

Visiting Hours

EMS: It's More Than A Job

BY SANDY GEHL

Avera Sacred Heart Hospital

In times of crisis, it's comforting to know we can count on Emergency Medical Service personnel to help us, our family, our friends and our neighbors. This week we pay tribute to these men and women during National Emergency Medical Services Week. This year's theme, "EMS: More Than A Job. A Calling," emphasizes the responsiveness, vigilance and compassion of our EMS personnel whose timely and attentive interventions save countless lives.

Emergency Medical Services, more commonly known as EMS, is a system that provides emergency medical care. It is activated by a call for help after an incident of serious illness or injury. The focus of EMS is emergency medical care of the patients. EMS is most often recognized when emergency vehicles or helicopters are seen responding to emergency incidents. But EMS is much more. It is a system of coordinated response and emergency medical care, involving multiple people and agencies. A comprehensive EMS system is always ready for any kind of emergency.

An informed public that knows what to do in a medical emergency is key to the EMS sys-



tem. Knowing when to call EMS and when ambulance transport is needed is a necessary and essential component to improving the outcome of a stroke or heart attack. For example, a stroke patient has a limited number of hours to receive medication that greatly improves the quality of life and recovery after a stroke. By calling EMS, the hospital will have time to prepare for the patient and the patient will be cared for by the medics on site and during transport.

The following is a list of heart attack and stroke warning signs:

- Heart Attack Warning Signs
- Chest discomfort;
 - Discomfort in other areas of the upper body;
 - Shortness of breath;
 - Other signs may include breaking out in a cold sweat, nausea or lightheadedness.
- Stroke Warning Signs
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body;
 - Sudden confusion, trouble speaking or understanding;
 - Sudden trouble seeing in one or both eyes;
 - Sudden severe headache

with no known cause.

Avera Sacred Heart Hospital provides EMS training for Southeast Technical Institute, Northeast Community College, Yankton EMS and Vermillion EMS. We receive around 1,400 patients via EMS transport per year. As result of a grant, EKG machines were provided to Rural EMS support with the opinion that your health care should not be dictated by where you live.

A large percentage of people that serve EMS in our area serve as volunteers. These people give so much of themselves — their time, money, maintenance of their professional skills through ongoing education, as well as dealing with the stressors associated with performing during life threatening situations. We are fortunate to have such a committed group of individuals who cover a vast area. It has been an honor and a privilege to work with and support the EMS providers. Please join me in thanking the EMS personnel in your community for their unwavering commitment and service.

EMS.gov
American Heart Association
www.heart.org

Gehl is the director of emergency services at Avera Sacred Heart Hospital.

Are Farmers' Online Dating Services Helpful?

BY DR. MIKE ROSMANN

Most single farmers and ranchers don't like feeling lonely.

They worry about finding a compatible partner who understands the rigors associated with raising crops or livestock and living in the country. Finding "the right person" can be difficult.

Because finding a compatible farm mate can be a daunting challenge, many singles have turned to online matching services for assistance.

Some matching services involve psychometric testing. Most dating services are free or paid services that offer introductions only.

Online dating services that specialize in helping farm and ranch people find each other have sprung up. Most of these can be found by conducting a search for farmer online dating services.

Are these services trustworthy? I am not endorsing any particular online service. I want only to provide information that might be useful to readers who are looking for relationships themselves or know someone who might benefit. I recommend considering more than one site.

Lynn Woolf, who is affiliated with FarmersOnly.com, and I spoke on the phone for an hour. She kindly provided information to address some of the common questions and fears of many single farmers and ranchers.

FarmersOnly.com offers users free and paid services, depending on the level of assistance desired in looking for relationship introductions.

The site was started in 2005 by an agricultural marketing specialist to help farm people who were having difficulty meeting dating prospects.

FarmersOnly.com now has 200,000 members, of whom about 10 percent have entered serious ongoing relationships. About half of these relationships are marriages and most of the others are limited, by choice, to other types of committed relationships or friendships.

Lynn said 87 percent are involved in agriculture.

An equal number of men and women subscribe to FarmersOnly.com, Lynn says. Sixty percent are single, 35 percent are divorced and 5 percent are widowed.

The FarmersOnly.com staff reviews all profiles and encourages users to report dishonest subscribers. Nearly all subscribers, Lynn says, strive to be accurate in their descriptions of themselves.

The website provides tips about how to "talk straight" and publishes accounts of successful dating relationships. As the published stories indicate, some of the relationships were significantly tested before the two partners established enduring trust and comfort with each other.

FarmersOnly.com does not try

to match suitors; it provides a way for people to meet each other. Photos are encouraged for the online profiles.

Searches can be launched for possibilities within a specific age range, geographic distance, marital status and desired outcome, such as friendship or longer-term relationship.

Having worked with farm couples and as a farmer in a 40-year marriage, I know finding someone compatible does not necessarily mean finding someone who is nearly the same as you.

A compatible partner often has different strengths and weaknesses. A partner who complements you can lead to a more sustainable relationship because the couple has more capacities when both partners

are together.

The appreciation of agriculture as an occupation usually is a required compatibility factor in an enduring relationship for a farm or ranch couple.

Agriculture is a culture unto itself. That's what makes farmer dating services useful.

Most people who did not grow up or experience any previous life on a farm or ranch know long hours of work can be expected when marrying a farmer or rancher.

But, they often do not fully understand the drive that motivates people to farm, and this failure can lead to other serious clashes in expectations.

Most people who undertake farming, ranching and related occupations do so because of what I call the "Agrarian Imperative."

The Agrarian Imperative is a purposeful drive to acquire the territory and resources necessary to undertake agricultural activities that lead to the production of essentials for life — food, fiber and renewable energy.

It's a noble endeavor, a deeply meaningful calling. Farming is more than simply living in the country.

It involves an instinctual urge to acquire land and make it produce. We can say, "Farming — it's in our genes."

There are times when the needs of the farm take temporary priority over relationships. But, even the most dedicated farmers will be lonely if they routinely place more importance on the land and livestock than on their partners.

If they expect their partners to work without gestures of appreciation and if they ask for emotional support even though they don't reciprocate it, the relationship probably won't endure permanently.

It's hard to find the right balance between the calling to carry out the Agrarian Imperative and the urge to have a willing partner. Farmer dating services can be a positive step needed to finding a friendship or true mate.

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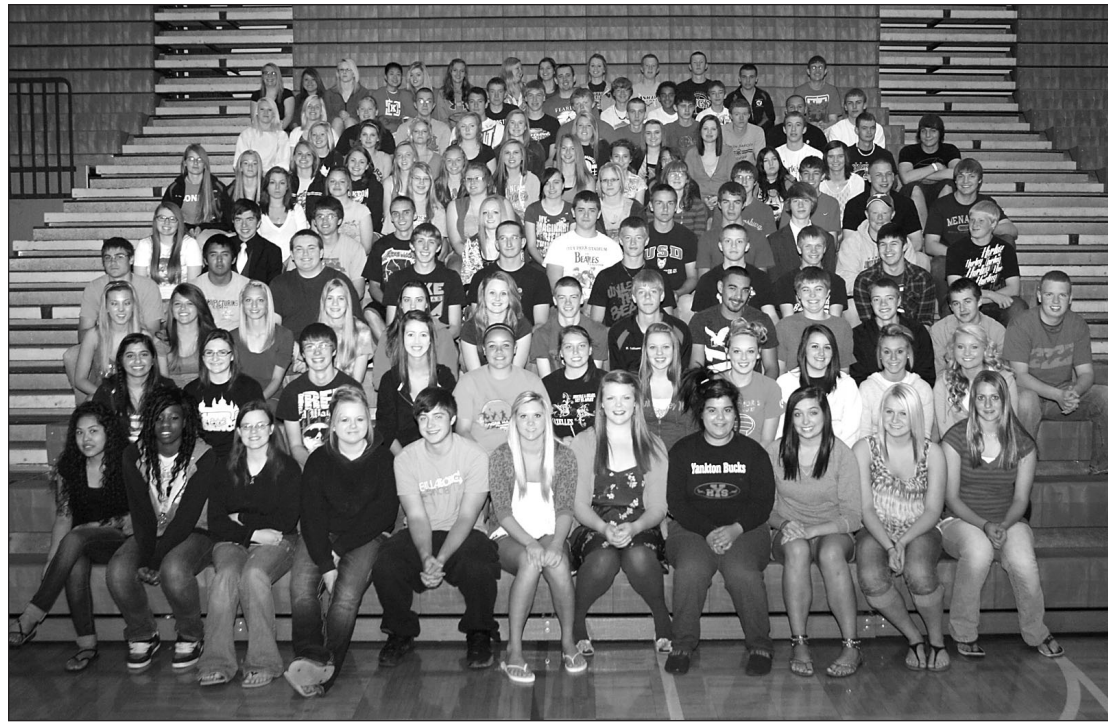
YHS Class Gets Tips On Personal Finance

During the second quarter, the Personal Finance classes at Yankton High School implemented the EverFi Financial Literacy Education Platform. The entire program was donated by First Dakota National Bank and is aimed at teaching students important aspects of financial responsibility. EverFi is a company that has built a framework to finance and deliver innovation into schools in areas such as Financial Literacy, Student Loan Management, Digital Literacy, and other key issue. EverFi's mission is to partner with a local corporate sponsor to aid schools in passing on skills students need to succeed in life, college, and careers.

The entire curriculum is web based, which allows students to log into their account, stop and start, review materials, revisit past modules and measure their progress at any time. EverFi has also developed the course around an easy-to-apply pedagogy so that the important lessons students learn stay with them as they face key financial decisions in their lives.

We are very grateful and excited to extend the opportunities that the EverFi program presents for our students. The EverFi program moves hand in hand with our present curriculum and will be implemented in our classrooms to supplement what we are presenting to our students. With First Dakota National Bank's support it gives us another opportunity in the classroom to reach our students using 21st century applications, better preparing them to succeed in a global society.

On May 9, Marc Mooney, vice president of marketing at First Dakota National Bank, talked to the



The Personal Finance classes at Yankton High School (above) implemented the EverFi Financial Literacy Education Platform during the second quarter of the school year. The program was donated by First Dakota National Bank. Recently, Marc Mooney (right) of First Dakota personally thanked the classes for their efforts. (Kelly Hertz/P&D)



students, and he was thanked for the bank's donation of the EverFi program. Mooney also presented the 140 students with \$10 gift certificates that could be applied to the opening of a new account at the Yankton bank.

SCHOLASTICS

KIMBERLY LIVINGSTON

Kimberly Livingston, Pharmacy student from Yankton, will call Philip home for four weeks this summer as she learns firsthand about providing healthcare in rural South Dakota.

Livingston was selected in a competitive process to participate in the Rural Experiences for Health Professions Students (REHPS) in 2012. She is joined in REHPS by Tandis Hoffman, Physician Assistant student from Lennox. Philip was selected as a "Best Practice Model" site for REHPS this year.

The REHPS program connects interprofessional groups of students enrolled in medical, physician assistant, doctor of nurse practice, and pharmacy programs through the University of South Dakota (USD) and South Dakota State University (SDSU) with medical professionals practicing in six rural South Dakota communities. The program has expanded from three sites in 2011 to six in 2012. Philip is joined by Redfield, Wessington Springs, Winner, Wagner and Parkston. Each community will welcome two students.

In addition to the enriching career experience, students also will be involved in a community project designed to provide interaction with people outside of a clinical setting.

Kassy Youmans, REHPS Program Manager, said the REHPS program provides a framework for

community leaders to follow in efforts to successfully recruit and retain healthcare professionals.

"Students are more likely to return to facilities and communities where they have had rich, positive experiences early in their training. The REHPS program is designed to allow communities and students to make this happen," Youmans said.

South Dakota is experiencing a shortage of healthcare workers. The number of high school graduates in the state decreases as the number of retirees is increasing. Between now and 2018, 10 percent of the new jobs in South Dakota

will be healthcare related. Fifty-nine of South Dakota's 66 counties are designated as medically underserved.

UNIVERSITY OF SIOUX FALLS

SIOUX FALLS — The University of Sioux Falls awarded 417 total degrees on Sunday, May 20 at the Washington Pavilion of Arts and Science. This spring's commencement ceremony marked the fourth consecutive year that USF has awarded more than 400 degrees.

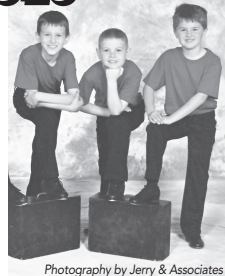
Those students receiving degrees from Yankton included the following:

- Jodi Lynn Blackinton: Social Work
- RiAnna Mae Rothenberger: Theology/ Youth Ministry
- Kayla Eline Tronvold: Social Work and Music
- Stephanie Lynn Hardy: Radiology Technology
- Joshua J. Nielson: Business Administration
- Bridget Lucille Healy: Elementary Education

NEW SUMMER CLASSES

Now in Progress (June 11-August 11)

Jazz w/ Dr. Z	Mon. 2pm	MS
Leaps & Turns	Tues. 2pm	MS
Leaps & Turns	Wed. 7pm	HS
DT/Hip Hop(beg.)	Fri. 1pm	1st&3rd
Combo	Fri. 10am	3-4yr
Combo	Sat. 9am	3-4yr
Combo	Fri. 11am	4-5yr
Combo	Sat. 10am	4-5yr
Gymnastics(beg.)	Fri. 1pm	5-7yr



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2012 Summer Registration

Rehearsal Week Aug. 13-17
for Riverboat Days Performance
on Friday, Aug. 17th

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