

Opportunities Are Infinite By Traveling Abroad

BY DR. MIKE ROSMANN



Dr. Mike ROSMANN

Buenos Dias! Last month Marilyn and I traveled to Spain on a two-week educational tour, accompanied by 30 nursing students, parents, faculty and alumni of Clarkson College in Omaha. Marilyn, an Associate Professor of Nursing, and another professor teach courses in International Healthcare and Humanities through Clarkson's Travel Abroad program.

I thought you, my readers, would be interested in Spain's healthcare, because of the ongoing revamping of U.S. healthcare, and its agriculture, because many of us are involved in agriculture and related activities. We all like to eat! In Spain, oh my, the food was superb.

As we toured portions of the countryside from our home bases in Madrid and Barcelona, we had an opportunity to learn a bit about agriculture in Spain by talking with folks at various levels of production, from farmer to marketer to consumer.

We took a look at the Spain's healthcare system, as we visited hospitals, both old and new. We spoke with healthcare providers, educators and administrators. Residents of the country may purchase private insurance or participate in a publicly funded option. The latter provides healthcare to all persons living in Spain, including foreigners, if they pay taxes to Spain or have health insurance that is acceptable to Spanish providers.

Most hospitals and clinics serve private and publicly funded patients. Everyone said the quality of care is about equal, regardless of the method of payment. There is no waiting for emergency or outpatient care.

Waiting for elective procedures is the most common complaint. If the need becomes urgent it is treated immediately. The death rate of persons who are waiting for scheduled care in Spain is one third that of persons in the U.S. who are waiting for scheduled appointments, surgery or other treatment procedures.

The cost for healthcare in Spain is currently 9 percent of their GDP; in the U.S. healthcare comprises 14 percent of the GDP. Life expectancy in Spain is 81.2 years, which is second among European countries and 7th overall, even though many people smoke tobacco. Life expectancy in the U.S. is 78.9 years, which currently ranks 50th.

Healthcare education in Spain takes place in a system much like in the U.S. Upon completion of their degree and licensure, nurses and physicians can work anywhere in the European Union, if the government of the specific country where they want to work is seeking workers.

What about Spain's agriculture? During years of favorable precipitation and a variety of other factors, Spain is a net exporter of food, but often the country must purchase more than it sells. Olives, citrus, fine wines and cheeses, corn and pork products are particularly attractive as export items.

It surprised me that per capita consumption of pork in Spain is greater than any other European country, until I tasted their pork. Spanish farmers produce two main types of pork. The more common is an animal that is similar to most American swine, of mainly Yorkshire, Hampshire or Duroc breeding and crosses. They are farrowed indoors, raised in large pens and fed a diet similar to American pigs.

When these pigs are slaughtered, their hams weigh about 20 pounds and sell for about 40 Euros, which is currently about \$52. The hams are cured for 6 to 24 months.

Iberian pork, the other type of pig raised in Spain, are black, long-legged, narrow-bodied animals with coarse hair and teeth. Most are farrowed and raised in pastures. While some are allowed access to grain feeds, others exist entirely by grazing and foraging.

Iberian hogs are finished on acorns which they find while ranging freely. The greater the portion of nuts in their diet, the more expensive they are. These hogs are older when butchered and their hams are cured for up to three years. Their meat is low in saturated fat and very tasty. A 20-pound ham might cost 200 Euros (\$260) in Spain and two-four times that in the U.S. These are the hams used for prosciutto. Restaurants, as well as the markets where everybody shops for their daily food, display the hams hanging from rafters.

Every traveler should visit the town and city marketplaces. They display the local culture, the people, the cuisine and they set most prices. We marveled at the range of food items, from tripe to every kind of fruit, vegetable, drinks and vendors.

Consider ways you can travel affordably. Marilyn and I have traveled outside the U.S. a lot, sometimes on our own and sometimes with prearranged tours such as our trip to Spain. It is convenient to let an experienced guide or company arrange the trip and accommodations.

Many of our agricultural and professional organizations, institutions of higher education, alumni and church groups offer reasonably priced tours. International conferences are wonderful venues. Bon voyage!

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Visiting Hours

Don't Let Pests Ruin Your Picnic

BY RACHEL PINOS

Avera Sacred Heart Hospital and Hy-Vee Dietitian

Did you know that each year roughly one out of six Americans (or 48 million people) get sick, 128,000 Americans are hospitalized and 3,000 die from foodborne diseases? As picnic season begins, don't let the uninvited guest of a foodborne illness ruin your outing! Enjoying a picnic during a beautiful summer day is a great way to socialize with friends and family, but don't forget to remember these tips to make your day fun and safe.

1) Wash your hands! Half of all food-borne illness can be eliminated by proper hand-washing. It's never too early to start teaching children how to wash their hands correctly. Hands should be washed in warm water with soap before cooking foods and after handling raw meat, seafood and poultry. Hands should

be washed for 20 seconds, or the same time it takes you to sing the "Happy Birthday" song twice. Don't forget to wash your cooking surfaces and replace your dishcloths and sponges on a regular basis.

2) Keep raw meats and ready-to-eat foods separate. Be sure to place your raw meat on the bottom shelf in your refrigerator and below any ready-to-eat foods such as fruits and vegetables. Also, remember to use a clean serving dish and utensil for any cooked meats that you are serving to your family and friends. When dining outside, be sure to bring two coolers with you. Put raw meats in one cooler and ready-to-eat foods in the other.

3) Cook to proper food temperatures. The only way to make sure you are cooking foods to their proper temperatures is by using a meat thermometer. They are a very inexpensive way of making sure you save a trip to the

emergency room! Cook ground meats to 160 degrees; poultry to 165 degrees; steak/roasts to 145 degrees; pork to 145 degrees with fresh, raw ham to 160 degrees; and egg casseroles to 160 degrees. Also, don't forget to reheat any leftovers to 165 degrees before being served.

4) Stay out of the "danger zone"! Food should not be left out longer than two hours at one time. Your food should be kept below 40 degrees or above 140 degrees to prevent it from being in the "danger zone." This is especially critical at picnics and pot-luck dinners when the time passes by fast and food is nibbled on throughout the day. Be sure to have coolers and ice on hand or a refrigerator nearby to store food.

By remembering these four tips, your picnic outing will be a safe and memorable one!

City Officials Seek Help To Combat Vandalism

When pranks and "destructive fun" go over the line, it's not fun — it's a crime. Broken glass, graffiti, theft, arson, willful damage, and on-site substance abuse are all types of problems the City of Yankton Parks Department would like citizens' help in stopping.

These and other acts of vandalism are deliberate assaults on private and public property in Yankton. They cost hundreds or thousands of dollars to repair and they degrade our efforts to provide a high quality of life.

Parks, trails, cemetery, community buildings and other shared public places are the biggest targets of vandalism. Local neighbors and park/trail users are asked to contact the police department when vandalism is taking place so the criminals can be apprehended. Citizens' help is needed to stop vandalism in public places in the community.

If you think vandalism isn't your problem, think again. Here are a few reasons why vandalism hurts everyone.

• Vandalism destroys what your tax dollars have created. Each year vandals destroy thousands of dollars' worth of park facilities and equipment funded by tax dollars. A few minutes of destructive "fun" can add up to huge losses for our City's parks.

• Vandalism takes dollars away from recreational programs

and facilities. Replacing destroyed trees, benches, picnic tables, removing or painting over graffiti, all involve department labor and material costs. The money that could be spent on new amenities and programs is spent on repairing vandalized items.

• Vandalism is not cool. Damaging public property through vandalism is both cowardly and not cool. Individuals who tag or use spray paint for artistic expression on public property are breaking the law and are not "cooler" than the person who breaks a window, destroys a young tree, or pulls down a basketball hoop on purpose. Use peer pressure to encourage people to not vandalize public property.

• Help Stop Vandalism
 — Here's what you can do to help prevent and address vandalism.

— Always call 9-1-1 to report any crime in progress, including vandalism.

— If you have information about a crime that has occurred in a park, but that does not require an immediate police response, call 605-668-5210.

— Finally, if you want to remain anonymous, you may want to call Yankton Crime Stoppers at (605) 665-4440. Each caller is assigned a code number and not asked for their name for the purpose of insuring anonymity.



SUBMITTED PHOTO
 South Dakota Democratic Party Chairman Ben Nesselhub, left, presents Rep. Tom Jones with Person of Conviction Award.

Viborg Lawmaker Receives 'Person Of Conviction' Award

SIOUX FALLS — The South Dakota Alliance for Progress and The Antidote Newspaper have selected Rep. Tom Jones (D-Viborg) for the "Person of Conviction" Award for the 2012 Legislative Session.

The South Dakota Alliance for Progress is an independent organization dedicated to more open, honest, and accountable government in South Dakota. The Antidote Newspaper is a weekly online publication from the SDAP that serves to bring greater scope and balance to South Dakota politics.

Steve Jarding, nationally renowned political operative and chief editor of The Antidote, released the following statement for the "Person of Conviction" Award: "This award too was a difficult one for the staff of the Alliance for Progress and for the editors of

The Antidote Newspaper. The original list was very long and frankly the final list was very long as well. Yet, in the end, the editors kept coming back to Rep. Tom Jones of Viborg. Jones is a breath of fresh air in Committee and on the floor. His intelligence, wit and humor while serving and fighting regularly in untenable positions made him a joy to watch. Jones is a very quick study and a natural leader. Moreover, Jones clearly carries a dogged determination for fairness and a principled preoccupation with justice. For all of these reasons, the South Dakota Alliance for Progress and The Antidote Newspaper are proud to select Rep. Tom Jones of Viborg for the Person of Conviction Award for the 2012 Legislative Session."

Best-Selling Author Todd Burpo To Speak In Yankton June 21

Missouri Valley Christian Academy (MVCA) is sponsoring a special event featuring Todd Burpo, *New York Times* bestselling author of "Heaven is for Real," on Thursday, June 21.

Times are at 5:30 p.m. and 8 p.m. at the Yankton High School/Summit Activities Center Gym.

Also appearing is musical worship group Read You and Me. There will be guest appearances by some of the MVCA students.

There is no cost for this event. However, a free will offering will be accepted with all proceeds going to the MVCA school fund.

Grant Expands To Include New After-School Programs

PIERRE— Three new 21st Century Community Learning Center grants will be awarded this year in South Dakota and six other grants will be renewed. Gov. Dennis Daugaard announced today.

The federal grants, ranging from \$50,000 to \$150,000 a year, are administered by the state Department of Education to fund academic enrichment opportunities for students. The community learning centers are intended to assist

students from high-poverty and low-performing schools that need additional support.

While some of the funds go to schools, the grants must specifically support programs offered outside of school hours. Projects are funded for a period of five years, based upon successful implementation and annual reviews.

"These programs play an important role in meeting the needs of children and parents in these

communities," said Gov. Daugaard. "I commend all of these agencies for their commitment to providing quality after-school programs."

Those programs with renewed funding include the Boys and Girls Club of the Missouri River, Wagner and Marty.

The 21st Century Community Learning Centers provide a range of high-quality services that support student learning and development. Academic enrichment,

tutoring, mentoring, homework help, music, arts, sports and cultural activities are key requirements of the grants. The learning centers also offer literacy and other educational services to families of participating children.

The program is authorized under Title IV, Part B, of the Elementary and Secondary Education Act, as amended by the No Child Left Behind Act of 2001.

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Dr. Tom Stotz

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Nick Moser, Treasurer

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25th Anniversary Celebration

Mr. and Mrs. Terry & JoAnn List of Yankton, SD will celebrate their 25th wedding anniversary on June 6, 2012.

Their family requests a card shower. Cards may be sent to:
901 E 12th St.
Yankton, SD 57078

From all your loved ones.

50th Anniversary

Mr. and Mrs. "Butch" and Barbara (Parish) Hladky, Yankton, will celebrate their 50th wedding anniversary on June 9, 2012.

Their children are Thomas Hladky and Cindy Kokesh. They have 10 grandchildren and 6 great-grandchildren.

An open house is planned for June 9, 2012 from 2-4pm, 711 Capitol St., Yankton, SD. The event is being hosted by Vicki and Thomas Hladky. Friends and family are invited.

Cards may be sent to:
711 Capitol St., Yankton SD 57078

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