

Here It Is: The Toughest Agricultural Quiz Yet!

BY DR. MIKE ROSMANN

Readers of the weekly columns say they like the agricultural quizzes (See the Farm and Ranch Life articles for the weeks of July 23, 2012, and March 4, 2013), but make them more difficult. Alright! I'm happy to make them harder! This is like teaching a college course to eager learners!

For each question, select the answer you think is right. The correct answers are at the end of the quiz. If you think I've goofed on any of these, let me know, like my family does.



Dr. Mike ROSMANN

1. Most farmers and ranchers know a twitch is:

- a. An anxiety problem many farm teenagers get when they attend their first prom
- b. A noose that is tightened around a horse's nose to hold the animal still
- c. A tight rubber band used to neuter male lambs and calves
- d. What farm voters develop when all their candidates know nothing about farming

2. Which of the following is a commodity market fundamental?

- a. When demand exceeds supply, sellers usually profit
- b. A grain or livestock market investor who uses the Board of Trade regularly
- c. Just like "only your hairdresser knows for sure," only BOT insiders know for sure
- d. A shift in U.S. policy regarding grain sales to certain foreign countries

3. Which state is the leading honey producer?

- a. California, it produces fruits and other blooming crops
- b. Texas, it has the most buzz
- c. Utah, it's the beehive state for good reason
- d. North Dakota, probably not—it's too cold

4. How farmers feel about quackgrass:

- a. If it walks like a duck and talks like a duck, it's quackgrass
- b. Farmers like this crop because it spreads by rhizomes as well as seed
- c. It was developed originally for golf courses
- d. A weed that looks like fescue

5. If you read Farm and Ranch Life columns regularly, you know our behavioral health as farmers is governed mostly by:

- a. An inherited drive called the agrarian imperative
- b. How we manage ourselves
- c. What we eat and drink
- d. Governmental farm policy

6. Seasonal affective disorder is most likely to occur:

- a. When a farmer listens to the commodity market reports
- b. When fall days wane into winter
- c. In the spring as pollens collect in the air we breathe
- d. After a farmer drinks too much beer on a hot summer day

7. Butterprint is also known as:

- a. A country-style, yellow, print tablecloth
- b. Buttonweed
- c. A type of milkweed with pale yellow flowers
- d. The unique DNA "print" of every dairy farmer's herd

8. All the following groups of animals are commonly called herds, except:

- a. Pigs
- b. Bison
- c. Antelope
- d. Donkeys

9. A farmer who understands malacology:

- a. Raises fish
- b. Probably majored in philosophy in college
- c. Appreciates escargot
- d. Suffers a dermatological condition caused by hemlock weeds

10. Clothianidins are:

- a. Prehistoric people who introduced agriculture to Australia
- b. A modern-day cult that believes in not wearing clothes
- c. Insecticides that have nicotine-like chemical actions
- d. Persons who hoard clothing

11. A crupper strap:

- a. Is used to sharpen razors (and was used by my father when I misbehaved)
- b. Holds harness or a saddle from sliding ahead
- c. Keeps a child's seat in place in a tractor cab
- d. Can be used to herd livestock

12. Even persons who have not been 4H members, but who are agriculturists, know the 4H pledge includes: heart, hands, head, and:

- a. Home
- b. Health
- c. Honor
- d. Happiness

13. If farmers say their corn plants have pineapple-type characteristics, it means:

- a. A gene from the pineapple plant that was inserted into the corn they plant to make it withstand drought
- b. The corn leaves have become so dry and brittle they resemble pineapple leaves
- c. The leaves on their plants are upright to catch any rain and dew
- d. Their corn plants hang onto their leaves well after a hard frost

14. "Equine" is to horses as:

- a. "Ovine" is to goats
- b. "Galine" is to chickens
- c. "Lupine" is to flowers
- d. "Asinine" is to politicians we dislike

15. The invention of peanut butter is usually credited to:

- a. Booker T. Washington
- b. Thomas Jefferson
- c. George Washington Carver
- d. Julia Childs

16. Farm Aid concerts were started by Willie Nelson, John Cougar Mellencamp and:

- a. Bob Dylan
- b. Pete Seeger
- c. Paul Simon
- d. Neil Young

Scoring: Give yourself five points for each correct answer you selected. Here are the correct answers: 1. b, 2. a, 3. d, 4. d, 5. b, 6. b, 7. b, 8. a, 9. c, 10. c, 11. b, 12. b, 13. c, 14. b, 15. c, 16. d.

70 or higher: Wow, you know a lot of stuff.
 55-65: You would do well playing Trivial Pursuit.
 40-50: This test was harder than expected.
 35 and below: Oh well!

Dr. Rosmann is a farmer and clinical psychologist at Harlan, Iowa. Contact him at: www.agbehavioralhealth.com.

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Packing It In



SUBMITTED PHOTO
 The Calvary Baptist Pre-teen club recently packed more than 1,700 meals for children in need of our care at Kids Against Hunger. If your youth group or church would like to learn more about how you can make a difference in the lives of children, please visit www.kahyankton.org/.

Visiting Hours

Healthy Living Can Reduce Polycystic Ovarian Syndrome

BY JILL F. STERNQUIST, MD
 Yankton Medical Clinic, P.C.

More than five million women in the United States are affected by Polycystic Ovarian Syndrome (PCOS). As one of the most common endocrine abnormalities in women, PCOS can be detected by missed or irregular periods, small cysts in the ovaries or high levels of androgens, also known as the "male" hormones in females.

Though the exact cause is unknown, experts have found that PCOS has some genetic connection. Often patients have mothers or sisters with similar symptoms, and in some cases PCOS can occur in girls as young as 11 years old.

The main and underlying problem with PCOS is a hormonal imbalance. Elevated levels of androgens affect the development and release of eggs during ovulation thus causing an irregular menstrual cycle. Also, doctors know that insulin, a hormone that controls energy in the body, also plays a part in the Syndrome. Research shows that an excess of insulin increases the production of androgen, which ultimately causes PCOS.

Symptoms of PCOS vary from woman to woman. However, the most common symptom is infertility since PCOS patients are not ovulating. In addition, weight gain and obesity, acne and oily skin, pelvic pain as well as anxiety and depression are common issues associated with the Syndrome.

Based on medical history and lab work,

doctors can make a diagnosis for PCOS. Ultrasound tests are also regularly used to evaluate the ovaries.

With no single cure, treatment for PCOS is based on the patient's goals. If pregnancy is desired, weight loss (as little as five percent) is a good option as it induces ovulation in 75 percent of women. Medication is also available to stimulate ovulation. For those with high insulin levels, diabetic medication may be prescribed. If the patient does not desire to become pregnant, birth control pills can also be used to regulate the menstrual cycle.

In addition to the small risk of endometrial cancer, PCOS patients are also prone to diabetes, high cholesterol, sleep apnea, hypertension and heart disease. By getting into the routine of eating right, exercising and not smoking, women can practice PCOS prevention. Long-term complications can also be reduced if a woman is diagnosed and treated early.

To make an appointment with Dr. Sternquist, please call Yankton Medical Clinic, P.C. at 605-665-5538. Dr. Sternquist also has outreach clinics at Vermillion Medical Clinic (605-624-8643), Freeman Regional Health Services (605-925-4219), and Avera St. Anthony's Hospital Specialty Clinic (402-336-5122)

Sternquist is a board eligible obstetrician/gynecologist at Yankton Medical Clinic, P.C.

Area School Supply Program Available

The Rural Office of Community Services, Inc., in Lake Andes is sponsoring a School Supply Project to provide vouchers to low-income families for the purchase of necessary school supplies.

Qualified low-income households will receive a \$20 voucher per school aged (K-12) student in their household. Vouchers can be used at a number of local vendors to purchase the school supplies needed to participate fully in school.

Income guidelines apply to this program: For a two person household, annual income must be at or below \$19,388; for a three person household, income must be at or below \$24,413; for a four person household, \$29,438. For each additional household member, add \$5,025.

Counties eligible for this program include Aurora, Bon Homme, Brule, Buffalo, Charles Mix, Clay, Davison, Douglas, Gregory, Hanson, Hutchinson, Jerauld, Jones,

Lyman, Mellette, Sanborn, Todd, Tripp, Union and Yankton.

To receive an application or for more information, call 605-487-7634 or email bsieh@rocsinc.org.

Free Demonstrations Slated At SAC

The Summit Activities Center will be offering free demonstrations on all weight and fitness equipment for both adult and youth ages 12-14 years. The demonstrations will be conducted by Summit Activities Center weight and fitness staff and are open to all SAC members.

A youth weight and fitness demonstration will be

held on Saturday, Aug. 10, at 11 a.m. Youth participants, ages 12-14 years, that complete the class will be allowed to use the weight and fitness area at the SAC. Parents of youth participants are required to attend.

An adult weight and fitness demonstration will be held on Saturday, Aug. 24, at 11 a.m.

To sign up for the class

or request further information, call 668-5234 or stop by the Summit Activities Center at 1801 Summit Street.

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Consider Cedar Catholic High School, Hartington NE. A regional Catholic high school who is accepting students for the 2013-2014 school year. Busing from Yankton provided. Tuition assistance available. Some of the offerings at Cedar Catholic include:

Quality Academics:

- 93.64 Student Grade Point Average.
- College Prep Courses to earn college credit.
- Classes for all levels of learning; special resources, aptitude to advanced learning.
- Academic awards per semester.
- Average of 98% of each years' senior class advances on to post secondary education after high school graduation.
- 10:1 Student-Teacher ratio.
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Numerous Success & Championships in Extracurricular Activities:

- Girls & Boys Basketball, Football, Volleyball, Girls & Boys Golf, Wrestling, Cross Country, Girls & Boys Track, Weight Lifting, Sports Camps
- Student Council
- Speech, Drama, One-Act Play
- Concert Band, Jazz Band, Marching Band, Band Competition & Trips
- Mixed Chorus, Small Vocal Groups, Swing Choir, Music Competition & Performance Tours
- FFA Chapter/Vo-Ag
- Cheerleading, Dance Team, C Club
- Living the Faith Community, School & Parish Service Program
- Quiz Bowl, Journalism, Spanish Club, Spanish Trip, Close Up Club - Washington DC Student Trip

Spirituality & the Faith:

- Religion classes offered daily in accordance with Archdiocesan Catholic School Office guidelines.
- Daily lessons in faith are practiced in and out of the classrooms.
- Cedar Catholic has three teaching Priests and one full-time teaching Sister.
- Discipline is based on moral values and respect.
- Student Spiritual Leadership—Student Planned School Masses, Student Lectors, Cantors, EMHE'S, Mass Musicians, First Friday Exposition & Benediction, Peer Ministry.
- Each school day begins and ends with a prayer lead by students and faculty.
- Religious retreats offered to each class throughout the school year.
- The Circle of Grace, a character building program for students is taught.
- Special emphasis is placed on Stations of the Cross, Rosaries, Advent and Lent seasons.
- The Cedar Catholic Chapel is available to students for prayer services and personal time.

For more information contact
Cedar Catholic Jr.-Sr. High School,
 Hartington, 402-254-3906.

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Eugene J Kocer, Agent
 415 W. 15th, Yankton
 605-665-4231
 300 W. Main, Irene
 605-263-8282

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