

YHS HISTORIANS



SUBMITTED PHOTO
Students from Yankton competed in the National History Day/South Dakota History Day District contest March 10 at the Old Court House Museum in Sioux Falls. The theme for this year is "Innovation in History: Impact and Change." All of the Yankton History Day Team contestants placed either first or second in their respective categories. They were, from left: Sadie Stevens (first place for historical paper on World War II: Lancaster Dam Busters); Jordan Koch (first place group exhibit on Stanley J. Morrow Frontier Photography); Amy Johnson (second place for senior group exhibit: The Titanic), her partner Joseph Boudreau; and Hiley Cammock (first place group exhibit: Morrow and Frontier Photography). The History Day competitors may use their critiques and make improvements to their respective projects before the state competition, which will be held in the Agricultural Museum at South Dakota State University in Brookings March 27.

VISITING HOURS:

Recommit Yourself To Wellness!

BY HEATHER STOEKLEN
ASHH Dietetic Intern

Approximately 100 million Americans made a New Year's Resolution this past January, and if you are like the majority of these reported goal makers, your top resolution was to lose weight and get in shape. Statistically however, more than 80 percent of these resolutions will go unresolved this year. But it's not too late to change the numbers.

March is National Nutrition Month, and this month, it's all about incorporating a well-balanced diet and physical activity into your daily routine. So if you're still groggy from your Thanksgiving turkey coma, or if you've been reduced to covering your treadmill with a sheet because it suddenly seems to have developed judgment as one of its features, now is the perfect time to recommit yourself to wellness.

Some of the easiest ways to get back on the bandwagon to healthy town is to make small changes to your current schedule and habits. Here are some quick tips to make this year's National Nutrition Month memorable:

1. Keep a food and physical activity journal. Studies have shown that people who write down what they eat, and how they exercise are more likely to be aware of and, ultimately,



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mately, be able to change their habits.

2. Turn off the television. Eating in front of the television leads to mindless eating. If you have ever sat down to enjoy your favorite show and a bag of chips but are soon searching for a hole in the bottom of the bag because there is no way that you ate all those chips, you have experienced mindless eating.

3. Turn in your Clean Plate Committee Badge. You do not have to clean your plate. There is no exclusive club membership waiting under that last dinner roll; and contrary to popular belief, the starvation status of third world children does not depend on whether you finish off the casserole. Get some Tupperware and have leftovers-some food tastes better the second day anyway.

4. Snack on fruits and vegetables. The message to "eat more fruits and vegetable" seems to confront us wherever we go. And for good reason. Fruits and vegetables are healthy, low calorie snacks that are simply bursting with nutrients that are beneficial to your body.

5. Slow down, and pay attention. It takes approximately 20 minutes for our brain to get the signal from our stomach that we are full. Start listening to the signals that your body

gives you. Stop overriding your instincts, remember, your body knows best.

6. Get moving. Physical activity is essential for health and well-being, and you do not have to be a marathon runner or a body builder to see the benefits. Thirty minutes of moderate physical activity 3-5 times a week can make an impressive improvement on calorie control, strength, stamina, mood, immune system and overall health and wellness.

7. Don't give up. Deciding to move toward a healthier lifestyle can seem daunting. If you find yourself eating an entire plate of cookies, remember, all is not lost. Maintaining a well-balanced diet and physical activity takes practice. And like we were told in school or sports: practice makes perfect. Move beyond any missteps, and move toward a healthier you.

8. Have fun. Incorporating a well-balance diet and physical activity into your routine does not have to be boring. Try new foods, or try a new exercise class at your wellness center or gym — and as you anticipate bets for March Madness, don't forget to place your bet on nutrition.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Farmers' Market Workshop Set For Wagner March 26

WAGNER — The "Farmers' Market Moms" project, administered by Northeast Nebraska Resource, Conservation and Development (RC&D) Council, Inc., is hosting a Farmers' Market Resources and Assistance Workshop on Friday, March 26, running from 5-8 p.m. at the Wagner Armory located at 610 East Highway 46.

The goal of the Nebraska and South Dakota RC&D councils working on this workshop is to draw prospective farmer's market vendors and growers from the entire area. This includes interested individuals from Yankton to Burke and north to the Winner, Chamberlain and Mitchell area.

"Everyone is a prospective fruit and vegetable grower for themselves, their family and potentially for selling at a local farmers market," according to Jeff Stewart with Randall RC&D.

The information presented at this workshop will be particularly helpful to beginning gardeners who are considering gardening for themselves for the first time or becoming a farmers' market vendor during the upcoming season. This "how to" workshop will help new and experienced farmers' market vendors and managers prepare for the upcoming season. It will provide information on what makes a successful farmer's market, how to communicate with customers, funding opportunities for local markets, how to develop a community garden and details about the Buy Fresh, Buy Local food campaign.

Headlining this event are featured speakers Pat Garrity, Mike Brunson, Tina Dangel and Carrie Johnson. Garrity founded Garrity's Prairie Gardens near Mission Hill with his wife Jan in the 1980s. He was a regular vendor at the Floyd Boulevard Market in Sioux City and took leadership of that market in 2006. Today, he coordinates the Buy Fresh, Buy Local program in South Dakota.

Brunson is a farmer from Wagner with vegetable growing and selling experience. He will give insight into considerations necessary to have a successful garden and share his experience with what to grow and how to grow an economical, nutritious garden in Southeast South Dakota.

Extension educators Tina Dangel and Carrie Johnson will share ideas on how to involve the whole family in raising a garden plus storing and preserving the fruit and vegetable harvest.

This program is hosted by the Farmers' Market Moms project, aimed at gaining new customers and vendors for local farmers' markets, assisting in promoting farmers' markets and promoting family gardening in Nebraska and South Dakota through training, education and health awareness. The project is administered by Northeast Nebraska RC&D in Plainview, Nebraska and is supported through a grant by the Farmers' Market Promotion Program (FMPP), through the Agricultural Marketing Service at USDA. Assisting with this project locally are the Randall RC&D Council of Lake Andes and the Lower James RC&D Council out of Mitchell.

Pre-registration for this free workshop is not required. To learn more, contact the Randall RC&D office at 605-487-7077 ext. 4 or e-mail, jeff.stewart@sds.usda.gov.

Professionals Describe Journey Into Alcoholism

BY VAL FARMER

I interviewed a number of professionals, a substance abuse counselor and a member of the clergy on how professionals became addicted to alcohol. Here are their observations.

Are professionals unique?
Each party took pains to stress the pervasive nature of alcoholism. It has a strong genetic component and predisposition. The people affected by alcoholism come from every walk of society. Two individuals had a history of hard drinking during their professional training. It started with a student drinking culture and it continued for years until they came to terms with it. The third described a gradual descent into alcoholism that took place over 15-20 years.

I mentioned the high stress associated with his profession and my informant replied in effect, "So what, there are a lot of different ways of dealing with stress besides drinking."

There is a progression to the disease, an addictive process, which runs its course no matter who you are. My informants gave short shrift to professional status being special cases. This is about drinking, not about what they do. No excuses. Sorry.

"Man take drink, drink take drink, drink take man." — Chinese proverb.
"One drink is too many, a thousand is not enough." — A common expression among alcoholics.

"In every town, there are reg-

ulars at the local watering hole. Some are alcoholics, some are not. They are regulars because it is fun. The bar isn't the cause. People know themselves if they need a drink. We are no different from any other chemically dependent person."

"Alcoholics select friends who use just like they do. They don't socialize with light or moderate drinkers. Their friends won't say anything."

We did speculate on contributing factors that might delay the recognition of the problem. One was the egomania and self-centeredness of people who are "experts" — in medicine, law, academia, the church, etc., — on other people's problems. They are supposed to have their own act together.

"It's the 'Play God' thing. This self-centeredness is rewarded. They are successful, adored, and feel entitled. They lose perspective on who they are."

"I am supposed to be an expert. I can't have these problems."

"Where can they go for help? It takes courage to show up in another professional's office. They try to fix it themselves. They make promises and fail. They beat themselves up when they do."

My informants talked about



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other causes: the extra money, the social opportunities, the job demands, being on the road, the lack of accountability — essentially being judges of their work without much peer review and, significantly, their reputations.

"I was the boss, who could fire me?"
"How can I take time out? I have to be in court. I don't have the time (to go for treatment). What will happen to my reputation?"

"The family has the same kind of defenses (covering up a reputation) the alcoholic has."

"I vacillated between feeling powerful and powerless. If I had a success, I would celebrate. If I were unsuccessful, I would drown my sorrows."

The progression of alcoholism. The disease progresses and the motives for drinking change. The drinking is no longer to have fun, but to overcome the inner pain they are experiencing.

"Alcoholics don't drink for the fun of getting drunk, they drink because they can't stand being sober. I couldn't stand to be sober — the anxiety, the indescribable tension I felt. I would have a couple of drinks and off I would go. Alcoholics don't know that after a certain period of time (after treatment), they lose the desire to drink."

"I would no longer buy liters and fifths. I would buy half-gallons."

"Alcoholics think they are invisible. When you are stumbling around drunk, people don't

look at you as the 'good ole boy.' They see it for what it is. They just don't say anything."

"I had this terrible fear of being miserable for the rest of my life. It is hard to believe you can live a happy life and not drink."

"First people drink to feel good. With time and steady drinking, their baseline feeling changes to feeling bad. Then they drink to feel good and then return to feeling bad. Finally, they are feeling bad, they drink to feel normal, they return to feeling bad."

"Alcohol is a depressant. You numb out. You forget. When the effects wear off, the problems are still there."

"The problem was life. I was trying to dull the pain. Pain was to be avoided."

"I felt alone — fear. Fear of never being enough, never doing enough."

"I used alcohol to get high. It drops you back down to depression."

"I used to think everyone does it. Now that I am sober, it is not that big of a number."

"I didn't give a hoot about anyone else. I couldn't operate without it. It affects your thinking. I would cultivate situations to get an excuse to drink."

Do you recognize some of your own thoughts? If so, look at yourself in the mirror and do something about it. Others have. For more information on alcoholism, visit Val Farmer's Web site at www.valfarmer.com.

Val Farmer is a clinical psychologist with MeritCare in Fargo, N.D. He specializes in rural mental health and family business consultation.

This column is sponsored by Lewis & Clark Behavioral Health.

Mr. & Mrs. Milton Nielsen
60th Anniversary

Milton and Reta (Pinkston) Nielsen of Irene, SD, will celebrate their 60th wedding anniversary on Thursday, March 18, 2010.

Their family requests a card shower. Greetings may be sent to: 29336 44th Avenue, Irene, SD 57037. The couple requests no gifts, please.

The couple has two children: Nancy (Steve) Wrigg of Viborg, SD; and Larry (Lisa) Nielsen of Irene, SD; three grandchildren and two great-grandchildren.

Sylvia Arens
will celebrate her
95th Birthday
on March 28, 2010.
Please join her family in wishing her a Happy Birthday with a card shower. Cards can be sent to her at P.O. Box 155, Wynot, NE 68792.

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