

So You Think You're A Farmer? Take The Quiz

BY DR. MIKE ROSMANN

Want to see how much you know about agriculture? Take the quiz and figure out your score.

For each item below, circle the answer you think comes closest to defining these agricultural terms.

- Linebred
 - Having a good pedigree.
 - Animals related to one another to emphasize one or more traits.
 - Having one purebred parent.
 - Synchronizing estrus in a group of animals so they can be bred around the same time.
- Barrow
 - A ditch alongside a road.
 - What a farmer does at the bank.
 - Neutered male pig.
 - City on the western coast of Alaska.

- Option
 - Football play in which the kicker chooses to kick or pass the ball.
 - A contract that allows a farmer to buy or sell grain or livestock at a set price for a specified period of time.
 - Bid placed on a horse sold at public auction.
 - The choice you make when you decide to give your son/daughter the keys to the family car.

- Phytophthora
 - Structural unit of a plant consisting of a leaf and its associated stem part.
 - Produced or precipitated by light.
 - Microscopic soil born organism that causes root rot in plants.
 - What you call your broker when you get bad advice.

- Greensnap
 - Cornstalk breakage caused by high wind when the corn plant is growing quickly.
 - What green beans are called in the South.
 - A lively unbroken young horse.
 - What happens to your back after throwing hay bales all day.

Laughter releases endorphins, which reduce pain and contribute to feeling well.

- Buffer Strip
 - Vegetation planted along a stream to prevent pesticides and fertilizer from entering the waterway.
 - What a farmer does before getting in the shower.
 - A method of plowing to eliminate grass on the tops of terraces.
 - Alternating strips of crops in a field to minimize soil erosion.

- Aflatoxins
 - Produced by molds, especially in stored grain.
 - How Republicans and Democrats feel about each other in the same room.
 - A potent non-protein neurotoxin that originates from cryptosporidium bacteria.
 - Illness caused by soil-borne bacteria that animals ingest.

- Gilt
 - Shiny expensive gold covering on some machinery bearings.
 - How we want our teenager to feel after violating curfew.
 - What happens when a farmer doesn't pay his/her bills on time.
 - Female pig that has not yet given birth.

- Put Option
 - A track and field event in which a heavy shot is heaved for a distance.
 - Golf stroke made on a putting green to cause the ball to roll near the hole.

- Gives a buyer the right to sell a futures contract at a net price on or before a specific date.
 - Method of starting a two cylinder John Deere tractor, occasionally while cussing.

- AI
 - What a farmer says when he/she accidentally hits his/her finger with a hammer.
 - Well known crop insurance company.
 - Agricultural industry.
 - Artificial insemination.

- Dam
 - A young female sheep that has not yet given birth.
 - The mother of an animal.
 - What you say when you sold corn on a down market.
 - Another word for manure pit.

- CAFO
 - Concentrated Animal Feedlot Operation.
 - What some people say when they sneeze.
 - Cash Advance for Operations.
 - What your dog does when it is sick.

There are only three things that can kill a farmer: lightning, rolling over in a tractor, and old age. **-Bill Bryson**
The farmer is the only man in our economy who buys everything at retail, sells everything at wholesale and pays the freight both ways. **-John F. Kennedy**
Even if a farmer intends to loaf, he gets up in time to get an early start. **-Edgar Watson Howe**

Scoring:
Give yourself 5 points for each correct answer for each question answered correctly: 1. B, 2. C, 3. B, 4. C, 5. A, 6. A, 7. C, 8. D, 9. C, 10. D, 11. B, 12. A.
45-60 points: Congratulations, you are a farmer!
30-45 points: At least you're trying to be a good farmer.
Less than 30 points: Consider Ag School.
For more information, check the Glossary of Terms at www.agriwellness.org, under Resources.

Dr. Rosmann is a farmer and psychologist who believes in the benefits of humor. He lives near Harlan, Iowa. He says your ideas and feedback are always appreciated.



Dr. Mike ROSMANN

Visiting Hours

Helping Those Who Need It Most

BY DARLA GULLIKSON, RN
Avera Sacred Heart Cancer Center

Very few people in this world can say that in some way they have not been touched by cancer. Its toll continues to grow across the world, and experts estimate that if current trends continue, 24.1 million new cases of cancer will be diagnosed by the year 2030; most of those will be in developing countries. Therefore, sooner or later, those people will unexpectedly be struggling with the dilemma of what can I do to help my friend or loved one through the cancer experience.

When people are diagnosed with cancer, their lives instantly change and they are now entering one of the scariest times of their lives. Everyone who is diagnosed with cancer needs help from others sometime during this experience: practical assistance, emotional support, kind words or acts and loving gestures.

On a monthly basis I help facilitate cancer survivor support group meetings and feel this is a subject more people need to be knowledgeable. While discussing the different acts of kindness that our survivors experienced, the one thing that speaks loudest is kindness can work wonders for those in need. Please consider some of the tips from our local survivors someone bestowed upon them while they were going through treatments. Keep in mind one's needs may change from day to day.

- Be a good listener. If you want to listen, which is what your loved one with cancer wants you to do, you need to be careful and not be giving advice or judging them as a complainer and then start to blame or advise. Listening focuses on the speaker's words, feelings and their meaning. Please give that person the gift of your entire attention.
- Your loved one may want to hear about topics other than to talk about her cancer. Sit down and talk about subjects that you usually would discuss with your loved one or friend such as a book, movies and your family. However, don't avoid taking about the cancer if this is what the person wants at the time.
- Offer to take them to their doctor appointments or cancer treatments. Sometimes travel is involved and it may be a concern to the individual on how she will get to her appointments or even afford the cost of travel.

This is also a great time to be with your loved one to just talk.

- Offer to cook. One survivor appreciated having her friend bring supper on the days that she received chemotherapy treatments. One should ask if there are foods, or the smell or texture of certain foods the loved one should avoid or cannot tolerate due to the side effect of the treatments. Another idea is to buy Meals on Wheels for a few weeks during their treatments.
- Help with housework. Do a load of laundry. Change the loved one's bedding and wash it for the next changing. You may need to take the laundry to your house and bring it back nicely folded in the basket. You can even offer to pay for someone else to do the housecleaning. Do the grocery shopping. Ask the individual to make a list of grocery needs and offer to pick them up.
- Offer to do yard work. Your loved one or friend may be a gardener and can't get out to plant or weed it. Offer to do this for them. Mow the lawn. You may be helping the spouse out in giving them more time to spend with their loved one instead of doing the yard work. If the individual is sedentary in a particular room of the house, set up a birdbath or feeder in front of the window so he can watch the birds come to eat or play.
- Send cards or small gifts. Remembering someone with just a short "Hello, I'm thinking of you" note can boost the spirits. Send more than just one card, however. It is nice to hear from people in the beginning when things are very difficult, but to send a card a few weeks later assures your friend or loved one that you truly are thinking of them.
- Help her buy a wig. If your loved one will be losing her hair when she has treatments, go with her to a wig shop or salon to pick out the wig she will need to wear. Have fun and maybe suggest this to be an opportunity for your friend to see how she looks as a blonde or red head. Remember to also offer to attend your local ACS Look Good Feel Better program for makeup tips and hairstyle suggestions.
- Go visit your friend or loved one. If you know they are not feeling real well, make your visit short. Even a short visit with a good friend can be a mood booster.
- Offer to care for their pets. Take the pets out for their daily walks or go with your friend when she walks her pet. If the pet needs to go to the vet, offer to take care of

this also. Remember, pets play a vital role in many peoples lives.

- Give them a gift certificate. Gift certificates to restaurants, spa, massage therapy, video stores or, if appropriate, financial assistance are nice gifts. Small gifts that you know someone would like are also appreciated. A survivor mentioned that she was always cold after receiving her treatments and just loved having her rice bag to lie down with and rest.
- If you are a cancer survivor who has gone through treatments for the same cancer diagnosis as your friend or loved one, please offer to talk to them and allow them to ask you questions about your cancer experience. Many survivors have mentioned how much it helped them to realize that they are not alone, and that others have had the same feelings and fears when dealing with their cancer.
- Assist individuals if they need any information on their particular cancer, by contacting the American Cancer Society. The Navigator program is available 24 hours a day, 7 days a week. They will supply you with free information and research any question you may have. The number for the ACS Navigator is 1-800-ACS-2345.
- The last tip is for the newly diagnosed survivor of cancer. You must learn that it is permissible for you to not do things during your treatments as you would normally on a daily basis. This is a difficult time for you and you need to prioritize items that you feel are OK to let set for a while. You must also learn to accept others' generous gift of time, energy or sustenance. Please allow others to give. Keep in mind that you are taking that other person's ability of giving away from them when you refuse their offer of kindness. Think how you would feel when someone turns your kind offer away.

I would like to take this opportunity to thank everyone who participated in the Yankton Community Relay for Life on Friday, June 29 at Riverside Park. It was a wonderful event. This event is put on for survivors, and to honor their courage and strength in fighting this terrible disease. It is also held to bring increased awareness to others on how much there is still to do to prevent more of our friends, coworkers, neighbors and family from hearing the words: "I'm sorry, but you have cancer."

Five Store-Brand Items You Should Avoid

BY KELLI B. GRANT
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Though grocery shopping experts have long touted buying store brands as a great savings strategy, consumers are finally paying attention. Maybe too much attention.

Nearly 40 percent of shoppers purchased more store-brand items over the past year, according to a new survey from research firm Accenture. Two-thirds of shoppers say half of what they buy carries a store-brand label.

The main reason: the prices beat those of the big brand names. In most cases, consumers aren't sacrificing taste, either, because the same big brand producing say,

canned veggies, is also responsible for packaging the store's line.

"Quality has really gone up," said Jill Cataldo, founder of Super Couponing workshops. Stephanie Nelson, the founder of CouponMom.com, agreed. "Some stores actually have several tiers of private labels," including gourmet and organic products, she said.

But in some cases, consumers are better off sticking with the brand names they know and love. Those trying out store brands should "start small," Cataldo said. "Buy one, not 12, to make sure you like it."

Here are five product categories that may warrant caution:

1. Paper products — Store-brand paper towels, paper plates and other goods can be of varying

quality. The toilet paper rolls are often smaller and lighter, said Teri Gault, founder of price-tracking site TheGroceryGame.com. Plates might be flimsier, and towels or tissues may be less absorbent, meaning you'll need to use more than you might with a brand name, negating savings.

2. Cleaning products — Consumers tend to prefer brand-name laundry detergent and other cleaning products, Nelson said. The risk: the store brands sometimes are often not as strong, she said.

3. Coupon-heavy items — Store-brand items might not be cheaper after all. "The right coupon and sale combo is key," Cataldo said. "I still do better on the whole buying national brand instead of house brand." That combination beats

even low store-brand prices. Some stores do offer coupons on their own brands, too, so be sure to compare prices regularly, she said.

4. Macaroni and cheese — Boxed macaroni and cheese is one of the few categories where shoppers across the board tend to be brand loyal, said Nelson. "It's Kraft all the way," she said. Gault said complaints she has heard fault store brands for being "too orange," and not that cheesy.

5. Diapers — Some parents love store-brands, Nelson said, but others complain of leaks. Retailers and manufacturers market heavily to new parents with coupons and loyalty rewards, too, so buying store-brand diapers may not be the cheaper option.

Check On Elderly During Heat

BY MEREDITH COHN
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The heat wave continues and officials are reminding people to check on their older family members and neighbors because they can be particularly vulnerable.

More than 1,500 people die every year from excessive heat, according to the National Oceanic and Atmospheric Administration — more than the mean number of people who die from tornadoes, hurricanes, floods and lightning combined.

There are several reasons seniors can't take the heat well. Their medications sometimes impede the body's ability to regulate temperatures or perspire and their bodies react differently because of chronic conditions, according to the U.S. Centers for Disease Control and Prevention.

One senior care company, Home Instead Senior Care, offers these tips:

- Keep a glass of water in every room and drink often.
- Store clothes made of dark colors and heavy materials and wear short sleeves, lightweight

rayons and cottons and light-colored clothing to reflect heat.

- Stay out of the sun midday and do outdoor chores early or late.
- Do even indoor chores in the evenings, and save high heat times between 3 p.m. and 5 p.m. for napping, reading and television.
- Draw the blinds to keep out the sun and stay in air conditioning as much as possible.
- If there's no air conditioning go to the mall, local cooling stations or other place and read or drink cool fluids.
- If increasing air conditioning is too costly, add a fan or small window unit.
- Eat a salad rather than meat because proteins increase metabolic heat production and promote water loss.

BIRTHS

IRELYN MURPHY

Mark and Lindsay Murphy of Yankton announce the birth of their daughter Irellyn Nicole Murphy, born July 7, 2012 at 7:56 p.m. She weighed 7 pounds 1 ounce and was 19 inches long. Grandparents are Alan (Corky)

and Gail Livingston and Charles and Carolyn Murphy, Yankton.

Great-grandparents are Ray and Marylou Livingston, Yankton, Darlene and the late Harvey Weisser, Wagner, and Martha (Granny) Murphy, Bloomfield, Ind.



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50th Anniversary

Mr. and Mrs. Robert and Ruth Dowling, Yankton, celebrate their 50th wedding anniversary July 21, 2012. The couple were married on July 21, 1962. They have four children: Tammy Zautke, Sherry Dowling, Kelly Freauf Behnke, Ryan (Blue) Dowling (deceased). The couple also has seven grandchildren. The couple's children are having a small card shower to celebrate. Cards can be sent to: 903 Prairie Circle, Yankton, SD 57078. No gifts please.

GOT NEWS?
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Cooking Class with Chef Staci

Summer Entertaining featuring recipes for appetizers and cocktails

Thursday, July 19 • 6:00pm
Sunday, July 22 • 1:30pm

\$20.00 Fee (must pre-register)
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