

# Core Beliefs Are Essential To Farmers

BY DR. MIKE ROSMANN

A core set of beliefs helps us know who we are. Our core set of beliefs gives direction when we are uncertain, when we feel little hope and while dealing with difficult problems.

I am writing this as a psychologist, not as a theologian or proponent of religion. I am not referring to particular people I serve professionally. I am referring to people I observe around me and who I know well.

What I mean by core set of beliefs is difficult to articulate.

I am referring to what it is that keeps us going. I know my core beliefs keep me going. They are the center of what gives me meaning.

Viktor Frankl endured torture and the deaths of most of his loved ones in Nazi prison camps because of his core belief that everything can be taken from a man but the freedom to choose his own attitude in any given circumstance.

Without a core set of beliefs, one nearly always becomes anxious when stressed, even to the point of becoming immobilized. Sometimes obstacles in our paths force us to consider what we believe in. I think God puts them there as nudges to search for our purposes.

Faith is essential to a core set of beliefs. We have to believe in something that gives us hope. Faith usually involves belief in a Higher Power, or whatever one calls God.

God has been called Yahweh, Father, Jesus, Jehovah, Savior, Allah, Elohim, Supreme Being, Almighty, Prime Mover, King of Kings, Alpha and Omega, Brahmin, Om, Waheguru, and many other terms. Many Native Americans refer to God as Mother Earth.

Since the beginning of modern humans, almost all cultures have developed their own concepts of God. Some cultures deified many gods, such as the ancient Greeks, the early Romans and the Norse.

What we call God is less important than the nature of God in our lives. For me, God is the centering force of my life.

I had an atheist friend, Ben, who passed away of cancer a few years ago and with whom I had fierce debates when he was yet alive over whether or not belief in God was necessary or a waste of time. He didn't like the term "agnostic" but opted for "atheist" as the best descriptor of his belief system.

Agnostic means without knowledge or desire to understand; atheist means to deliberately not believe in a higher power.

Ben said believing in a God complicates things and is unnec-

essary. Too many wars concern how we believe in God, he said. Political systems that require a specific set of beliefs are particularly harsh and unfair, he said.

Yet, Ben was one of the most generous, broad-minded, and loyal persons I have known. He improved life without belief in God but he had a core set of beliefs. His beliefs involved helping others exhibit their best. His self concept and his hopes depended on helping others and loving them freely. He had a

higher purpose than advancing himself.

For several weeks when I was younger I tried not believing in God or praying. Eventually I became sullen and empty. I found there was nothing to hope for.

A core set of beliefs gives me and all of us values, a moral code and guidelines to live by. It underlies the approach I take to help people manage their behaviors in

healthy ways.

I view myself as a coach and educator. I help others manage themselves and find their own core beliefs.

Farmers are especially aware of their beliefs or the absence of them because of closeness to nature. How can a farmer not believe in some form of higher power when corn seeds emerge from dirt into which they were planted some few days to weeks earlier? How can a rancher not admire the first breaths of a newborn calf as the manifestation of a higher force?

Most new mothers and fathers thank God when their baby utters its first lusty cry. Native Americans thank the buffalo for giving its life to sustain its human hunters. Farmers thank God for bringing rich grains from the fields.

As agricultural producers we are surrounded with demonstrable signs that some force beyond us is in charge of matters. If we align ourselves with beliefs and values that sustain life, we discover this Higher Force.

Farming is a highly spiritual and noble calling to produce essentials for life.

If we opt only to make a profit we become exploiters who collapse on ourselves. We have little to hope for except self promotion. Selflessness is the path to understand the role of God in our lives.

Dr. Rosmann's 2011 book, "Excellent Joy: Fishing, Farming, Hunting and Psychology," recently received the Silver Book of the Year Award from Foreword Reviews in the nature category.

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Dr. Mike  
**ROSMANN**

## Visiting Hours

# Are Bladder Contol Issues Treatable?

BY SANDY COPE, PHYSICAL THERAPIST

Avera Sacred Heart Hospital

Urinary incontinence, or involuntary loss of bladder control, is experienced by fifty to sixty percent of individuals at some point in their lives. This condition affects men and women alike and is most prevalent in women who are three to six months postpartum, individuals who are experiencing back pain or have had back, pelvic or abdominal surgeries, and men and women over the age of 50.

Urinary incontinence is a debilitating condition that can leave individuals feeling socially isolated. Many people wrongly assume that urinary incontinence is normal for their condition. Even if an individual has been diagnosed with fibromyalgia, multiple sclerosis, organ prolapsed, stroke, Parkinson's disease or Alzheimer's disease, urinary incontinence is often treatable.

The most common types of urinary incontinence include:

Stress incontinence — the loss of urine

when you exert pressure on your bladder by coughing, sneezing, laughing, exercising or lifting something heavy. Stress incontinence occurs when the sphincter muscle of the bladder is weakened.

Urge incontinence - a sudden, intense urge to urinate, followed by an involuntary loss of urine. With urge incontinence, you may need to urinate frequently, including throughout the night. If there is no known cause, urge incontinence is also called over-active bladder.

Mixed incontinence — a combination of stress and urge incontinence symptoms.

Conservative treatment options are available for the treatment of urinary incontinence. According to the American Physical Therapy Association (APTA), proper preventive measures and treatment by a physical therapist can help patients manage, if not alleviate, this condition.

A trained physical therapist is able to develop an individualized treatment program for each patient. Treatment may include exercises to strengthen and re-educate pelvic

muscles as well as nutrition and lifestyle education to optimize bladder health.

For more information on physical therapy treatments available for urinary incontinence call (605) 665-8268.

Sandy Cope, physical therapist at Avera Sacred Heart Hospital, has completed coursework and training in the rehabilitation of pelvic muscle dysfunction, including treatment and management of urinary incontinence and bowel control, pregnancy and postpartum therapy, and neurological disorders affecting body movement and function.

Sources include:  
American Physical Therapy Association ([www.apta.org](http://www.apta.org))  
Phoenix Core Solutions ([www.phoenix-core.com](http://www.phoenix-core.com))  
Mayo Clinic Online ([www.mayoclinic.com](http://www.mayoclinic.com))

# Creatures Live Long – Until Human Interaction

BY FAYE FLAM

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No matter how well adapted an animal may be, it can spell evolutionary doom to have feathers or even shells that become coveted by human beings. Take the nautilus, a creature that pulled easily through the asteroid impact that wiped out the dinosaurs. It now hangs on the brink of extinction thanks to the misfortune of having a pretty spiraling shell.

These animals come from an ancient family, the nautiloids, that go back almost all the way to the birth of complex life 600 million years ago. Nautiloid fossils have been dated as early as 500 million years ago, soon after animals started leaving fossils.

British paleontologist Richard Fortey described their supreme reign in his new book "Survivors," which describes so-called living fossils. For most of the last 500 million years, the nautiloid family was dominated by once sub-group — creatures called ammonoids, whose fossils reveal shells with intricate, lacy, fractal-shaped crinkles and folds. Different species of ammonoids swam together in schools, occupying different depths where they

hunted and scavenged through the world's ancient oceans.

They survived the worst of the major mass extinctions in the planet's history — the end Permian event, which killed more than 90 percent of the world's species 252 million years ago.

The story of the nautiloids helps illustrate the role of chance in evolution. Extinction doesn't reflect some kind of flaw or weakness or inability to adapt. The term "fitness" as scientists use it depends on the environment — don't think of workout-hardened athletes but of individuals that fit well into their surroundings. And on this planet, the surroundings are always subject to change.

The dinosaur-killing mass extinction 65 million years ago was bad luck for the ammonoids but not the plainer, more humble nautilus, said Peter Ward, a professor of biology, earth and space sciences at the University of Washington. The difference was that ammonoids reproduced by making huge numbers of larvae that floated with the plankton near the water's surface, while the nautilus lays a few large eggs several hundred feet beneath the surface.

The deep waters were like a bomb shelter, said Ward, where

generations of nautilus could live and reproduce in an environment that was relatively unaffected by the mass extinction. As cold-blooded creatures, they don't need much food and can slow their metabolism down to a crawl in tough times. "They slept through the mass extinction, like nautilus van Winkle," he said.

The nautilus may not seem as charismatic as tigers or elephants, but it holds a certain fascination. The spiral shells are divided into chambers, the biggest outermost one providing a home for the creatures and the empty ones providing an adjustable buoyancy system that allows the nautilus to move up and down after food. Not only is the nautilus a member of an ancient lineage, but individual creatures are long-lived. They may live upwards of 100 years, said Ward. He's planning to analyze nautilus shells for traces of isotopes from the atom bomb blasts of the 1940s.

The nautilus is a scavenger, feasting on the molted skins of lobsters and hermit crabs. When it comes to smell, "they are like wolves, picking up an unbelievably small number of molecules," Ward said. That makes them easy to trap, but it also means if a trap only gets a few animals in an evening, they

may be the only residents for miles around.

Fortey's book describes the nautilus along with other so-called living fossils — animals and plants that appear to have changed very little over tens of millions or even hundreds of millions of years. But Ward sees signs that the mass extinction 65 million years ago left them some room to evolve. Some started to become more complex in their shell designs, filling the niche vacated by their extinct cousins the ammonoids. DNA testing has shown that they've branched into a number of different species as populations spread out and separated. In recent years, the last members of the ancient nautiloid family have acquired a new, formidable enemy — fishermen. People don't want the chipped, damaged shells that wash up on beaches, said Ward. There's more money to be made from the unblemished specimens obtained by killing the animals. About half a million nautilus shells have been imported into the United States, where they're sold in gift stores, Ward said.

## 4-H Fair Info.

## Available Online

BROOKINGS — Each year more than 9,000 South Dakota youth actively participate in 4-H programming. The South Dakota State Fair is an annual event where many of these youth celebrate what they've learned throughout the year and compete with other 4-H members from across the state through display exhibits, livestock exhibits, and judging and speaking contests.

The 2012 South Dakota State Fair is held in Huron Aug. 30-Sept. 3. This year, as South Dakota 4-H members and volunteers prepare for the big event, they will have 24-7 access to 2012 South Dakota State Fair information thanks to SDSU Extension's iGrow.org Web site.

"Making State Fair resources available on iGrow is an important step in achieving our goal to make information and forms accessible quickly and conveniently," said Peter Nielson, 4-H Youth Development Program Director.

In 2011, more than 5,000 4-H members were responsible for 14,319 entries. Not a simple task explains Nielson, as each entry has to pass a qualification process in order to compete at the state fair.

"Members' entries must receive an endorsement through a purple ribbon at their County Fair in order to show the project at the State Fair. Although project completion can be worked out in a number of ways, the main method of project completion has been, and will remain the South Dakota State Fair," Nielson said.

Projects are key to the hands-on learning model 4-H has embraced since the organizations beginning in 1902. As youth engage in developing skills in a variety of areas from livestock judging and food and family to Robotics and Videography/Photography; their projects need to meet certain criteria to qualify for fair entry. Today this information and much more can be found on [iGrow.org/4h/south-dakota-4h/](http://iGrow.org/4h/south-dakota-4h/). The page includes the 4-H Division Handbook, schedules, score sheets, and forms.

Daily schedules are listed in the events section of the site at <http://iGrow.org/events/>.

iGrow is the teaching platform used by SDSU Extension to assure state of the art program delivery.

For more information on how to become involved in 4-H as a member or volunteer, contact your local 4-H Youth Program Advisor, listings are available at [iGrow.org](http://iGrow.org).

## 'Facebook For Beginners' Class Set For Library

The Yankton Community Library, 515 Walnut, will be offering a free "Facebook for Beginners" class on Tuesday, Aug. 7, running from 7-8 p.m.

This class will go over the basics of setting up a Facebook account and utilizing some of its key features such as connecting with friends, photo sharing, and using Facebook chat.

Library officials ask that children under 18 be accompanied by their parent/guardian. Participants are welcome to bring personal laptops to the session.

The class is free of charge but those interested are asked to call the library or register in person at the circulation desk by Aug. 6.

For more information, contact the library at 668-5275.

## Christmas In July Bazaar Slated For Yankton

"A Touch of Sparkle" is this year's theme for the annual Christmas in July church bazaar on Saturday, July 28, sponsored by the Episcopal Church Women at Christ Episcopal Church, 517 Douglas Ave. (corner of Sixth and Douglas). This is the 43rd. year this bazaar has been sponsored by the ECW, a group of dedicated church women who continue to "sparkle" at the end of July each year, regardless of the temperature outside!

The usual booths will be set up to display Christmas crafts, bake sale goods and year-round items such as aprons, soap, jewelry, cutlery, candles, cards and so much more. Second-time-around items are always popular. As in the past, orders may be placed for Christmas stockings, fresh pecan halves from Georgia, and other special offerings.

Several new raffle items, include a prime rib dinner for eight, prepared by the women of the church. It will be delivered to your home on a day of your choosing, during the month of August. Raffle tickets are only \$1 each. Two other special items are framed, handmade, needle-punch prayer pictures. A silent auction Kay Jameson doll will, also, be featured as a fund-raiser for the church youth group.

There will be the usual tea table of complimentary refreshments for everyone who attends. Elevator access is available on the north side of the church on Sixth St. This year's co-chairpersons are Gert Boyles and Carolyn Gilster.

## 'Singspiration' To Be Held In Wakonda

WAKONDA — The Southeastern South Dakota Gospel Singing Convention will hold their quarterly singspiration at the Bethel Baptist Church in Wakonda at 2 p.m. Sunday, July 29.

The event has been held four times a year for the past 11 years at numerous locations across the southeastern part of the state.

The convention is a nondenominational endeavor to preserve the heritage of singing hymns in four-part harmony.

The afternoon is typically spent with members of the audience calling out favorite numbers from a hymnal containing over one thousand familiar hymns and old time southern gospel songs.

Alan Ward of Viborg directs the singing and several fine pianists from the area accompany. Anyone present is invited to take a turn at the keyboard or with the directing.

The event is free and open to the public. The church is air conditioned and refreshments will be served following the singing.

For more information, call the convention secretary at 605-212-9011.

# LOOK WHO'S WINNING!

**\$14,000**  
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**JENNIFER REINERS**  
Tea

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POWERBALL

**ROBERT LARSON**  
Sioux Falls

**\$10,000**  
MEGA MILLIONS

**KARI JOHNSON**  
Sioux Falls

## MORE WINNERS ADDED EVERY DAY!

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| <b>Nicole Allen</b><br>Sioux City, IA<br><b>\$10,000 Mega Millions</b>         | <b>Nick Weidert</b><br>Hartford<br><b>\$12,000 Double Match</b>                 | <b>Mary Anne Nas</b><br>Vermillion<br><b>\$10,000 Cash Stash</b>            |
| <b>Edward Barrett</b><br>Sioux Falls<br><b>\$500 Wild Card 2</b>               | <b>Trevi Devericks</b><br>Sioux Falls<br><b>\$1,500 Hot Lotto Sizzler</b>       | <b>Steven Wilson</b><br>Overland Park, KS<br><b>\$500 Bet-Chur Bluffin'</b> |
| <b>Frank Buehner</b><br>Brandon<br><b>\$1,500 Rockin' 5's</b>                  | <b>Matt Keefer</b><br>Sioux Falls<br><b>\$1,000 Cash Stash</b>                  | <b>Brandon Mack</b><br>Castlewood<br><b>\$500 10X the Cash</b>              |
| <b>Matthew McIndoe</b><br>Sioux Falls<br><b>\$1,200 Double Match</b>           | <b>Ryan Larsen</b><br>Vermillion<br><b>\$1,000 Cash Stash</b>                   | <b>Billy Timmons</b><br>Centralia, IL<br><b>\$500 Cash Stash</b>            |
| <b>Katherine Anderson</b><br>Garretson<br><b>\$600 Mega Millions Megaplier</b> | <b>Douglas Arne</b><br>Sioux Falls<br><b>\$1,000 Carnival Cash</b>              | <b>Gregory Johnson</b><br>Sioux Falls<br><b>\$500 Wild Card 2</b>           |
| <b>Deanna Hackett</b><br>Yankton<br><b>\$502 Wild Card 2</b>                   | <b>Carole Vanhecke</b><br>Colman<br><b>\$700 Star Spangled 7's</b>              | <b>Jo Kono</b><br>Sioux Falls<br><b>\$500 Hot Lotto</b>                     |
| <b>Amanda Brown</b><br>Hartford<br><b>\$300 3X Cashword</b>                    | <b>Kathy Merideth</b><br>Emmetsburg, IA<br><b>\$600 Mega Millions Megaplier</b> | <b>Nichole Devries</b><br>Sioux Falls<br><b>\$500 Just Plain Bingo II</b>   |
| <b>Kyle Labarge</b><br>Sloan, IA<br><b>\$500 Bet-Chur Bluffin'</b>             | <b>Matthew Rudy</b><br>Sioux Falls<br><b>\$500 Lucky Leprechaun</b>             | <b>Mark Ekern</b><br>Flandreau<br><b>\$450 Mega Millions Megaplier</b>      |
| <b>Joseph Schoenfelder</b><br>Sioux Falls<br><b>\$150 Mega Millions</b>        | <b>Dan Jarman</b><br>Sioux Falls<br><b>\$500 Lucky Leprechaun</b>               | <b>Frank Nimmer</b><br>Elk Point<br><b>\$450 Mega Millions Megaplier</b>    |
| <b>Cameron Vogeli</b><br>Beresford<br><b>\$150 Mega Millions</b>               | <b>Jessica Jansen</b><br>Sioux Falls<br><b>\$500 10X the Cash</b>               | <b>James Fuller</b><br>Sioux Falls<br><b>\$300 Bonus Word Cashword</b>      |
| <b>Mike Fitzmaurice</b><br>Sioux Falls<br><b>\$500 Wild Card 2</b>             |   |   |
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