



DENR To Irrigators: Avoid Overspray

PIERRE — The South Dakota Department of Environment and Natural Resources (DENR) reminds irrigators to check their center pivots to ensure they are operating properly and are adjusted to spray only upon land authorized for irrigation by their water permit.

"It is important that irrigators do everything they can to avoid overspraying onto nearby roads or neighboring properties," said DENR Secretary Steve Pirner. "Irrigation overspray can damage roadways, lead to unsafe driving conditions, and impact neighbors."

A water right holder is not allowed to waste water or operate an irrigation system in violation of state water law, which includes spraying water on land not covered by the water permit. Irrigation systems and especially end guns must be consistently checked to make sure it is not applying water to where it is not allowed. Irrigators who fail to prevent overspray can be subject to fines or required to appear before the Water Management Board for possible suspension of their right to irrigate.

South Dakota has nearly 5,200 active irrigation permits authorizing irrigation of up to 865,000 acres.

USDA Development Grants Offered

LINCOLN, Neb. — Nebraska cooperatives interested in providing technical assistance to small, socially disadvantaged agricultural producers in rural areas may apply for USDA Rural Development funding, according to Nebraska State Director, Maxine Moul. Funding will be made available through USDA Rural Development's Small, Socially Disadvantaged Producer Grant program (SSPDG). The maximum grant award is \$200,000.

"One of USDA Rural Development's missions is to provide assistance that will increase the economic conditions of rural communities," said Moul. "The SSPDG allows eligible cooperatives to apply in order to help small, socially disadvantaged agriculture producers in rural areas to improve their operations and promote job creation."

Eligible applicants include Cooperatives, Groups of Cooperatives, and Cooperative Development Centers. The maximum award per grant is \$200,000. The grant period is limited to one year. Small socially disadvantaged producers include farmers, ranchers, loggers, agricultural harvesters and fishermen who have averaged \$250,000 or less in annual gross sales of agricultural products in the last three years and are members of a socially-disadvantaged group. Producers will be able to benefit from the grant through market research, trainings, legal advice and assistance, and business planning and feasibility studies development.

The application deadlines for the Small, Socially Disadvantaged Producer Grant Program are June 30, 2014, for paper applications and June 24, 2014, for electronic applications.

For additional information on how to apply, see the April 30 Federal Register, page 24387, or visit http://www.rurdev.usda.gov/BCP_SSPDG.html.

Scout Fields For Alfalfa Weevils, Pests

BROOKINGS — Alfalfa fields in western South Dakota are looking green and healthy with little or no pest insect activity. However, Anitha Chirumamilla, SDSU Extension Entomology Field Specialist warned alfalfa growers not to be complacent when it comes to scouting fields.

"Except for few spots in the northeast, much of the state has warmed up enough for alfalfa weevils to become active," Chirumamilla said, encouraging alfalfa producers to monitor for.

She added that monitoring for weevils is being carried out every 10 days in alfalfa fields in Butte and Haakon counties. "There are signs of weevil activity beginning in these areas. It looks like the on-off cold weather had slowed down the activity of insects along with the growth of plants," she said.

ALFALFA BUTTERFLIES — Besides spotting weevil activity in isolated fields, several yellow butterflies, called alfalfa butterflies were seen flying in alfalfa and weeds on field edges. While these butterflies are pretty and pleasing to eyes, Chirumamilla said it is important to know that their larvae, known as alfalfa caterpillars feed on alfalfa leaves.

The butterflies are pale to bright yellow or orange in color with black wing margins and two dark spots on the front wings. The caterpillars are velvety green with a white stripe running on each side of the body. Unlike alfalfa weevil larva, Chirumamilla explained that alfalfa caterpillar feeds on entire leaves including the veins and mid-rib. "Larvae are very sensitive to touch and roll-up when disturbed or dislodged from plant. The best time to see them actively feeding is early in the morning," she said.

There are four to seven generations occurring through the crop season of May through October due to which different stages of the insect — egg to adult — can be seen at any time in the season. "Scouting for these caterpillars should be done using a sweep net and chemical spraying should be considered only if the number of larvae exceeds 10 per sweep," Chirumamilla said.

LYGUS BUG — The other insect that was seen actively running in alfalfa fields was a lygus bug, commonly known as a tarnished plant bug. "It is a true bug about 0.1 to 0.25 inches in length, oval-shaped, and green to brown in color," Chirumamilla said.

She said it can be easily recognized by a distinctive triangle on the back and large bulging eyes. Nymphs are green and similar to adults but lack wings. They look like large aphids from a distance. Both nymphs and adults of lygus bugs have piercing and sucking mouthparts allowing them to feed on plant sap. The saliva of these bugs also causes necrosis of plant tissue at the feeding spot. Lygus species are severe pests in seed alfalfa and many other field crops but not a serious concern in forage alfalfa.

RECOMMENDATIONS — Chirumamilla said that neither the alfalfa caterpillar nor lygus bug are considered serious pests of forage alfalfa. "Presence of these might actually help feeding the natural predator and parasitoid populations," she said. "However, alfalfa caterpillars can be damaging in case of high populations. Scouting frequently with a sweep net and keeping an eye on insect species and populations is always a safe and secure practice."



Coping Tools

A Look At Stress Management For Farmers

BY RITA BRHEL
P&D Correspondent

Farming and ranching may not be listed among the top 10 most stressful occupations, according to Forbes.com, but anyone involved in production agriculture knows there is more than enough reasons to stress out on the farm: weather, markets, regulations, high interest rates and large debt loads, machinery breakdowns, livestock disease and death, low crop yields and the list goes on.

"Add to that the knowledge that most farmers work long hours in isolation near their home environment, leaving them no place to escape the stressors," said Malisa Rader, Iowa State University Extension family life specialist.

Colleen Jolly, another Iowa State University Extension family life specialist, has cautioned that stress that goes unrecognized or unmanaged can lead to producers making poor decisions that not only can affect management of the operation, and potentially farm profits, but also can reduce farm safety and lead to physical illness or depression. Farm families, partnerships and employer-employee relationships also suffer when someone is neglecting his or her stress management.

Although what causes stress is in the eye of the beholder, Jolly suggested that certain incidents are more likely to be stressful than others for all farmers: negative events, such as poor weather; unpredictable or uncontrollable events, such as volatile markets; ambiguous events, such as when the solution to the problem has not yet been determined; and chronic problems, such as long-lasting difficult family relationships.

Additionally, how stress is experienced is influenced by various factors between individual producers, including: age and past experiences with stressful events, personal adaptability, type of farming operation, time and energy demands from off-farm jobs and activities, and emotional support from loved ones.

The subsequent stress response is as unique as each person. Jolly shared that some people react to stress in more physical ways, such as headaches or stomach problems, while others become more emotionally involved, such as with angry outbursts or depression. Still others are

more subtle, and the response may come out indirectly as behavior changes, such as increased smoking or drinking, or relationship trouble. Most people react to stress in multiple ways at the same time, though each person tends to have their own pattern of responding to stress. The more stress, especially if not managed well, the more it can affect a person's life as well as the lives of those around him or her.

However, many producers

ally, and make the decision to do something differently. When feeling muscle tension, intentionally slow down and try to relax your muscles.

2. Reach out for help to family members and partners, and brainstorm ways to reduce stressors.

3. Focus on eating well, as the blood sugar dips that come with poor nutrition and skipped meals only amplify stress reactions. With this, limit caffeine, alcohol and to-

People with better stress-handling ability also have positive, proactive and flexible attitudes. Bower defined stress as energy in a blocked or chaotic state. The goal of stress management is to free that flow of energy. Bower shared these tips to de-stress-ing:

- Plan ahead, and don't procrastinate. For example, replace worn machinery parts during the off-season to help prevent breakdowns in-season.

Discuss with family members or farm partners who will be available to run for parts, care for livestock, etc. before a busy time such as harvest.

- Set priorities about what has to be done today and what can be done tomorrow. Schedule stressful events within your control.

- Simplify your life, and turn down extra commitments if needed. Accept the stressors out of your control, and work to change those in your control. For example, work to reduce financial dependence on others through better money management.

- Change your attitude from worrying to problem-solving, from reacting to crises to responding to challenges that it feels good to accomplish.

- Set realistic goals and expectations. Focus on what has been accomplished, rather than what failed. While striving to do your best, try not to be center on being perfect.

- Get enough sleep. Take time to unwind from the day before bedtime, so you can get to sleep quickly and stay asleep through the morning.

- When a stressful event occurs, find the positive by looking at the big picture. For example, perhaps the tractor tire blew on the way to the field but it was better than if it had blown in the field. Then, focus on problem-solving rather than worrying. Take deep breaths, think positive thoughts, look for the humor in things or talk about it to a trusted person to get into the right mindset.

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MALISA RADER

come from a culture where admitting they need help is highly discouraged.

"It might be a matter of pride. Some farmers may have grown up with the idea that you have to solve your own problems. They might fear being perceived as mentally ill," Rader said. "Many farmers who are used to working things out for themselves might be resistant to sharing their problems with others. Although asking for help might go against the nature of a strong, self-reliant farmer, obtaining support for stress-related problems usually provides the most effective and durable solutions."

There are several signs of prolonged stress to look out for in neighboring farm families. The individual or family may no longer participate in activities they once enjoyed, such as church or 4-H. Their livestock may show signs of neglect or abuse. The person may complain more of aches or pains, or continually have more respiratory illnesses, as stress reduces immunity. The person may be involved in more farm accidents. The farm's appearance may go into decline. The children from the farm family may show signs of stress, such as acting out, fall on academic performance, be increasingly absent from school, or show signs of abuse or neglect.

While rural community members provide encouragement to the producer, it's the responsibility of the individual to change his situation or how he or she reacts to the situation. Healthy coping is as unique to each farmer as are stress responses, but Jolly recommended six steps to helping producers get started:

1. Recognize and identify how stress affects you person-

bacco use. Avoid using tranquilizers, sleeping pills and illegal substances.

4. Continue reaching out for help to family members and talk out loud about what stress is being experienced and what could be done about it.

5. Take a break. Strive for life balance between working on the farm, family and self. Do something relaxing every day, even if it's only a few minutes on busy days. On less busy days, try to do something relaxing at least 30 minutes a day.

6. Get more exercise. Even though farming and ranching require a lot of physical labor, a person has to go above this baseline of physical activity at least three times a week to count as heart-healthy and stress-lowering exercise.

While some people have an in-born ability to better manage stress than others, according to Don Bower, University of Georgia Extension human development specialist, coping skills can be practiced and fine-tuned. Individuals with healthier stress coping abilities tend to be better able to discern between stressors within their control and out of their control, accepting those out of their control and applying problem-solving skills to those within their control.

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Independence Day Deadlines

The Yankton Daily Press & Dakotan will be closed Friday, July 4th, for the Independence Day holiday.

The following deadlines will apply:

- Saturday, July 5 newspaper – 5 p.m., Tuesday, July 1
- Monday, July 7 newspaper – 5 p.m., Tuesday, July 1
- Tuesday, July 8 newspaper – 5 p.m., Wednesday, July 2
- Out On The Town, July 8 & 10 – 5 p.m., Wednesday, July 2
- Wednesday, July 9 newspaper – 5 p.m., Thursday, July 3

There will be no newspaper on Friday, July 4, 2014.

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