

Visiting Hours

Are Beans Really The Magical Fruit?

BY ALICIA HEINRICH, RD, LN
Clinical Dietitian, Avera Sacred Heart Hospital

Did you know that there is an entire day dedicated to eating beans? It falls on July 3rd and is adequately named Eat Beans Day. What makes a bean so great that it would have its own celebration? First and foremost beans are unique! They belong to two different food groups. Which food groups do beans belong to exactly? If you thought vegetables and protein you're right! USDA's Choose-MyPlate includes beans under both of these categories because of the high nutrient content of beans. Beans are high in protein, vitamins, minerals, and fiber. They are also low in fat, free of saturated fat and trans-fat, and are a cholesterol free protein making them a great addition to meals. Beans really are rather magical!

The Dietary Guidelines for Americans 2010 recommend that adults consume three cups of beans per week to reduce the risk of chronic disease and promote health. Diets that include beans can reduce your risk for certain cancers and heart disease. Three cups of beans per week and you can get the added benefit of reducing the risk of chronic disease. That sounds pretty good doesn't it? The benefits don't just stop at your health either. Beans are also an affordable alternative to buying meat which in turn is a little easier on your wallet when trying to budget for meals. One of the great advantages of beans is that they come canned or dry. Canned beans will need to be rinsed off before use to help reduce the salt content. Rinsing canned beans will reduce the sodium by 40%. Dry beans will need to have a good cleaning and soak before using them in a recipe. There are a few different ways to soak dry beans listed below.

Cleaning: Before soaking the beans, pick them over, removing any small rocks or dirt pieces. Put the beans in a strainer, sieve, or colander. Rinse with cold water.

Traditional Soak: Clean and rinse beans. Cover with 3 times as much water as beans (i.e. 1 cups of beans to 3 cups of water). Soak overnight. Drain and use as directed in recipe or cover with water and simmer about 1-2 hours until tender.

Hot soak: In a large pot, heat 10 cups of water to boiling for each pound (2 cups) of beans. Add dry beans. Boil for 2-3 minutes (blanch). Remove from heat, cover and let stand 4 hours or overnight (not more than 16 hours). Do not remove lid while beans are soaking. After beans are through soaking, drain them off and rinse with fresh cold water. Follow recipe instructions. If the recipe calls for cooked beans, cover the beans with

fresh cold water; add 1-3 teaspoons of salt. Bring to a boil, reduce heat and simmer until tender. Usually 15-45 minutes.

TIME SAVER: Cook up a large pot of beans. Freeze the beans in one to two cup amounts. Cover the beans with cooking liquid or water to resist freezer burn.

Introducing beans into your weekly meal rotation won't be difficult. Many people around the world serve beans the way we eat potatoes. The general population's first thought when it comes to hearing the word bean is, GASSY. Beans more often than not causes intestinal gas in people.

HERE ARE A FEW TIPS TO CUT DOWN ON THE GAS:

- Add beans slowly to your diet over a three to eight week period. When you eat beans on a regular basis the gas will be less of a problem.
- Chewing the beans well and slowly to help digest them.
- Soaking or cooking the beans and then rinsing them. This will reduce the "gassy sugars" in beans by 75% or more.
- Drinking plenty of water and other fluids to help your system manage the extra fiber.
- Try an over-the-counter product such as Bean-O that will help breakdown the gassy substances.

Which bean is right for me? Beans come in all shapes, sizes, and colors. Navy beans, kidney beans, black beans, and great northern beans are heard of quite often. Black beans work well in stews, soups, sauces, and enchiladas. Kidney beans are popular in chili and cold salads. Navy beans are frequently used in pork and beans, soups, and stews. Beans can easily be added to any recipe and it will give it an extra nutritional punch. Taking small steps to add beans to your diet will benefit you in many different ways. Beans are convenient, affordable, nutritious, and unique. Add variety to your weekly meals and be adventurous with beans.

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Michael Duane Rennerfeldt, Open Option (LAS).

DOUGLAS VANECEK

ST. LOUIS, Mo. — Douglas Vanecek, son of Evelyn Kloucek of Tabor, was named a Dimmitt Scholar at Morningside College in recognition of high academic distinction for the 2012-2013 school year. Vanecek is a past graduate of Bon Homme High School. Dimmitt Scholars must be full-time students who have completed at least 45 credits of college work with a cumulative grade point average between 3.50 and 3.75. The award is named in honor of the late Lillian Dimmitt, who served as a teacher and administrator at Morningside College for more than 60 years.

Are Rural Areas Changing?

BY DR. MIKE ROSMANN

Few activities are as pleasant and restorative as a walk around one's farm or ranch in the evening when sunset is occurring. Even in the rain or during winter, outdoor hikes renew my perspective and replenish energy.

With the many changes occurring in modern life, is the amount of time people spend outdoors changing? Do people involved in agriculture spend less time outdoors now than in the past?

The average American spends five percent of available time outdoors, according to recent time studies. That includes time spent outside buildings and vehicles while involved in work, going places and outdoor leisure activities.

The National Park Service says the amount of time spent by visitors at U.S. national parks declined 15 percent over the past two decades, although the number of visitors increased. A sample of U.S. adults surveyed in 2008 reportedly spent 25 percent less time than two decades earlier in outdoor activities such as hunting, fishing and camping.

A University of Michigan study indicated a stratified random sample of U.S. children in 2000 spent 4 to 7 minutes outside daily. Two more recent studies found the amount of time spent by kids outdoors decreased since 2000; another study indicated 40 percent of the surveyed kids in 2009 spent more time outdoors than in 2007, while 15 percent of kids spent less time, and 45 percent remained the same.

How do people spend their time? The 2011 American Time Use Survey of employed Americans, ages 25-54 and who have children, reported the following average time allocations in a 24 hour period:

- Sleeping - 7.6 hours
 - Working and related activities - 8.8 hours
 - Leisure and sports - 2.5 hours
 - Household activities - 1.1 hours
 - Eating and drinking - 1.1 hours
 - Caring for others - 1.2 hours and
 - Other - 1.7 hours
- American children spent almost 55



Dr. Mike
ROSMANN

hours per week watching television, texting and playing video games, according to a 2010 report by the Nielsen Company, the same organization that calculates television viewership ratings. These same children spend less than three hours each week reading books.

Clearly, Americans are spending less time outside than in the past. Why?

An analysis of reader comments in various articles about the subject suggests several primary reasons: uncomfortable weather, disagreeable smells, preference for indoor activities, unsafe neighborhoods and exposures to substances that can worsen medical conditions such as asthma.

Are farm and ranch residents also spending less time outdoors? The Exposure Factors Handbook produced by the Environmental Protection Agency does not report time spent outdoors by various occupational groups.

I could find no systematically collected data about the amount of time farm and ranch people spend outdoors or any trend changes. If someone knows of objective data on the subject, please tell me.

It would seem that people engaged in agriculture today probably spend less time outdoors than in past generations because of mechanization and different required tasks. Today's agriculturalists spend more time in the office, indoor livestock facilities, trucks and machinery cabs than in the past.

Some of the same concerns about the outdoors that bother the general public also bother rural and farm residents, but not all in the same way. Rural residents are accustomed to bad weather and people who raise livestock have to go outside to tend to their animals or to get to their barns.

Urban neighborhoods where gangs prevail make people on the streets uncomfortable. Most metropolitan neighborhoods, like rural areas, are relatively safe. Urban and suburban residents say they dislike odors and air pollution such as vehicle exhaust fumes, smog and factory smells, and avoid them by staying indoors.

Both metropolitan and rural residents have concerns about health issues (e.g., allergies, asthma). Respiratory health concerns are worsening for rural residents who live near large swine and poultry production units, cattle feedlots and dairies.

A growing body of research studies undertaken at multiple locations over the past two decades indicates rural residents increasingly cite noxious odors from large confined animal facilities and pesticide exposures as deterrents to spending time outdoors.

Marilyn and I choose to not spend time outside our house on days when the wind is in the "wrong direction," because we live next door to a large cattle feedlot.

Sometimes we have to drive to a place with non-foul air to enjoy the outdoors. We still need our Vitamin D.

Vitamin D comes from sunlight. Vitamin D helps us absorb calcium and phosphorus, reduces blood pressure, helps fight depression, and aids in the treatment of diabetes and some cancers.

The psychological benefit of spending time in healthy outdoor environments is especially important to me. Hunting, fishing, gardening, going for walks and other outdoor activities help me look at life with a different perspective than when engrossed in work or confined inside buildings.

I can meditate freely and Marilyn says I am easier to live with!

Dr. Rosmann and his wife live on their Harlan, IA farm. The author invites comments, which can be emailed on the website: www.agbehavioralhealth.com.

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VA Processes Nearly All Disability Claims

ST. LOUIS, Mo. — The Department of Veterans Affairs (VA) has announced that as a result of the initiative launched in April to expedite disability compensation claims decisions for Veterans who have waited a year or longer, more than 65,000 claims nationwide — or 97 percent of all claims over two years old in the inventory — have been eliminated from the backlog.

The initiative was centrally managed at the national level and involved all VA regional offices working claims on behalf of Veterans across the country — not just those in their geographic area or state.

The Dakotas Regional Office in Sioux Falls now joins VA efforts to complete the disability claims of Veterans who have been waiting more than one year for a decision, while completing the final batch of oldest claims in progress.

"Over the past two months, VA has been dedicated to providing earned benefits to the Veterans who have waited the longest. I'm proud of our employees, who have worked long hours on this effort," said Jim Brubaker, director of the Sioux Falls VA Regional Office. "We're now focusing on eliminating the claims that are more than one year old. We've made great progress, but know much work remains to eliminate the backlog in 2015."

Although the Sioux Falls VA Regional Office had few claims pending over two years at the start of this initiative, the employees

played a significant role in completing Veterans' oldest claims from across the nation. VA completed two claims for Veterans in South Dakota who had been waiting more than two years.

Some two-year-old claims are outstanding due to unique circumstances, such as the unavailability of a claimant for a needed medical exam, military service, vacation, or travel overseas.

This effort is a key part of VA's overall transformation plan to end the disability claims backlog by the end of 2015 and process claims within 125 days at 98% accuracy.

In May, VA announced that it was mandating overtime for claims processors in its 56 regional benefits offices to increase production of compensations claims decisions, which will continue through the end of FY 2013. Today, VA has the lowest number of claims in its inventory since August 2011 and has reduced the number of claims in the VA backlog — claims pending more than 125 days — by 10 percent since the initiative began.

Under this initiative, VA claims raters may make final or provisional decisions on the oldest claims in the inventory, which will allow Veterans to begin collecting compensation benefits more quickly, if eligible. Veterans are able to submit additional evidence for consideration a full year after the provisional rating before VA issues a final decision. If no further

evidence is received within that year, VBA will inform Veterans that their ratings are final and provide information on the standard appeals process, which can be found at

<http://www.bva.va.gov/>. If a Veteran disagrees with a final decision and chooses to appeal, the appeal is entered into the appellate processing system, and is not reflected in the claims inventory.

VA continues to prioritize disability claims for homeless Veterans, those experiencing extreme financial hardship, the terminally ill, former Prisoners of War, Medal of Honor recipients, and Veterans filing Fully Developed Claims, which is the quickest way for Veterans to receive a decision on their compensation claim (<http://www.benefits.va.gov/fdc/>).

Claims for Wounded Warriors separating from the military for medical reasons will continue to be handled separately and on a priority basis with the Department of

Defense through the Integrated Disability Evaluation System (IDES). Wounded Warriors separating through IDES currently receive VA compensation benefits in an average of 61 days following their separation from service.

VA's inventory is comprised mostly of supplemental claims from Veterans already receiving disability compensation who are seeking to address worsening conditions or claim additional disabilities. Regardless of the status of compensation claims, Veterans who have served in combat since Nov. 11, 1998, are eligible for five years of free medical care for most conditions from VA. This eligibility was enacted through the National Defense Authorization Act of 2008.

Veterans can learn more about disability benefits on the joint Department of Defense/VA web portal eBenefits at www.ebenefits.va.gov/.

Questions can be referred to Brubaker at 605-333-6839.

SCHOLASTICS

IOWA STATE UNIVERSITY

AMES, Iowa — More than 6,250 Iowa State University undergraduates have been recognized for outstanding academic achievement by being named to the 2013 spring semester Dean's List. Students named to the Dean's List must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work.

Area students include:
• Alcester — Lance Farley Merrick, Agronomy;
• Beresford — Timothy Sveeggen, Animal Science;
• Dakota Dunes — Alison Leigh Gamm, Graphic Design; Anne Elizabeth Hartnett, Finance; Taylor M. McCalla, Architecture-Professional Degree; Marcus M. McWilliams, Pre-Business; Heather Lynn Rennerfeldt, Chemical Engineering;

Thank You

I want to thank all the friends & family that came to my 90th birthday party. Also, thank you for the many cards I received. All of you made it a great day! Also, thank you to JoDean's.

Ernest Aune

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