

Recognizing Rural America's Militia

BY DR. MIKE ROSMANN

Rural Americans and the Military share a long history together. The earliest U.S. soldiers who fought for independence from England during the Revolutionary War mostly hailed from rural towns and the countryside.

These soldiers were expert marksmen with their rifles and were a good fit to conduct guerilla warfare but they were not familiar with the tactics of organized militia. With training, their natural understanding of stalking, methods of surprise attacks and endurance of hardship were decisive factors that contributed to ultimate victory of the United States over British rule.

Young rural men and women continue to pursue military careers today. Using data from the U.S. Department of Defense, a report of the demographic characteristics of new military recruits commissioned by the Heritage Foundation in 2005 showed the greatest increases in recruits were from highly rural states after 9-11.

Prior to 1999, the states of Montana, Alaska, Wyoming, and Maine had the four highest statewide percentages of their residents enlist in the Military, with Florida and Texas close. After 9-11 the states with the greatest increases in military enlistments were Iowa, Wisconsin, Kansas, Washington, Arizona, Indiana, Oregon, Nebraska, Colorado, Minnesota and North Carolina, to the point they were overrepresented in the Military.

The 2011 White House Report, Jobs and Economic Security for Rural America, indicated 44 percent of the men and women who currently serve in any branch of the U.S. Military originated from rural areas of the country; 17 percent of all Americans reside in these designated rural areas.

Why do rural residents choose to join the Military? We can't assume rural persons join the Military for economic reasons. The Heritage Foundation report indicates both the family income and the education level of recruits have trended higher than average since 9-11.

The percentage of recruits who had attended at least some college increased even before the economic recession began in 2008 and this trend continues currently. The education level of new recruits is higher, regardless of where they originated from, than for similarly aged Americans in general.

Native Americans and Pacific Islanders have been overrepresented in the U.S. Military for many decades, dating back to World War II. That trend continues today. The majority of these persons are rural.

In short, while it isn't fully clear why rural persons join the Military in greater numbers than non-rural persons, it is clear the Armed Forces likes the skill

sets these recruits bring with them.

Greater numbers of Veterans return to live in rural areas than non-rural areas. In the absence of definitive studies that indicate why this is, there are many anecdotal reports that combat Veterans in particular feel safer in uncrowded and remote living quarters after service and many are engaged in agriculture.

Many Veterans, especially those with Post Traumatic Stress Disorder, find serenity in the outdoors and experience healing from agricultural activities. Veterans often gravitate toward occupations that help others, such as producing food.

The Farmer Veteran Coalition (www.farmvetco.org), one of the fastest growing organizations serving Veterans, offers this perspective: "Veterans possess the unique skills and character needed to strengthen rural communities and create sustainable food systems for all. Food production offers purpose, opportunity, and physical and psychological benefits."

Problems exist for rural Veterans. It is well known that suicide is higher among current and retired Militia than among the general U.S. population. Behavioral health supports are not always available in many rural and frontier locations.

The Department of Veterans Affairs reported in February this year that the suicide rate of retired Veterans rose from 19 daily in 1999 to 22 in 2010. The number of active duty personnel who take their lives has also been creeping higher; 349 of about 1.6 million active duty personnel purposefully ended their lives last year.

Sixty-nine percent of recorded self-imposed deaths were by Veterans age 50 and older. The rates of suicide by Veterans both over and under age 50 are greater than for comparably-aged Americans without previous military involvement.

Often the most useful and acceptable help for troubled Veterans is from other Veterans who understand what they have been through, much like stressed farmers often prefer behavioral healthcare providers who understand agriculture.

Help is available to any Veteran from the Veterans Crisis Line: 1 800 273-8255. The Crisis service also offers a website chat line which is manned 24/7: www.veteranscrisisline.net. The text message number is 838255.

With gratitude to all Militia currently in service and those who are no longer on active duty, Americans celebrate Veterans Day this year on Monday, Nov. 11.

Dr. Rosmann is a Harlan, Iowa, farmer and psychologist, available at: www.agbehavioralhealth.com.

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Dr. Mike ROSMANN

Visiting Hours

Making The Diabetic Plate

BY SARA GERMAN, RD, LN
 Avera Sacred Heart Hospital

If you have diabetes or have a close family member or friend who does, you have probably heard a lot of "helpful advice" about the proper diet. Unfortunately, much of the information out there is inaccurate! This article will provide you with some of the basics of eating with diabetes. With a proper understanding of the principles, you can fit almost any food into a healthy meal plan. The diabetic plate method is one way to do this.

First, it's important to know which foods affect blood sugars. After a meal, food goes from the stomach to the small intestine, where the nutrients are digested and absorbed. Carbohydrates, in the form of sugars and starches, are broken down into simple sugars. These sugars are absorbed into the blood stream and immediately raise the blood sugar. The body responds to higher blood sugars by producing insulin, which helps cells take in sugar to use as energy; once sugar goes into the cells, the blood sugar decreases. In most people, the body is able to regulate this process to keep blood sugars within the healthy range. In people with diabetes, the body is either unable to produce enough insulin, or cells aren't as responsive to insulin, or a combination of both. As a result, after meals, blood sugars tend to go too high and stay high longer.

Not all foods raise blood sugars - only foods that contain carbohydrates. Limiting these foods and spreading

them out throughout the day will help keep blood sugars under control. High carbohydrate foods include grains, fruit, milk and yogurt, legumes, starchy vegetables, and sugars/syrups. You may have heard that you will be ok if you simply avoid "white foods," but ALL carbohydrate-containing foods raise blood sugars, including whole grains (such as whole wheat bread and oatmeal) and the orange sweet potato.

Foods that contain mostly protein and fat and are low in carbohydrates will not affect blood sugars. Low carbohydrate foods include meat, eggs, cheese, fats, nuts, and nonstarchy vegetables - any vegetable besides peas, potatoes, or corn. These foods contain energy, but they won't significantly raise blood sugars in normal serving sizes.

As a general guideline, people with diabetes should try to eat every four to five hours, starting within an hour after waking up in the morning. This can help prevent overeating later on in the day, and will help keep your blood sugars more steady. It is important to eat some carbohydrates - sugar is the body's main source of energy. The key is to eat only moderate amounts of carbohydrate at a time, which will give the body the energy it needs without making blood sugars go too high.

One way to help limit the amount of carbohydrates at each meal is the diabetic plate method. To create the diabetic plate, divide the plate in half, then into quarters. Half the plate should contain nonstarchy vegetables, and one quarter should contain protein (things

like beef, chicken, eggs). These sections of the plate have very little effect on blood sugars. The last quarter is for starchy foods (things like grains - bread, pasta, rice - or starchy vegetables, like potatoes). "Sides" include a serving of fruit and a glass of milk. These three parts of the plate - the starchy foods, fruit, and milk - are the foods that will raise blood sugars. If one "plate" isn't enough food, add more to the nonstarchy vegetable and protein sections.

The nice thing about the diabetic plate is its flexibility. What if you never drink milk with your meals? Then you can have bigger portion of your starchy food. Is dessert on the menu? Substitute a small piece of dessert for the fruit, or a medium sized piece for the starch. Here are a few examples of meals following the diabetic plate:

- A hamburger patty (no bun), a 3 oz sweet potato, 1-2 cups summer squash, 1 cup strawberries, 1 container light yogurt

- 4 oz tuna salad, two pieces of bread, a garden salad with Italian dressing, 3 Oreo cookies

- Marinara sauce with meatballs, 2/3 cup cooked spaghetti, 1 cup steamed broccoli, 1/2 cup fruit cocktail, 1/2 cup vanilla ice cream

Have more questions? Want to get more specifics? Talk with your doctor about getting a referral to see a registered dietitian. Medical nutrition therapy for diabetes is covered by Medicare and many other insurance companies.

SCHOLASTICS

BON HOMME

High School First Quarter Honor Roll 2013-2014

Merit Roll (All grades of A+ and A)

SENIORS — Hannah Buchholz, Sarah Heusinkveld, Austin Kaul, Kayla Kloucek, Lexie Ludens, Alexi Malatara, Caitlin McLouth, Vanessa Navratil, Shawna Rezac

SOPHOMORES — Maddison Hajek, Shannon Sedlacek

FRESHMEN — Sam Caba, Jennifer Schmidt

'A' Honor Roll

SENIORS — Taylor Ahrens, Dakota Badden, Megan Burbach, Shania Denton, Joseph Jaeger, Courtney Jaqua, Michael Mesman, Tyra Patzlaff, Emily Pechous, Christine Pinkelman, Ty Radack, Autumn Ramsdell, Kelsey Sutura, Danielle Tycz, David Tycz, Haley Van Emmerik, Alexandra Vleck, Brenda Walloch

JUNIORS — Lucas Crownover, Nicholas Jelsma, Elizabeth Kubal, Elizabeth Mitzel, Jaclyn Rothschild, Madison Schwartz, Carly Sternhagen, Duncan Stoebner, Hunter Young

SOPHOMORES — Alie Adams, Allison Carda, Tyler Kaul, Morgan Rothschild, Veronica Sanders, Michelle Sestak, Joshua Vaith

FRESHMEN — Haley Frank, Cole Heidemann, Kade Hellmann, Deann Jelsma, Chase Kortan, McKeeley Merkwan, Sierra Mesman, Zachary Sykora, Cole Uecker

'B' Honor Roll

SENIORS — Samantha Crews, Garrett Dvoracek, Ethan Kniffen, Mariah Kostal, Jesus Lozano, Layton Merchant, William Minow, Scott Van Winkle, Scott Wieseler

JUNIORS — Justin Ave, Kendra Brewer, Cole Cahoy, Tristan Easterling, Karl Fiedler, Chelsey Hisek, Kyle Klinnert, Katlyn Kniffen, Mason Kniffen, Erica Mendoza, Andrew Roland, Logan Rothschild, Zachary Sutura, Brooke Van Gerpen, Tanner Van Winkle

SOPHOMORES — Nick Ahrens, Courtney Eddy, Allison Everett, Alan Haataja, Heidi Hassing, Annie Hoerth, Danielle Johnson, Dustin Johnson, Morgan McAllister, Carter Mecham, Devin Millen, Jena Rezac, Paige Schuurmans

FRESHMEN — Haley Dickman, Breanna Dockendorf, Alec Johnson, Andrew Mitzel, Nicholas Rokusek, Nathan Schenkel, Clay Wittmeier

Middle School First Quarter

Honor Roll 2013-2014

Merit Roll (All grades of A+ and A)

EIGHTH GRADE — Rachel Sestak

SEVENTH GRADE — Jared Buchholz, Tanner Carda, Emily Duf-

fek, Macy Hajek, Madison Hall, Joshua Schmidt

SIXTH GRADE — Connor Peters

'A' Honor Roll

EIGHTH GRADE — Colin Adams

SEVENTH GRADE — Zachary Cuka, Beau Rothschild

SIXTH GRADE — Levi Cahoy, Riley Hellmann, Ciera Himes, Katelyn Sternhagen

'B' Honor Roll

EIGHTH GRADE — Kaleb Crownover, Cole Goehring, Bailey Kortan, Mace Merkwan, Noah Schenkel, Bryce Scieszinski, Emily Tycz

SEVENTH GRADE — Erika Bruna, Emily Cap, Elita Eastman, John Kubal, Joseph Slama, Christian Uecker

SIXTH GRADE — Cole Bares, Luke Boyd, Wesley Brandt, Abigail Crites, Victoria Cropper, Joshua Crownover, Jayde Denton, Logan Frank, Jesselyn Garness, Sydney Garver, Johanna Jelsma, Kaden Kozak, Carter Libis, Mary Mathews, Garrett Mitzel, Sydney Mueller, Mekayla Ray, Jordan Rueb, Jaxson Schonebaum, Nathan Scieszinski, Allison Van Winkle

SACRED HEART SCHOOL

First Quarter 2013-2013

Fifth Grade Roll of Excellence

(* — Straight A's)

Bent, Chloe

Budig, Christian

Castillo, Isabel

Christensen, Brodie

Covey, Kenzi

Cwach, Kylie

Jensen, Josie

Liebig, Grace*

Madsen, Lexi

McGlone, Tony

Nelson, Hannah*

Perakslis, Chloe*

Rafferty, Emily

Rembold, Allie

Shuey, Emily

Stastny, Leona

Stephenson, Halle*

Taggart, Grace

Fifth Grade Honor Roll

Fitzgerald, Trevor

Frick, Austin

Gullikson, Paige

Hacecky, Simon

Hedda, Rachel

Hladky, Ethan

Knoff, John

Kohl, Aron

Neubauer-Keyes, Dylan

Nguyen, Emily

Reardon, Chloe

Schumacher, Leila

Sedlacek, Tanner

Smith, Ella

Sundleaf, Morgan

Trail, Ryan

Vornhagen, Molly

Warriner, Grace

Wintz, Brooklynn

Wuestewald, Francisco

Yaggie, Korbin

Fifth Grade Merit Roll

Dahlerup, Colton

Sixth Grade Roll of Excellence

(* — Straight A's)

Baker, Tayden

Fanta, Mary*

Gokie, Hailey*

Heine, Morgan

Kouri, Cecilia*

Kouri, Claire*

Krajewski, Josephine*

Manning, Ava

Mines, Ivy*

Sandal, Parker*

Schroeder, Madison*

Vornhagen, Olivia*

Woerner, Natalie*

Wolffgram, Payton*

Wuebben, Madison

Sixth Grade Honor Roll

Bernatow, Brooklyn

Binder, Madeline

Bose, Keegin

Campbell, Jada

Curran, Christian

Dayhuff, Billi Jo

Eichacker, Ryan

Haahr, Anneliese

LeFebvere, Rose

Marsh, Jonah

Nelson, Grant

Payer, Justin

Reardon, Courtney

Salvatori, Carissa

Strom, Jakob

Wesseln, Ryann

Yaggie, Dylan

Sixth Grade Merit Roll

Lucht, Kyle

Seventh Grade Roll of Excellence

(* — Straight A's)

Dangler, Bryce*

Geigle, Kellie*

Jussel, Jess*

Kortan, Samantha

Kusek, Noel*

McCarthy, Erin

Medeck, Holly*

Nguyen, Brian

Perakslis, Catherine*

Reinhardt, Jessica*

Sandal, Kendra

Schulte, Miranda

Eighth Grade Honor Roll

Barger, Dillon

Cass, Tori

Fortner, Ethan

Jensen, Lauren

Kreitinger, Matthew

Lange, Trevor

Reardon, William

Rockne, Hunter

Schild, Koby

Schoenfelder, Jack

Smith, Maddie

Yaggie, Storm

Eighth Grade Merit Roll

Garcia, Mimi

Seventh Grade Honor Roll

Becker, Abby

Buechler, Morgan

Hacecky, Harlie

Hochstein, Madelyn

Hunhoff, Walker

Kolker, Emily

Lange, Tyler

Lehl, Nick

Liebig, Olivia

Madsen, Brooke

Mueller, Evan

Peitz, Brandon

Sedlacek, Sydney

Shoberg, Anna

Woodmancy, Michael

Eighth Grade Roll of Excellence

(* — Straight A's)

Baker, Shann

Benoit, Adele

Bent, Max*

Budig, Kate*

Callahan, Brendan

Cordell, Madie*

Dangler, Brady

Dvorak, Evan*

Eichacker, Nathan*

Fejfar, Megan*

Fitzgerald, Tanner

Frick, Savannah*

Hicks, Holly*

Knoff, Anne*

Mines, Holly*