

# How Many Pairs Of Shoes Do We Need?

BY DR. MIKE ROSMANN

Let me state at the outset, "I think we need only about 50 pairs of shoes during our entire lifetime."

Maybe we need even fewer, depending on a number of factors, such as where and how hard we work, how long we live, whether we can afford shoes and not much else.

Stylishness counts only a little bit. It's more important when you are younger, trying to look cool or courting.

When I was a boy growing up on our farm, I had two pairs of shoes to wear at any given time: good shoes for Sundays and school and my outdoor work shoes. All were high topped.

When my work shoes wore out or became too small, my Sunday shoes became my work shoes. My parents and I would visit the shoe store the next time we went to town.

My parents made me wear special shoes that had lifts to correct my pigeon-toed walking. All I wanted was something sturdy that kept my toes from getting mashed when cows stepped on them while being milked.

My shoes were repaired a lot. Dad made me begin milking cows at 5 years of age for my evening chores. I didn't have to begin the morning milking until I was 8 years old.

My parents bought me shoes that I could wear for up to two years, depending on how badly I needed the next pair or because I had a misfortune such as getting sprayed by a skunk while trying to keep it out of the chicken house.

After carrying out my good deed involving the skunk, I missed church for three Sundays in a row. The shoes I was wearing at the time were retired to the attic.

Every so often, my brothers and I ventured into the attic to see if they still stunk - and they did for years! I was a hero for trying to save the hens that, along with the cows, produced the eggs and milk that paid many monthly bills.

About age 8, I became more socially conscious. Most of my male classmates, all farm boys, wanted to look cool.

Some of the popular boys wore loafers, the low-sided shoes that became even more esteemed after a little slit was invented that allowed one to slip a penny into it, where the tongue was attached.

After I graduated from high school, I determined a pair of cowboy boots would be my next possession. I purchased a pair of pointy-toed, shiny, Cordovan cowboy boots.

Although I was tempted to stuff my pants cuffs inside the boots so I could show off the fancy leather stitching, I kept

the cuffs over the tops so people wouldn't make me into a laughing stock.

I wore these boots to college classes, on dates and even when hiking in the mountains around Boulder, where I attended the University of Colorado. Later on, I wore them at the University of Utah during graduate school and on my various jobs as a professor and practicing psychologist.

I wore these boots for more than 40 years. For the past 20, they resided in my bedroom closet. I wore them on special occasions like fairs, cattle shows, conferences and congressional visits to the hallowed hallways of the Senate Office Buildings in Washington, D.C.

When I made appeals for health-care programs for farm and ranch people, photographers took pictures. I felt I had an impact on legislative causes that advanced the well-being of people associated with agriculture.

By the time I married, I owned three pairs of shoes. Of course I had to purchase a pair of black patent leather formal shoes to accompany my long-tailed wedding tuxedo.

Three pairs are enough shoes to own. I have replaced a pair now and then. I usually improved each version of my shoes (e.g., loafers that could be worn as slippers, lug-soled work shoes with a steel toe that doubled as hiking boots and always another pair of cowboy boots).

I like cowboy boots because when my heel elevates and squeezes down as I step along, the movement of air around my feet keeps them dry.

I like my work/hiking boots because they keep my feet warm during sub-zero temperatures and because the steel toe in my right shoe saved my big toe when I stuck my foot in a combine auger on July 24, 1990.

I lost my middle three toes and most of my little toe in the auger, but the steel toe saved the most important digit on my right foot.

As I get older, I don't need as many shoes. I don't take as many steps! Fifty pairs of shoes might be enough for my lifetime.

The footwear industry need not worry. My wife makes up for my deficit. She buys that many pairs in a couple years.

Whoops, I shouldn't have said that because now I'm in big trouble if she reads this.

*Dr. Rosmann is a clinical psychologist and farmer; he lives near Harlan, Iowa. For previously published columns and his recent book, "Excellent Joy: Fishing, Farming, Hunting and Psychology," see the website: www.agbehavioralhealth.com.*

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## Visiting Hours

# Benefits Of Cardiovascular Exercise

BY ANGIE O'CONNOR

Avera Sacred Heart Wellness Center

We hear the term "cardiovascular exercise" all the time, but do we really know what it means and the benefits it provides to our overall health?

Cardiovascular — sounds like a big word doesn't it? Cardiovascular simply refers to your heart and blood vessels. Like any other muscle, the heart needs exercise to get stronger and stay healthy. This can mean different things for different people. For someone who has led a sedentary lifestyle for a long time, a brisk walk for a half-hour might be the start of a good cardiovascular exercise program. For someone who is very active and exercises regularly, a good cardiovascular exercise might include a five- to 10-mile jog or run, or a long bike ride.

The simple act of doing anything that increases your heart rate for a sustained period of time — preferably a half-hour minimum — will benefit your entire cardiovascular system.

We live in a society that has become increasingly obese and sedentary in its ways. We have, for one reason or another, become a very sedentary society. We spend too much time at the computer, playing video games, watching television and simply sitting around doing nothing. According to the Centers for Disease Control (CDC), as many as 250,000 deaths are due to this sedentary lifestyle — that's 10 percent of lives that are lost annually in the United States. Even more specifically, 34 percent of heart disease deaths are attributed to inactivity.

Those are definitely some sobering statistics, but there is a silver lining — we have the ability to reduce the mortality rate in America by as much as 10 percent if we simply become active. It may sound like a chore when that couch and television set seem to be calling your name every night, but your heart wants and needs to work to stay strong and efficient.

Some of the heart healthy benefits of exercise include:

- decreased resting blood pressure
- decreased body fat
- decreased total and LDL cholesterol
- increased HDL (good) cholesterol
- can control or prevent the development of diabetes
- reduced stress

### "You can run, but you can't walk"

That line may be a little deceptive, but there's some solid evidence that a simple leisurely stroll, while better than the couch, really doesn't benefit your heart much at all. It is recommended that more strenuous exercise and physical activity on a regular basis can significantly reduce the risk of early death due to heart disease. Does this mean you need to start running marathons? Of course not. However, it does mean that if your choice of exercise is walking, you should be doing it at a brisk pace. If it feels like you're working at it, it's much better for you than if it's a "piece of cake."

The U.S. Surgeon General's office guidelines recommend that people engage in moderate exercise or physical activity, such as brisk walking, for at least 30 minutes most

days of the week to reduce the risk of heart disease. There are some people who believe you should do 30 minutes of exercise all in one session, and others, more recently, have said you can break it up throughout the day. All agree, however, that you need to be active to reduce your risk for developing heart disease.

Stressing your heart through aerobic or cardiovascular exercise has proven to be better for your heart than strength or flexibility training although each plays an important role in your overall health. By increasing your heart rate for an extended period of time, through walking, running, biking or swimming for example, you are making your heart a stronger muscle. It's the same as if you were lifting a hand weight to strengthen muscles in your arms. Anytime you stress a muscle on a regular basis you are making it stronger. You can actually reduce the amount of plaque build-up in your arteries, make your arteries more elastic, control blood sugar that can damage your arteries if too high and improve circulation with regular aerobic exercise. It's also very important to do your exercise at least 3-5 days per week with a goal of 20-60 minutes per day. Starting with only a few minutes per day and building up can still provide you health benefits.

Regular exercise provides us with so many benefits including the reduction in risk for heart disease, cancer and diabetes. It can also help us recover faster from those diseases should we acquire one. It almost seems ridiculous, when you look at all the facts, not to exercise.

## GROUP VOLUNTEERS IN HAITI



COURTESY PHOTO

**A group of Mitchell Technical Institute alumni and supporters recently completed a service project in Haiti. Led by Electrical Construction and Maintenance (ECM) instructor Patrick Soukup of Mitchell, the group of eight traveled to Jeremie, Haiti, in late May where they spent a week wiring a medical clinic. Soukup and the team who accompanied him were able to use donated materials and equipment and worked long days in order to complete the job. Soukup estimated that in one week, the group logged more than 400 hours of work. At the project's conclusion, the clinic had functional lights and plug-ins. Seven of the eight members of the team are MTI alumni, all graduates of the ECM program. Team members included Soukup; 1978 graduate Doug Schley, Mitchell; 2011 graduate Calby Auch, Menno; 2012 graduates Eric Boehmer, Mitchell; Ron Disbrow, Sioux Falls; and Gary Soupir, Huron; and current student Richard Kludt, Lesterville. Also accompanying the group was Paul Faris, Harrisburg. The bulk of the travel expenses and the cost of materials were provided by several supporters including MTI and the MTI Foundation, Muth Electric, Beef Bucks, Inc., Puetz Corporation, Dakota Supply Group, the Avera Foundation, and Holy Family parish. MTI alumni electricians at the completion of the wiring project at Klinik Bondyè-a in Jeremie, Haiti. Back row left to right: Gary Soupir, Ron Disbrow, Calby Auch, Pat Soukup, Doug Schley, and Eric Boehmer. In front are Richard Kludt and Paul Faris.**

## Area Chef Challenge Announced

SIoux FALLS — The Diversity Kiwanis Club of Sioux Falls, in partnership with Global Spectrum at the Sioux Falls Convention Center, introduce the Sioux Chef Challenge. This local culinary competition will be held at the Sioux Falls Convention Center on Aug. 12.

Executive chefs and sous chefs are invited to compete in one of three categories: appetizers, entrées and desserts. A

panel of guest judges will determine the best dish of each category. Attendees will vote for the overall People's Choice Award recipient.

Applications for chefs who wish to participate are now available and competitor space is limited. Contact Elizabeth Duffy for the application and rules at (605) 228-4799 or visit www.diversityki-

wanis.org. Diversity Kiwanis Club is a non-profit organization that serves children in need by promoting respect for cultural diversity and performing charitable works.

For additional information about the Sioux Chef Challenge, contact Katie Studer at (605) 351-2553.

### Children's Summer Activities Openings

Are you looking to get your child involved this summer? It's not too late, as the Yankton Recreation Department has several openings in a variety of summer activities. Gymnastics, Dodgeball, Middle School Conditioning, Memorial Pool Swim Lessons, Tennis, Language Arts, Preschool Activity Classes and Day Camps are just a few programs that have openings for second session starting Monday, July 9. Visit our website at [www.cityofyankton.org](http://www.cityofyankton.org) [www.cityofyankton.org](http://www.cityofyankton.org) to get a full listing of all the exciting programs we have to offer.

You can view, register, and submit payment for all of the summer programs and activities directly from the City of Yankton's website. Or, walk-in and register at the Summit Activities Center during normal business hours.

For further information, please call 668-5234 or stop by the Summit Activities Center at 1801 Summit Street. Don't forget to follow the Yankton Department of Parks and Recreation Facebook.

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