

## Arby's Donation



SUBMITTED PHOTO

Clair Wieseler and Diane Phillips of Arby's recently presented a check for \$4,175.00 to Jill Wermers with the Sack Pack Program. Arby's is committed to helping to provide for children in need in our community. It's through this type of donation that the Sack Pack Program is able to provide children with weekend meals throughout the school year as well as during the summer months. This is the first summer that the Sack Pack Program is able to provide for children in need throughout the summer months. Meals are distributed on Fridays, at Webster School in conjunction with the Summer Food Program.

## Elder Watch

# Some Sweet Thoughts On Longevity

BY WILLIAM KERR  
For the Press & Dakotan

To begin with, there is nothing like a solid gene pool to predict a possible long life. My last living uncle died in Sept. of 2014 at the age of 98. My mother, his sister, and two other sisters made the high 80s and two of his brothers also made the 90s. A third brother died in his 60s from alcohol and nicotine. As far as I remember, neither his other brothers or his sisters smoked or drank.

I celebrated my 20th birthday in Germany as a rifleman in the 30th Division the day World War II ended in Europe, May 9 1946, so I have a good start toward a long life already and give a great deal of credit to my gene pool. Still, my own behavior can still make a large difference in my longevity, as can yours whether you think you have a good gene pool or not.

The lady who created a new high for longevity at 122 last year, I think it was, gave credit for her longevity to a healthy diet and regular exercise as well as chocolate! We all know about recommendations for a healthy diet and regular exercise, and for elders, continued social relationships, but to many of us, this was the first we heard of chocolate helping longevity.

It was, however, researched 20 or more years ago with a group of 5,000 Scandinavian males. Half of them were to eat one commercial chocolate bar (one ounce) every day for the rest of their lives. The other half (who were recruited because they didn't care for chocolate) were to not eat any chocolate for the rest of their lives. After all had passed on, the averages were calculated for each group and those who ate the one ounce of commercial chocolate bars each day had averaged five years longer lives.

So, there you have a recommendation for a longer life, whether you have a good gene pool or not. And, that was just milk chocolate. Since it is the anti-oxidants in the chocolate that brings this advantage about and we now have at hand dark chocolate with more anti-oxidants and less sugar (which scientists tell us is a poison to the human body), we might gain even more than the 5 extra years researchers found. You can buy 4-ounce dark chocolate bars for as low as \$1.26 last I knew. That would mean consuming 30 ounces per month (for easy calculating) or 7.5 4-ounce bars at a cost of approximately \$9.45 per month, or 31.5 cents per day. I would guess that most of you could afford that if you liked the idea!

A tip on the issue of exercise. During my military basic training, we had a Triple A Course: Agility, Ability and Aggressiveness. It did wonders for our bodies. You would know it as an Obstacle Course.

You can get the same wonders through another exercise you could call Agility, Ability and Aerobic. Aerobic referring to the heart. That exercise would be swimming. I do 10 laps twice a week at the Summit Center Activities Building on the high school campus and it gives me the same benefit as the obstacle course did with the added boost for my heart.

I understand that swimming is probably the best exercise for keeping our hearts strong. If you are 62 or over, you can join the Summit Center as a single for approximately \$30 per month payable quarterly. Or you can swim in the river or the lake free. You can also swim in the Memorial Park Pool for \$6 per day. I think they let elders in for \$5. For health reasons, this may be a plunge worth taking.



### Heineman-Sorensen

Craig & Martha Heineman of Ogden, IA, Mark & Syndee Droppers of Yankton, and Jeff Sorenson of Viborg are pleased to announce the engagement

and upcoming wedding of their children Laura Grace Heineman and Reid Christopher Sorensen.

The bride is a 2012 graduate of the University of Iowa with degrees in marketing and communication studies. She is employed at Two Rivers Marketing in Des Moines, IA as an account executive. The groom is a 2009 graduate of SD School of Mines & Technology with a degree in mechanical engineering. He is employed at Vermeer Corp in Pella, IA as a design engineer. The couple is planning a June 2016 wedding in Ogden, IA.

Your News!  
The Press and Dakotan

# Health Advisories From CDC Calm Avian Flu Worries

BY DR. MIKE ROSMANN

Sponsored by Lewis & Clark Behavioral Health

The recent but now diminishing avian flu epidemic has resulted in Center for Disease Control (CDC) advisories that provide information about the infection and its effects. The CDC advisories' findings and recommendations carefully draw explanations for the avian flu devastation to birds and offer advice to poultry producers and any humans possibly exposed to the virus.

This article relied considerably on the CDC Advisory, "Bird Infections with Highly-Pathogenic Avian Influenza A (H5N2), (H5H8), and (H5N1) Viruses: Recommendation for Human Health Investigations and Response," and distributed on June 2, 2015.

"Between December 15, 2014 and May 29, 2015 the USDA confirmed more than 200 findings of birds infected with highly-pathogenic avian influenza (HPAI) A (H5N2), (H5N8) and (H5N1)[1] viruses," said the aforementioned advisory. The CDC considered the risk to human health in general to be low.

To be safe, the CDC said the risk to poultry producers, like turkey, chicken, and egg farmers and anyone in close proximity to infected birds or visiting a live poultry market could potentially be substantial even though no human infections with the current HPAI H5 viruses have been identified in the U.S. thus far.

The virus can mutate fairly easily in a process called reassortment, when the genetic material of two or more viruses combine. The current HPAI H5 viruses are not well adapted to humans but earlier strains of related viruses were lethal to humans in other countries.

Related strains of the viruses were first reported on duck farms in China in 2009-2010 and found mostly in 2014 in poultry and wild birds in the Korean Peninsula, Japan, England, the Netherlands, Germany and Italy. The first cases of the current HPAI H5 viruses in North America were reported in December 2014 on poultry farms in British Columbia.



Dr. Mike ROSMANN

avianflu/hpai/hpai-background-clinical-illness.htm.

Symptoms of HPAI H5 viruses in birds include: sudden death; lack of energy, appetite and coordination; purple discoloration or swelling of various body parts; diarrhea; nasal discharge; coughing; sneezing; and reduced egg production or soft-shelled or misshapen eggs. The virus can spread quickly among birds and with deadly results.

In humans, HPAI H5 virus infections can start with the usual signs and symptoms of uncomplicated seasonal influenza, including fever, upper respiratory tract symptoms, myalgia and progress to lower respiratory tract illness. Atypical indicators have been reported; persons who have been exposed to HPAI H5 and who develop illness should report their exposures and symptoms to their physicians, who in turn should consult with public health departments.

The CDC advises that properly cooked eggs or poultry meat will not harm humans. The CDC recommends using personal protective equipment when working with infected or dead birds.

Forty-five million domestic chickens, turkeys or ducks in 15 states died of the flu or were killed to prevent the spread of the infectious viruses, according to Associated Press articles, the latest of which was reviewed here on June 11. Iowa lost 29 million birds, mostly egg-producing chickens, resulting in higher egg prices

for consumers, said the Des Moines Register in a June 1, 2015 article.

As of June 12 this year, Minnesota lost nine million birds, mostly turkeys through euthanasia to stop the spread of the viruses (<http://www.mprnews.org/topic/bird-flu>). The number of new cases is dwindling as summer sun and warm temperatures become prominent.

The process of decontamination takes several weeks to months, depending on how quickly the dead birds are incinerated or buried and production facilities are disinfected. Production facilities are quarantined until approved by the USDA for repopulating.

At least one Minnesota turkey production unit repopulated its barns, and more turkey, egg and broiler producers are expected to follow suit in the affected states.

USDA livestock indemnity funds, which were approved as part of the 2014 Farm Bill, may be available to poultry producers. The indemnity program is supposed to pay for the loss of the poultry and for decontamination procedures.

Thus far, greater numbers of individual producer losses have been in confinement facilities and fewer losses among small producers, most of whom allow their birds to range freely or in pens outside their sheds.

The HPAI H5 viruses appear to spread from infected wild birds and neighboring production units through airborne dust and body excretions. Contaminated air that is sucked into poultry barns by ventilation system fans can spread the viruses rapidly.

It's possible the viruses or variants will spread again as wild birds migrate this fall, next spring and thereafter and maybe through other vectors; there are no sure predictions at this point. It's also possible that future avian flu strains could be more dangerous to humans than this outbreak.

The author is a psychologist and lives on a farm at Harlan, Iowa; contact him at: [www.agbehavioralhealth.com](http://www.agbehavioralhealth.com).

## Stretch Food Dollars With Tips From SDSU Extension

**BROOKINGS** — By dropping some common high-cost habits and trying a few cost-cutting strategies, families can make their food dollars go further, says Suzanne Stluka, SDSU Extension Food & Families Program Director.

"Many families look at food as a fixed cost that they can't change. However, with a little time and planning, families can eat healthy and save money at the same time," said Stluka.

SDSU Extension is cooperating with ISU Extension and Outreach and University of Minnesota Extension to provide resources for families struggling with the human challenges brought on by avian influenza. Extension staff from the three land-grant universities are providing families with information on everything from food safety education and stretching food dollars as the cost of eggs and poultry increases to implementing strategies to manage a family's finances and stress during tough times. To learn more, follow #AvianFluImpacts on social media and

visit the iGrow Healthy Families Community here.

### DROP HIGH-COST HABITS

Many families develop high-cost food habits, Stluka said, but working to change those habits helps stretch a family's food dollars.

"For example, if you're in the habit of eating fast food or other restaurant food, you can save money by eating at home more often," Stluka said. "In addition, when you're shopping for food, rather than buying name brands, consider the store brand."

Other high-cost habits to avoid include buying convenience food that is already cut up or prepared in some way, wasting leftovers or letting food spoil before it can be eaten.

### COST-CUTTING STRATEGIES

Stluka offers four strategies to help families get more value for their food dollars.

1. Plan meals and snacks one week at a time. First, plan to use what you have to make

sure no food goes to waste. Plan larger size meals so you can work leftovers into meals later in the week. This saves time and reduces waste.

2. Use your meal plan to make a grocery list and stick to the list.

3. Be a careful shopper. Only shop in the aisles that have the groceries you need, based on your list. Avoid the aisles that contain items you don't need. To avoid impulse buys, don't shop when you're hungry. Remember that stocking up on foods that are on sale only saves money if the food doesn't go to waste.

4. Move foods that go bad quickly to the front of the fridge where you can see them and plan to eat them first. Cut up veggies and fruits so they are ready to eat.

### CHECK HELPFUL RESOURCES

• Spend Smart. Eat Smart., a resource from ISU Extension and Outreach, includes

recipes, planning tools and how-to videos to help families get the most nutritional value for their food dollars, visit the site online here.

• SDSU Extension's iGrow and AnswerLine have information and resources available for consumers with home and family questions. For AnswerLine, call 1-888-393-6336 toll-free Monday through Friday, 9 a.m.-noon and 1-4 p.m.

• The South Dakota Supplemental Nutrition Assistance Program (SNAP) helps South Dakotans, who meet eligibility requirements, purchase food for a better diet. Learn more and apply at the South Dakota SNAP website.

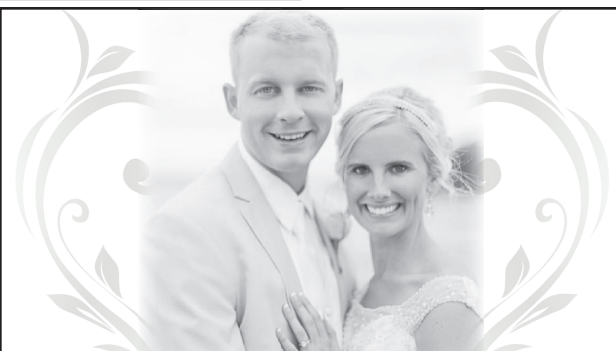
• The South Dakota WIC Program provides healthy food for eligible women, infants and children. To learn more about South Dakota WIC, call 1-800-738-2301.

Got News?  
Call The P&D  
At 665-7811

### Thank You!

Thank you to friends and family for the cards and gifts received for my 80th birthday. A special thank you to my children for hosting the party. It was a great time.

Darrell Ekeren



### Van Heek - Hegge

Jenna Marie Van Heek and Erik Hegge were married May 23, 2015, at St. Rose in Crofton, NE, with Father Mike Schmitz officiating.

Parents of the couple are Dale and Lisa Van Heek, Crofton, NE, and Pam and Steve Hegge, Dell Rapids, SD.

Matron of honor was Nicole Block, Sibley, IA. Maid of honor was Hannah Van Heek, Crofton, NE. Bridesmaids were Jillian De Jong, Kansas City, MO; Margo Hegge and Nadine Hegge, Dell Rapids, SD; Brooke Nelson, Lincoln, NE; Katie Noecker, Fargo, ND and Tracy Pravecek, Yankton, SD. Flower girl was Alaina Wolff, Dell Rapids, SD. Ring bearer was Hudson and Oakley Wolff, Dell Rapids, SD. Katie Wolff, Dell Rapids, SD, was

best woman. Groomsman were Derek Van Heek, Crofton, NE; Paul Fiegen, Jordan Huska, Michael Rinehart, Scott Matthiesen, all of Dell Rapids, SD; and Peyton Smith of Alexandria, SD.

Following the ceremony, a reception was held at the Riverfront Event Center in Yankton with entertainment by Ben Davis Productions.

The bride has a Bachelor's of Science in nursing from Mount Marty College and is a registered nurse at Honor Health in Scottsdale, AZ.

The groom has a Master's degree in professional accountancy from the University of South Dakota and is a certified public accountant at PwC (PricewaterhouseCoopers) in Phoenix, AZ.

The couple resides in Scottsdale, AZ.

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