

Visiting Hours

Recognize A Nurse During Nurses Week

By Barbara Larson RN
Vice President Of Patient Care

National Nurses Week began as recognition during the birth-day week of Florence Nightingale, founder of nursing as a modern profession. Nursing continues to be ranked by the public as the most trusted profession based on honesty and ethical standards.

Nursing is a profession that embraces dedicated people with varied interests, strengths and passions because of the many opportunities the profession offers. Although nurses historically have provided hands on patient care at the bedside and will continue to do so, nurses are deeply involved in health education, research, business and public policy. Nurses are playing a key role in transforming the health care system with a focus on improving quality and managing costs.

From bedside nursing in hospitals and long-term care facilities to the halls of research

institutions, state legislatures and Congress, the depth and breadth of the nursing profession is expanding to meet the health care needs of American society.

We have many roles, and we serve all of them with passion for the profession and a strong commitment to patient safety.

Avera Sacred Heart Hospital is proud to join other Yankton organizations in recognizing nurses during this week to honor the dedication, commitment, and tireless effort and quality of work nurses provide seven days a week, 365 days a year. As Vice President for Patient Care and a nurse for more than 30 years, I want to acknowledge and thank all of the nurses at Avera Sacred Heart Hospital and in our community for the incredible service they provide to our community. What would a hospital, home care, clinic, nursing home or any health-care facility be without nurses? It's hard to imagine.

Donations Sought For Snack Pack Program

The Sack Pack program is a sack of food that goes home at the end of the week for kids of need for food for the weekend during the school year.

The Sack Pack puts together a larger pack for the last pack of the school year. One of the items that go into the pack is a jar of peanut butter. If anyone would like to donate a jar of peanut butter for the Sack Pack Program they can leave it at the following places: Ability Building Services at 909 West 23rd St. or Wells Fargo at 200 Cedar St.

Deadline to donate is by May 10. If you have questions about the Sack Pack peanut butter donation, feel free to call Sandi Kramer at 605-660-5430.

Yankton Diabetes Group Slated To Meet

The Yankton Area Diabetes Support Group will meet at 1 p.m. Monday, May 13, in the Avera Professional Pavilion, conference room 2, which is on first floor and wheelchair accessible.

The May 13 meeting will feature the diabetes quiz bowl. Everyone is welcome and a snack is provided.

The next meeting will be held June 10. There will be no meeting in July.

Vermillion Public Library To Host ‘Deadly Day’

VERMILLION — The public is invited to Vermillion Public Library on May 14 to meet Young Adult author Susan Dennard. The event is set for 7 p.m. at the Vermillion Public Library. There will be refreshments and door prizes including signed copies of the book, T-shirts and a Kindle Fire. Books will be available to purchase at the library the evening of the event.

The “Deadly Day at the Library” event is free and open to the public.

The evening will include a presentation by Dennard, followed by a Q & A session along with a book signing. Susan will talk about her path to becoming an author and how ideas for the trilogy developed.

Dennard will be speaking about her current debut novel, “Something Strange and Deadly,” and her sequel, “A Darkness Strange and Lovely.” The trilogy takes place in 19th-century Philadelphia, and follows a young heroine, Eleanor Fitt, as she sets out to find her brother, who seems to have been captured by an evil necromancer in control of an army of “Undead.”

This event was made possible with support from South Dakota Art Council, Vermillion Public Library Board, Vermillion Public School District and Maddie.TV. South Dakota Arts Council support is provided with funds from the State of South Dakota, through the Department of Tourism, and the National Endowment for the Arts.

Yankton Museum To Offer Workshops

The Dakota Territorial Museum will be hosting Care of Collections Workshops May 17-18 at the museum.

Thanks to a National Endowment for the Humanities grant received this year, Terry Shindel is returning to Yankton to work with museum staff, as well as anyone else interested in learning to care for historic pieces. The Dakota Territorial Museum is inviting people from other museums and libraries in the area, as well as those interested in volunteering at the museum, to attend these free workshops.

The workshops are scheduled for 8:30 a.m.-4:30 p.m. on Friday, May 17, and 8 a.m.-4 p.m. on Saturday, May 18. Come for both days or just part of the time.

The museum will also be hosting a two day workshop on PastPerfect, a museum management database, June 12-13. The workshops will start with the basics and move on to advanced parts of this museum-based computer program. If you are interested in volunteering, at the museum, please consider attending these workshops.

To sign up for the workshops, or to ask questions, please contact the Dakota Territorial Museum staff at 665-3898 or stop in Monday-Friday 8:30 a.m.-5 p.m. Registration deadline for the May 17 workshop is 5 p.m. Wednesday, May 15.

Modern Woodmen 732 To Host ‘Bar Bingo’

Modern Woodmen Chapter 732 will be sponsoring a “Bar Bingo” matching fundraiser at The Rounding 3rd Bar and Casino in downtown Yankton on Thursday, May 23. In addition to Bar Bingo there will be a bake sale and a raffle. This event will take place from 6:30-8:30 p.m.

The funds are being raised by the Yankton Riverboat Days committee to purchase a new float for the Captain and Belle. Modern Woodmen will match funds raised up to \$500. Bar Bingo participants must be age 18 or older to participate.

For more information on this event, contact Cathy Lynch-Becker, Financial Representative with Modern Woodmen of America, at 605-665-7799 or Bonnie Pinkelman with the Riverboat Days committee at 605-665-6423.

SCHOLASTICS

TANUYA YEAGER

Tanuya Bos Yeager, native of Yankton and graduate of Yankton High School (Class of 1981), received the “2013 Outstanding Graduate Education Student” award from Harding University, Searcy, Ark.

Tanuya is a graduate of York College, York, Neb. She also received her Master of Arts degree in counseling from Harding last year, and earned the Education Specialist degree in counseling this spring.

Tanuya’s parents, John and Margo Bos are residents of Yankton.



By Dr. Mike Rosmann

The earliest known production of alcoholic beverages dates back at least some 9,000 years to a type of grog brewed in China, according to archeologist Dr. Pat McGovern in a 2011 *Smithsonian Magazine* article authored by Abigail Tucker. Production of alcoholic drinks has long been associated with agriculture and as a contributor to human civilization.

Our ancestors probably discovered alcohol accidentally when they tasted substances with sugars that had fermented, such as cooked grain mash, honey, or fruit, and felt their effects. Deliberate production of alcoholic beverages also allowed them to keep liquids potable for later consumption.

As McGovern suggested, alcoholic substances enabled their consumers to relax and feel good for a while. Are there other factors that may make alcoholic substances beneficial?

Is alcohol healthful? Last week’s column looked at drinking alcohol as a possible problem for persons in the agricultural population who drink heavily to reduce pain and when it is a cultural expectation.

Working or driving while inebriated is a major contributor to injuries and fatalities. This week we examine uses of alcohol that might be beneficial.

Medicinal properties of alcohol are mentioned 191 times in the Bible. A 2004 report by the National Institute on Alcohol Abuse and Alcoholism indicated the lowest death rate from all combined causes occurred when people regularly consumed one or two drinks daily.

A 2006 meta-analysis of 34 studies in the Archives of Internal Medicine involving 1,015,835 men and women found moderate consumption of alcohol (1-2 drinks of wine, beer or liquor per day for women and 2-4 for men) was associated with reduced risk of death. Both heavy consumption of alcoholic beverages and no consumption of alcohol increased the risk of heart disease and other contributors to mortality.



Dr. Mike Rosmann

less likely to suffer strokes, diabetes, arthritis, enlarged prostate, dementia (including Alzheimer’s disease), and several major cancers” (<http://www2.potsdam.edu/hansondj/AlcoholAndHealth.html>).

Alcohol can advance society as well as contribute to its decline. It probably stoked the builders of the Egyptian pyramids. It helped many to carry out required duties when they endured harsh conditions.

Soldiers and sailors were often given alcohol as a form of compensation for their efforts. They relaxed after strenuous work. It sometimes helped them to not focus on negatives at least temporarily. Many ancient religious ceremonies incorporated alcohol consumption.

Alcohol sometimes enabled its users to sleep when rest was difficult. There is a sense in which alcohol made life more tolerable. It became a part of nearly every culture in existence today.

Drinking alcohol can be a hazard or a tool. When we consume alcohol and how much are key.

Because alcohol reduces our reaction time, accuracy of motor movements, impulse control, judgment, and sensations of pain and alarm, we should not consume the substance when we are expected to be fully alert and responsible. This means it is safest to not drink alcohol and drive or to combine alcohol con-

sumption with work activities.

The legal blood alcohol limit for driving a personal vehicle such as a car is .08% or lower in all states; some states require .05% for driving a car. The legal limit for operation of a commercial truck is .04%. Some states require that drivers under age 21 must have less than .01% alcohol in their blood.

There are occasions when moderate amounts of alcohol can allow for freer thinking, such as creative endeavors. Perhaps this is why some well-known writers (e.g., Ernest Hemingway) and musicians (certain classical and rock musicians whom I will not mention) have reputations for mixing alcohol with their work activities.

Alcohol use should be relegated to times and places for recreation and when there is sufficient time for alcohol to be metabolized before resuming responsible activities. This varies according to the amount consumed, body size, and the capacity of one’s body to metabolize alcohol.

Some people have an inherited intolerance to alcohol and exhibit symptoms similar to allergic response, with nasal congestion and a rash, while others overreact with rapid onset of symptoms of inebriation. There are many medical conditions and medications that require abstinence from alcohol. Pregnant women should not drink alcohol.

Diabetics must be careful how much and how quickly they consume alcohol. Medical advice should be sought beforehand whenever there are medical or behavioral health risks.

Another caution is that even though recommended amounts of daily alcohol consumption are 1-2 drinks for women and 2-4 drinks for men, if these amounts are consumed too quickly they can make one drunk.

The bottom line is: Make sure you control your alcohol use rather than have it control you. Need help? Call (800) 521-7128 or (866) 416-2862.

Dr. Rosmann is a psychologist and farm resident at Harlan, Iowa. His email address is: mike@agbehavioralhealth.com.

USDA Sets Rules To Fund Rural Broadband Service

WASHINGTON — Agriculture Secretary Tom Vilsack has announced new rules

<<http://www.gpo.gov/fdsys/pkg/FR-2013-05-03/pdf/2013-10502.pdf>> to better target Community Connect broadband grants to areas where they are needed the most.

The United States Department of Agriculture (USDA) remains focused on carrying out its mission, despite a time of significant budget uncertainty. This announcement is one part of the Department’s efforts to strengthen the rural economy.

“These rules give communities better access to the benefits that broadband service provides,” Vilsack said. “The Obama Administration is working to ensure that rural residents share in

the opportunities provided by modern Internet service.”

USDA Rural Development’s Community Connect Grant program serves rural communities where broadband service is least likely to be available, but where it can make a tremendous difference in the quality of life for citizens.

THE CHANGES:

- Simplify the application process by requiring a single project summary and map.
- Allow grant applicants to use a USDA web-based mapping tool to define their proposed service area. The old rules did not accommodate some of the most rural communities, which often are not Census-designated

places or were not recognized by a commercial atlas.

- Give grant applicants more flexibility on the types of resources, in-kind services and monetary contributions that can be used to meet the 15 percent matching fund requirement.
- Allow USDA to consider giving funding priority to projects in:

- persistent poverty counties;
 - communities experiencing population declines;
 - the most rural areas.
- USDA’s Rural Utilities Service plans to publish information on Community Connect funding opportunities, including application deadlines and the amount of assistance available, in the Federal

Register soon.

In addition to Community Connect grants, USDA Rural Development provides loans and loan guarantees to help finance the construction of rural broadband networks. For example, USDA Rural Development awarded a Community Connect grant to the Texas County Rural Area Informational Network (TRAIN) to install and operate a Fiber-to-the-Home network in Raymondville, Texas. The grants helped fund a Community Center called the Public Access Community Room. TRAIN also is providing broadband service to community residents and businesses.

Attorney General Jackley Warns Of IRS Email Scam

PIERRE — Attorney General Marty Jackley has warned consumers to watch for emails that claim to be from the Internal Revenue Service (IRS), but are actually scams designed to obtain personal identifying information. Consumers should proceed with caution when visiting websites that either associate themselves with the IRS or have the appearance of the IRS site.

“The IRS does not communicate with individuals via email with tax filing problems or refunds, so avoid clicking links on suspicious email messages,” said Jackley.

The Attorney General’s Consumer Protection Division has received many examples of these email messages. The email indicates that the “IRS” has identified an error in the calculation of your tax return and want to return the excess payment back to you. In order for them to return the funds, you are asked to create a Tax Gateway account to apply the credit. This is nothing more than a link to access your personal identifying information.

Bogus emails with the words IRS or government tend to make consumers believe they are coming from the federal government. The IRS does not send out unsolicited emails or ask for personal identifying information. If you receive an email that uses the IRS name call the IRS directly at 1-

800-829-1040 to verify. The official IRS website is www.irs.gov, but the look-alike sites which use a few different keystrokes are set

up to redirect consumers to bogus websites.

If you have been a victim of one of these scams or need any

additional information contact the Attorney General’s Consumer Protection Division at 1-800-300-1986.



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