

Online Training For Garden-Based Learning Programs Offered

Interested in using a garden as a teaching tool with children? SDSU Extension is offering a series of Webinars for garden educators. School teachers, afterschool and summer garden program leaders and helpers are all encouraged to participate in the 'Youth in the Garden Webinars.'

Webinars are scheduled for the second Wednesday of the month. The next session will be held Aug. 14 from 10-10:30 a.m. CDT. To participate in the Webinar, visit www.iGrow.org/events and click the link within the event posting. Participants are encouraged to log in within 15 minutes of the specified time.

Lavonne Meyer, Food Safety Field Specialist will offer information on safe practices for handling the harvest with "Food Safety in the Garden." Chris Zdorovtsov, SDSU Extension Community Development Field Specialist will present lessons on insects, soil, plant growth and more with "Science in the Garden."

Save the date for this upcoming session:

- Sept 11, 10-10:30 a.m. CDT: "Pick of the Harvest," presented by Marjorie Zastrow and Physical Activity in the Garden," presented by Nikki Van Dyke, Health and Physical Activity Field Specialist

Future dates include Oct. 9 and Nov. 13.

If you would like to receive more information on trainings and funding opportunities related to garden-based learning programs or to exchanging questions and ideas with others involved in similar projects, e-mail Chris Zdorovtsov at Christina.Zdorovtsov@sdstate.edu to be added to the SDSU Youth Gardening LISTSERV.

Fair Time Is A Big Deal For Farmers And Ranchers

BY DR. MIKE ROSMANN

Most people involved in agriculture view county, provincial and state fairs with nostalgia. My immediate family members and I have fond memories of participating in dozens of county, state and regional fairs as livestock and 4-H project exhibitors, and as visitors.

Perhaps some organizers of fairs, such as board members and fair workers, consider fairs to be times for hard work and little sleep. These committed supporters gladly offer their assistance. They know the wholesome opportunities for fun and educational benefits fairs bring to all participants.

A few county fairs have already been held this year in the U.S. and Canada. The next three months will be very busy times for exhibitors, vendors, carnival staff and rodeo operators as they get ready for fairs of all sizes.

There are at least 85 state and regional fairs and six provincial fairs, as well as many other livestock, crop and machinery expositions throughout the year, according to the International Association of Fairs and Expositions.

The Texas State Fair has the largest annual attendance, with more than three million visitors yearly. Minnesota has the largest daily attendance, averaging approximately 150,000 persons, and the second largest state or provincial fair overall.

A number of state, regional and provincial fairs attract more than a million visitors each year, notably: the Arizona, Iowa, New England, New York, North Carolina, Oklahoma, Ontario (Canada) and Washington fairs. The British Columbia, California, Indiana, Tulsa (also an Oklahoma event) and Wisconsin fairs often draw almost a million visitors annually.

The largest local fair is the Los Angeles County Fair at Pomona, California. The Clay County Fair in Iowa, is the second largest county fair and has the second most farm machinery on display. The National Farm Machinery Show, held in Louisville, Kentucky this year, claims to be the largest farm machinery exposition, although some dispute this claim.

The Erie County Fair in New York ranks third. Most county and district fairs in the U.S., Canada and other countries around the world are local endeavors.

In many parts of the U.S. and Canada, county fairs receive financial support from their state or province; attendance is holding or increasing at many of these events. A growing number of annual county fairs, and some "big name" events such as the Michigan State Fair in Detroit, have become defunct because of declining attendance, loss of state funding, or both.

Fairs stem back to the days of the Roman Empire, when expositions of crafts, crops, animals and the wares of merchants were displayed and offered for trade or sale. Roman fairs also held a variety of athletic and equestrian games, such as races, circuses and gladiator competitions, as well as theatrical events, slave auctions and chances to consort with prostitutes.

These events continued through the Medieval Ages into modern times. Fairs highlighted the latest inventions, as well as the best livestock, foods, crafts and athletic competitors. They were opportunities for politicians, religious ministers, musicians and entertainers of all types to appeal to mass audiences.

Fairs have been celebrated in music, like Rodgers and Hammerstein's musical, State Fair, and the Simon and Garfunkel song, Scarborough Fair, as well as in the movie, Bridges of Madison County, and such literary works as Thackeray's Vanity Fair. Arguably, the most important celebrations are those of local young participants when they exhibit 4-H and FFA projects in an effort to win prizes.

An event that had a significant effect on my son occurred twenty-five years ago at our county fair. Jon was showing a cow/calf pair on the hottest summer day (Isn't that the way fairs always are?) in his first year of 4H.

His Simmental cow, Stacey, though well accustomed to leading, was cantankerous in the heat. Her calf behaved nicely but Stacey wanted to head back to the cool shade of the cattle barn.

I jumped into the show ring to grab Stacey's halter as she drug Jon around the arena. Crying as he left the arena when the judging was completed, Jon declared "I'm not doing this again."

As we got back to our cattle stalls, Charlie and Larry, both veteran cattle showmen and fathers, approached Jon to say the cattle judge had nominated Jon for the junior showmanship contest that followed after all the cattle were shown.

Even though Jon protested, Charlie told Jon something he probably wouldn't have accepted from me, "You have to go back in there so you get your confidence back." Larry lent Jon a new show stick and showed him how to gently scratch Stacey's belly.

At first with tears in his eyes, Jon led Stacey back into the cattle arena a few minutes later. She handled beautifully during the showmanship contest and Jon was declared junior 4H cattle showman.

And, Stacey and her calf did win the cow/calf show! Enjoy yourself at fairs this year.

Dr. Rosmann and his wife live on their family farm near Harlan, Iowa. Readers may contact Dr. Mike through his website: www.agbehavioralhealth.com.

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Visiting Hours

A Loved One Has Cancer: What Can I Do For Them?

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, 22.2 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 our social worker and I facilitate cancer survivor support group meetings and feel this is a subject more people need to be knowledgeable. While discussing the different gestures that our survivors experienced, the one thing that speaks loudest is kindness. It can work wonders for those in need. Please consider some of the tips from our local survivors that a friend or loved one bestowed upon them while they were going through treatments. Please 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 focus on the speaker's words, feelings and their meaning. Pay attention to their body language and nonverbal behavior. Be careful and do not give advice or judge them as a complainer and then start to blame or advise. Please give your friend or loved one the gift of your entire attention.

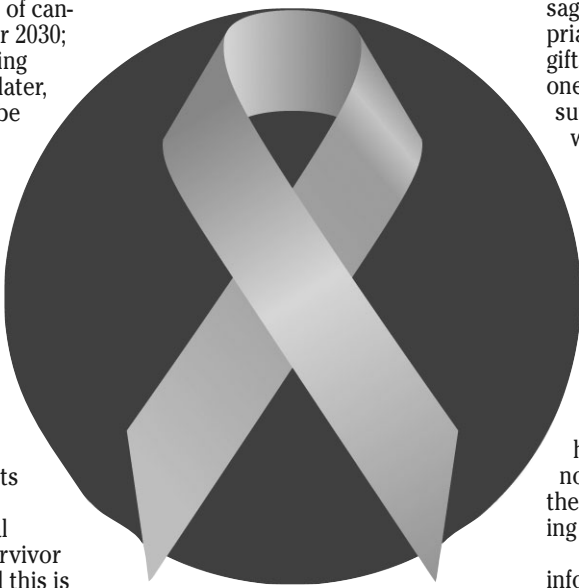
- Your loved one may want to hear about topics other than to talk about her cancer. Sit down and talk about subjects that you usually would discuss with your loved one or friend such as a book, movies and your family. However, don't avoid talking about the cancer if this is what the person wants at the 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. Do the grocery shopping. Ask the individual to make a list of grocery needs and offer to pick them up. You can even offer to pay for someone else to do the housecleaning. Consider signing up for "Cleaning for a Reason" and help your loved ones sign



for their services. It is a nonprofit organization partnering with maid services to offer free professional house cleanings to improve the lives of women undergoing cancer treatment. Go to www.cleaningforareason.org

- 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 their 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. One survivor told me how they got a small gift from a friend after each chemo treatment. She looked forward to the small gifts of treats, empowering messages, or a flower. It helped her get through the tough days of treatments.

- 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. Some friends have even had their head shaved so their friend will feel not so alone in their ordeal. 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 people's 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 warmed 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.

- Remember your loved ones cancer doesn't end when their treatment ends. Your friend or loved one may have lingering side effects, such as low blood counts or fatigue. They may even look great after treatment but really not feel as great as you may think. Some days it takes great effort to put on their brave face and get out in the world. More than anything, remember that they are the same person despite having had cancer and yet they may have changed and become a new person.

- 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 gifting 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 28, 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."

Darla Gullikson, RN, OCN is the Director of the Avera Sacred Heart Cancer Center.

S.D. Beef Cookoff Deadline Is Aug. 9

PIERRE — If you have a recipe that demonstrates just how easy it is to cook with beef, using any fresh beef cut and fresh ingredients with prepackaged food products, it's time to enter the 2013 South Dakota State Fair Beef Cook-Off on Aug. 31 on the state fair grounds in Huron during the South Dakota State Fair.

This year's Cook-Off theme is Semi-Homemade Beef Recipes, and it's a perfect fit for the busy home cook who loves to serve delicious and nutritious beef. "Everyone is pressed for time today," explains event chairperson Shirley Thompson. "We want to inspire home cooks to share their best beef recipe paired with time-saving products."

The SD State Fair Beef Cook-Off is an annual event that invites amateur cooks

from across the state to show their beef-cooking skills and creativity in a fun competition during the State Fair. "This year's theme is a bit of a departure from past contests," explains Thompson, "but we really want to target that group of home cooks that can create a great beef dish with little fuss and in a short amount of time."

Recipes should include a maximum of 12 ingredients including beef, fruits or vegetables, grain and dairy products, and be prepared and cooked in 30 minutes or less. They may include prepackaged food products such as any frozen vegetable or vegetable combination product, fresh produce convenience product, fresh deli product, any shelf stable dinner mix, salad dressing, marinade or salad dressing mix, prepared soup or soup

mix, prepared sauce or sauce mix, packaged rice mix, baking mix product, or seasoning blend product.

Entries and recipes for the State Fair Beef Cook-Off are due Aug. 9. At the Aug. 31 event, individuals selected to compete will prepare their beef recipe at the Women's Building, allowing participants to interact with state fair attendees.

The contest is open to non-professional South Dakota residents in either of three divisions: beginner (10-13 years), youth (14-17 years) or adult (18 and older). First place winners in each division will take home a \$500 cash prize. Runners-up will receive \$250 in cash.

Hosted by the South Dakota Cattle Women and

funded by the South Dakota Beef Industry Council through the Beef Checkoff, the State Fair Beef Cook-Off is an excellent way, says Thompson, to educate consumers about beef's versatility, convenience and nutritional value.

For more information and to submit a recipe online, go to www.sd cattlemwomen.org, or you can find a link at www.sdb beef.org. Any additional questions about the contest can be directed to Thompson at 605-360-6546.

50th Wedding Anniversary

Ralph & Carol Reisner will celebrate their 50th wedding anniversary on July 26, 2013. Greetings may be sent to: 400 E. 16th St., Yankton, SD 57078.

BIDS

Sealed bids will be received by B-Y Water District, P.O. Box 248, Tabor, SD, until 4:00 p.m. (local time) on August 14, 2013, for the loading, hauling and removal of de-watered lime sludge from the Water Treatment lime storage lagoons located at the B-Y Water District Plant. Information regarding the project can be acquired by contacting B-Y Water District, P.O. Box 248, Tabor, SD 57063-0248 · Phone: 605-463-2531 or 800-286-3654.

All bids must be in a sealed envelope or container plainly marked "Bid on Lime Removal".

Bids will be opened and read aloud on August 14, 2013, at 7:00 p.m. (local time).

B-Y Water District reserves the right to reject any or all bids & to waive any irregularities.

**B-Y Water District
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