

Many Veterans Turn To Agriculture

BY MIKE ROSMANN

Veterans Day is November 11, but the federal holiday is celebrated Monday, Nov. 12, this year.

According to a 2011 White House Report, Jobs and Economic Security for Rural America, 44 percent of men and women who serve in the U.S. military are residents of rural areas of the country, even though rural residents overall account for 17 percent of the population.

About 6.1 million veterans currently live in rural communities.

A Sept. 28 report by Elisha Harig-Blaine for the National League of Cities estimates 914,000 veterans with a service-connected disability are from rural areas.

Roughly one-third of VA-enrolled veterans who served in Iraq and/or Afghanistan are expected to return to their hometowns in rural areas.

The unemployment rate of rural veterans historically has been higher than for the general population.

A number of federal and non-profit organizations aim to help veterans with employment and adjustment issues.

HELP FOR FARMER-VETERANS

Purdue University is offering a two-day workshop called "Veterans and Agriculture: Opportunities for Employment, Entrepreneurship, and Enrichment" on Nov. 7-8 at the Beck Agricultural Center in West Lafayette, Ind.

On Day 1, the participants receive intensive instruction on such topics as funding agricultural operations, marketing and agritourism, working with the VA and state Vocational Rehabilitation, traumatic brain injury and post-traumatic stress disorder (PTSD), assistive technology for farmers with disabilities and more.

On Day 2, the participants receive hands-on experience at Purdue farms in sessions such as livestock management, aquaculture and agronomy basics, plus tours of local sustainable farms and livestock facilities.

For additional information, email agability@agability.org or call 1-800-825-4264.

Registration fees are waived for veterans who are not representatives of organizations. Veterans may call to inquire about the availability of travel stipends.

There are many beginning farmer programs for military veterans listed on the Internet that offer a variety of benefits and training in agriculture.

For example, a veteran can obtain a VA loan to purchase a farm if the veteran intends to live in a home on the farm and can show how the farm will turn a profit.

The Farmers Home Administration shows preference to veterans when financing farm operations.

The Farmer Veteran Coalition (www.farmvetco.org), a non-profit organization, has as its mission: "To mobilize veterans to feed America."

The organization frequently hosts events such as conferences and offers other forms of help to veterans to enter the agricultural business and to improve their overall well-being.

The Farmer Veteran Coalition newsletter reports the Senate version of the Farm Bill, which has not yet passed in the House, establishes a Veterans Agricultural Liaison to help connect veterans with beginning farmer training and/or agricultural vocational and rehabilitation programs.

The Senate bill amends the Outreach and Assistance Program for Socially Disadvantaged Farmers and Ranchers, known as Section 2501, to include veteran farmers and ranchers.

It also amends the Environmental Quality Incentives Program (EQIP) to give the same increased cost share to veterans as other socially disadvantaged groups.

The Senate version of the Farm Bill also sets aside a percentage of funding in the Beginning Farmer and Rancher Development Program for groups to help veterans transition into agriculture.

Many veterans who are no

longer actively connected with the military have a natural affinity for living in rural areas and working in agriculture, according to Michael O'Gorman of the Farmer Veteran Coalition.

Molly Theobald, research associate with the Worldwatch Institute and former Labor 2008 Pennsylvania State Communications Director for the National AFL-CIO, writes a blog that agrees.

RURAL LIFESTYLES

Not only do veterans originate in disproportionate numbers from rural sections of the country, but they, and others who grew up in nonrural areas, seek a peaceful lifestyle in rural communities and fulfillment in agricultural endeavors when they leave active duty.

Many veterans who are dealing with PTSD, and a great many other veterans who are making transitions back into civilian life, like the open spaces of the countryside and the serenity associated with nature.

They feel solace in the outdoors. They find useful purpose and healing in agricultural activities.

Veterans often gravitate toward occupations that involve caring for others.

Producing the food and fiber that are essential for life are occupations that satisfy the desire to assist others.

Persons interested in learning more about Post Traumatic Stress Disorder can find previous columns about PTSD and Healing PTSD, published on June 16 and June 23 this year, on the website of the newspaper where you routinely read the Farm and Ranch Life column.

Or, you can order reprints from the website: www.agbehavioralhealth.com.

Like the readers of this Farm and Ranch Life column, I am grateful to all veterans for the sacrifices they made to protect our country and our way of life.

As I write this, I am thinking particularly of Owen, who just returned from Afghanistan and is healing from shrapnel wounds to his stomach.

He, his family and mine are good friends forever.

Dr. Mike Rosmann is a Harlan psychologist and farmer. Contact him through the website: www.agbehavioralhealth.com.

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Schulte-Jensen

Wendy Marie Schulte and Justin Terrance Jensen were married on October 1, 2011 at the Sacred Heart Catholic Church in Yankton with Father John Fischer officiating.

Parents of the couple are Michael and Michelle Schulte of Yankton and Jackie LaCroix of Yankton and James and Toni Jensen of Ardmore, OK.

Maid of honor was Paige Schulte and bridesmaids were Jessica Jensen, Kelsey Arens, Amanda Tolsma, Kathy



Campbell-Zavadil

Mike and Karla Campbell of Platte, S.D. announce the engagement of their daughter, Morgan Marie Campbell, to Scott Michael Zavadil, son of Mary Jean and Terry Zavadil of Fordyce, NE.

The future bride is currently enrolled as a student at the University of South Dakota and will receive a Master of Science (Physician Assistant) degree in 2014.

The future groom is currently employed at Yankton Ag Service as an Agronomist/Salesman and farms

Visiting Hours

With Diabetes You Are The Key

BY SUSAN BARNES RN, CDE

Avera Sacred Heart Hospital

If you already have diabetes, you can lower your risk of diabetes complications by managing it. If you are at risk of diabetes, you can delay or prevent the diagnosis of diabetes. The key word in these sentences is YOU. Find out if you are personally at risk of diabetes and learn how to prevent problems. November, diabetes month, is a time to increase our awareness about diabetes.

The Diabetes Prevention Program research study has shown type 2 diabetes can be prevented or delayed in people at high risk for the disease who make lifestyle changes. Weight loss of 5 to 7 percent (about 10 to 14 pounds for a 200-pound person), and increasing physical activity to 150 minutes per week can reduce or delay the development of type 2 diabetes by 58 percent.

In pre-diabetes, blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes. Pre-diabetes is also called impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on the test used to measure blood glucose levels. Having pre-diabetes puts one at higher risk for developing type 2 diabetes. People with pre-diabetes are also at increased risk for developing cardiovascular disease.

In type 2 diabetes, the body does not use insulin properly, which causes a high level of sugar (glucose) in the blood stream. Type 2 diabetes is not caused by eating sugar.

The American Diabetes Association recommends testing to detect pre-diabetes and type 2 diabetes be considered in adults without symptoms who are overweight or obese, and have one or more additional risk factors for diabetes. In those without these risk factors, testing should begin at age 45. In addition to being overweight or obese or being age 45 or older, risk factors for pre-diabetes and diabetes include the following:

- being physically inactive
- having a parent, brother, or sister with diabetes
- having a family background that is African American, Alaska Native, American In-

dian, Asian American, Hispanic/Latino, or Pacific Islander

- giving birth to a baby weighing more than 9 pounds or being diagnosed with gestational diabetes-diabetes first found during pregnancy
- having high blood pressure-140/90 mmHg or above-or being treated for high blood pressure
- having HDL, or "good" cholesterol below 35 mg/dL, or a triglyceride level above 250 mg/dL
- having polycystic ovary syndrome, also called PCOS
- having impaired fasting glucose (IFG) or impaired glucose tolerance (IGT) on previous testing
- having other conditions associated with insulin resistance, such as severe obesity or a condition called acanthosis nigricans, characterized by a dark, velvety rash around the neck or armpits
- having a history of cardiovascular disease

If you are at risk, talk to your health care provider about getting a simple blood test. If results of testing are normal, testing should be repeated at least every 3 years. Doctors may recommend more frequent testing depending on initial results and risk for diabetes

Healthy lifestyle changes to prevent or control diabetes are done most successfully in small steps. Look for progress toward a healthy lifestyle, not perfection. As you celebrate each of your steps toward better health, you will find it is not so overwhelming. A healthy lifestyle includes:

- eat breakfast daily
- don't skip meals
- increase your whole grain foods. Some examples of whole-grain ingredients include buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, brown or wild rice, whole-grain barley, whole rye, and whole wheat.
- increase your fruit and vegetable intake (A person needing 2000 calories per day needs about 2 cups of fruit and 2 1/2 cups of vegetables daily.)
- eat a variety of vegetables of different colors

Superstorm Sandy

Local Red Cross Aids In Storm Relief

The American Red Cross continues to increase its relief operation to provide food, shelter, supplies and comfort to more and more people affected by Superstorm Sandy.

'Every day we're sending more and more workers and supplies into these states as quickly as possible,' said Charley Shimanski, senior vice president of Disaster Services for the Red Cross. 'Given the possibility for a nor'easter to hit next week, we are dedicating as many resources as we can to these hard-hit areas.'

South Dakota is supporting the response with trained volunteers from Onida, Sioux Falls, Colman, Mitchell, Yankton, Fulton and Rapid City. These volunteers have been trained and are responding as Shelter Supervisors, Feeding Supervisors, Emergency Response Vehicle Drivers, Disaster Health Workers, and a National Shelter System Manager. Ken and Jacque Kahler from Yankton, left today to serve in supervisory roles.

'These two volunteers will be great assets! Jacque deployed to Hurricane Katrina as well, and brings a wealth of knowledge in shelter management,' said Yankton Red Cross Manager, Deb Bodenstedt.

The Red Cross response vehicles from Sioux Falls and Rapid City have been activated to distribute hot meals, water, snacks and relief supplies.

More than 5,000 Red Cross workers from all over the country are supporting shelters, providing food and water at fixed sites, and driving through neighborhoods to distribute meals and supplies. Sixty trailers of relief supplies such as personal hygiene items, cleaning supplies, rakes, shovels, tarps, dust masks and work gloves are arriving this weekend in New York, New Jersey, Pennsylvania and Connecticut.

With millions still without power and cold temperatures fore-

casted for much of the mid-Atlantic next week, the Red Cross is also mobilizing an additional 80,000 blankets for New Jersey and New York.

Thousands of people affected by Sandy continue to seek refuge in shelters; on Saturday night, more than 10,600 people stayed in 123 shelters in nine states.

• HOW TO HELP: The Red Cross response to Sandy is likely to be the biggest Red Cross response in the U.S. in the past five years. Those who want to help can make a donation to support American Red Cross Disaster Relief by visiting www.redcross.org, calling 1-800-RED CROSS (1-800-733-2767) or texting the word REDCROSS to 90999 to make a \$10 donation. Contributions may also be sent to local Red Cross organizations, here in Yankton: 610 W. 23rd St., Yankton, SD 57078.

Recycle Used Toys Collection Day Slated

In observance of America Recycles Day, the City of Yankton and Keep Yankton Beautiful will be holding a Recycle Used Toys Collection on Nov. 17, running from 10 a.m.-2 p.m. "Gently" used or new toys may be dropped off at North Ace Hardware during the above time. No broken or damaged toys and no stuffed animals.

All toys collected will be going to the Yankton Contact Center.

Besides bringing smiles to the faces of children, donating toys in this way represents the 3 "R" of recycling: Reducing items going into landfills, Reusing useable items, and Recycling these toys back to life.




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