that sound too good to be true. They should also ask detailed questions about travel arrangements and get all details in writing before agreeing to buy, the BBB said. Travelers who have questions about travel companies can check with the BBB to see whether they have a history of complaints.

"There are many reliable travel agencies and bureaus that offer good deals on vacations," said Steve J. Bernas, president of the bureau in Chicago. "Consumers need to research all companies before doing business with them to help ensure safe transactions."

ONLINE CAR SALES
Car buyers should be careful when searching online listings for bargains, the BBB said in a recent alert. The FBI reported receiving

nearly 14,000 complaints from 2008 to 2011 from consumers who said they were victimized in on-line car-buying scams.

One of the most common scams involves sellers who require payment up front but do not deliver cars as promised, the BBB said. Warning signs of potential scams include prices that seem too good to be true, sellers who won't allow a buyer to view a car before the sale and sellers who ask the buyer to send payment by bank wire, the BBB said.

LASER TREATMENTS
A San Jose man who owned and operated a chain of laser-treatment centers for toenail fungus was convicted on 19 felony counts of practicing medicine without a license, the San Jose Mercury News reported. Cary Silberman was arrested after an investigation by the Medical Board of California, which found that he and his employees were performing laser procedures that can only be performed by licensed doctors. Silberman could face as many as 15 years in prison. The state medical board maintains a list of all licensed physicians on its website.

REUNIONS

STAHLLECKER REUNION

The annual Stahllecker reunion will be held on Sunday, July 15, beginning at noon in the back room of the Naper Cafe. Each person can order what they want from the menu or specials at their own ex-

pense. Last year's attendees voted to move the reunion to July instead of August, so if anyone has any comments on the changes, please attend this year to make them known. We hope to see lots of family and friends at the reunion! The more the merrier!

Weekly Specials

Wednesday Dollar Doubles

Double load washing **\$1.00**

Thursday Triple Loads for \$3.00

10-80 lb. Machines
24 Hr. Service

24 HR EXPRESS LAUNDROMAT

2020 Elm St. Behind Walgreens

Try Your Luck at Diggers Casino - connected to 24-Hour Express

IS CLOSING

LIQUIDATING OUR ENTIRE INVENTORY of DVD's, GAMES & BLU-RAY

EVERYTHING MUST GO!

Price's change throughout the sale!

Wednesday, July 11th

Wednesday: Noon - 10 p.m.
Thursday - Saturday: 10 a.m. to 10 p.m.
Sunday: Noon - 8 p.m.
Monday - Sunday: Noon - 8 p.m.

ALL SALES FINAL!

Cash and Credit Cards Accepted, No Checks Please.

mr. movies

1100 Broadway • Yankton, SD

605-665-1147

Johnson Electric, LLP

214 CAPITAL ST., YANKTON

COMMERCIAL • RESIDENTIAL • TRENCHING

605-665-5686

Gary R. Johnson
Rick Merkel • Ben Merkel