

Against Hunger



SUBMITTED PHOTO

The Salem Mennonite Brethren Church of Freeman pack more than 4,300 meals for children in need of our care. To learn more about how you can make a difference, please visit www.kahyankton.org.

Visiting Hours

Lower Health Risks With Diabetes ABC's

BY SUSAN BARNES, BSN, RN, CDE

Program Coordinator of the Dakota Diabetes Center

Did you know that reducing the chance that you will be diagnosed with type 2 diabetes could be as easy as eating a healthy breakfast?

November is National Diabetes Month, and it's a good time to reflect upon a disease that affects almost 10 percent of Americans.

Type 1 Diabetes Day (T1Day) was observed Nov. 1, and World Diabetes Day is Nov. 14.

The International Diabetes Federation World Diabetes Day 2014 campaign promotes starting each day with a healthy breakfast and making the healthy choice an easy choice. Recent research shows eating breakfast may decrease your chance of being diagnosed with type 2 diabetes.

As part of its efforts to raise awareness about diabetes, Avera Sacred Heart Hospital will "Go Blue for Breakfast" from 8-10 a.m. Nov. 14 at its Northern Lights Café. A free healthy breakfast will be provided, as well as prediabetes risk screenings (and pedometers for those that take the test while supplies last) and healthy recipes.

If you cannot join us, take action and become involved by making sure you eat a healthy breakfast every day.

If you have diabetes, it is an important part of your medical plan to control your diabetes. Try eating a simple, balanced breakfast that includes some lean protein (nuts, cottage cheese, soy milk and lean meats), fruit (fresh, frozen or canned without added sugar), high fiber, and whole grains (whole grain muffin, waffles, bread or cereal).

Make it easy to eat healthy by putting healthy food where it is obvious and easily available.

The National Diabetes Education Program and Avera Sacred Heart are using this month to raise awareness about the con-

nection between diabetes and heart disease. People with diabetes are nearly two times more likely to die from heart disease or stroke than a person without diabetes.

The good news is that people with diabetes can lower their chance of having diabetes-related heart problems by managing their Diabetes ABC's:

- A is for the A1C test (A-one-C). This is a blood test that measures your average blood sugar (glucose) level over the past three months.

- B is for Blood pressure at every visit.

- C is for Cholesterol—total cholesterol; LDL, or low-density lipoprotein ("bad" cholesterol); HDL, or high-density lipoprotein ("good" cholesterol); and triglycerides at least once a year.

- S is for stopping smoking.

If you have diabetes, ask your health care team what your A1C, blood pressure and cholesterol numbers are—and what they should be. Your ABC goals will depend on how long you have had diabetes and other health problems. You should also check your feet for sores, get a yearly foot exam, get a dental checkup twice a year, a dilated eye exam once a year, an annual flu shot and pneumonia shot.

You don't have to do this alone. If you have prediabetes, the CDC-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type 2 diabetes. Participants work with a lifestyle coach in a group setting to receive a one-year lifestyle change program that includes 16 core sessions (usually one per week) and six post-core sessions (one per month).

If you have diabetes, the American Diabetes Association Recognized Diabetes Self Management Program will teach you to cope with and manage your diabetes. It includes tips for eating healthy, being active, monitoring blood sugar, taking medication and reducing risks. The interactive group or individual classes include six sessions, usually one per week.

Resources Are Available For Veterans Who Want To Farm

BY DR. MIKE ROSMANN

Sponsored By Lewis And Clark Behavioral Health

After serving in the Military, many veterans pursue lifestyles that involve raising crops, livestock and living close to the outdoors. They come by these agrarian affinities naturally.

Most persons who join the Military have strong motives to protect people, our country and a way of life nearly all Americans value highly. Motives for becoming agricultural producers are similar in many ways, for most farm and ranch people want to take care of others by producing the food and fiber humans need, as well as to protect their land and resources for future generations and an esteemed agrarian way of life.

These commonalities among people in the militia and agriculture offer an explanation for why 44% of the men and women who currently serve in any branch of the U.S. Military originate from rural areas and why persons who grow up on a farm enlist in the Military at a disproportionately high rate when only 17% of Americans are rural residents and 2.5% are farm residents.

Retiring militia search for ways to continue leading meaningful lives. Securing the land, equipment and livestock to farm, which has been termed the Agrarian Imperative, has similarities to defending a country and way of life from aggressors, which ethologist Robert Ardrey called the Territorial Imperative.

A lifestyle close to nature usually feels safer than other environments for many veterans who are dealing with post-traumatic stress disorder and other service-related problems. They typically shun crowds, unexpected noises and reminders of the circumstances that caused their injuries; many uninjured veterans like the outdoors too.

The satisfaction of working with soil, livestock and the outdoors has healing effects on people in a lot of ways. It's difficult, however, to initiate agricultural operations unless there are welcoming family members already involved in agriculture and other sup-



Dr. Mike ROSMANN

ports that can assist veterans to get started. There are several ways help be found for retired Militia to pursue careers in agriculture-related endeavors.

The Farmer Veteran Coalition serves military veterans of all eras and branches interested in the agriculture industry. Although only a few years old, the non-profit organization has launched programs to promote agricultural opportunities for all veterans in every state.

The first National Farmer Veteran Stakeholders Conference, sponsored by the Farmer Veteran Coalition and its Iowa chapter, will be held on November 14-15 this year in Des Moines.

The Drake University Agricultural Law Center is helping to host the forum. Contact <http://iowafarmerveteran.org/farmer-veteran-national-stakeholder> for additional information and to register for the conference.

The guides for beginning farmers being developed by the American Farm Bureau, which is working with several state partners and the Farmer Veteran Coalition, are another resource. County and state Farm Bureau offices may have additional information about locally available programs.

Several state organic farming organizations offer assistance for veterans to begin sustainable farming activities and operations. These can be found through online searches that include the name of the state in which one is interested, along with the words organic farming and military veterans.

The 2014 Farm Bill has expanded benefits for military veterans. The benefits include supports for agricultural education, as well as preferences that are given to veterans for loans and farm transition incentives when they participate in USDA conservation reserve programs (CRP) and convert CRP land into farming operations.

Veterans interested in these benefits may check with their local USDA Farm Service Agency offices for information; the Drake University Agricultural Law Center (Phone: 515 271-4956) and the Farmer Veteran Coalition also have this information.

Accessing medical and behavioral healthcare. Almost everyone knows veterans who reside in rural areas usually have worse problems accessing medical and behavioral health assistance than veterans who live in urban areas. The Veterans Affairs (VA) is trying to ease this problem.

Federal guidelines are being adapted to allow rural veterans who live more than a 60 minute drive from a VA clinic or hospital, or who will have to wait more than 30 days for a VA-approved appointment, to seek care from a licensed local provider who may be reimbursed through the ARCH (Access Received Closer to Home) program.

Requirements for specialized and tertiary healthcare are more rigorous. Sometimes outpatient medical and behavioral health services for veterans can be arranged at their homes if telemedicine is available in the geographic area. Reimbursement for transportation costs also has been improved.

Possible claimants may contact their local VA office for additional explanations of these guidelines and other benefits. Approaching a VA office is not as formidable as it might seem.

Local and regional VA offices are usually listed in telephone directories and the offices often are staffed by veterans.

Acutely distressed veterans can call the Veterans Crisis Hotline (1-800-273-8255) at any time for assistance of any sort, including discussion of potential self-harm.

Rural and farm residents, and all Americans, salute military veterans on Veterans Day, which is celebrated on Tuesday, November 11 this year.

Dr. Mike is a psychologist who resides on his farm near Harlan, Iowa. He can be contacted at: www.agbehavioralhealth.com.

Cancer Donation



To show appreciation for the care and assistance provided to their teacher, Jennifer Pritchett, the Niobrara High School Future Business Leaders of America chapter donated \$88 collected during a recent fundraiser to the Avera Sacred Heart Foundation. Pritchett received radiation treatment at the Avera Cancer Institute Yankton (CIY). Funds from the Foundation are used to provide cancer patients with financial relief, gas cards, counseling and other services. LEFT: Jennifer Pritchett and cancer staff. BOTTOM: CIY Director Darla Gullikson accepting the check on behalf of the foundation. (Submitted photos)



Preparation Is Key When Dealing With Winter Weather

WASHINGTON — With the winter season approaching, the Federal Emergency Management Agency (FEMA) reminds individuals to be prepared for winter storms and extreme cold. While the danger of severe winter weather varies across the country, everyone can benefit by taking a few easy steps now to prepare for emergencies. A first step, regardless of where you live, is to visit the Ready.gov Web site to find preparedness ideas you can use all year long.

"In our part of the country we make the most of winter," said FEMA Region VIII Acting Administrator Tony Russell. "However, severe storms and blizzards can create major problems and

residents need to take winter weather seriously by taking appropriate steps to prepare."

Severe winter weather can include snow or sub-freezing temperatures, strong winds and ice or heavy rain storms. An emergency supply kit both at home and in the car will help prepare you and your family for winter power outages and icy or impassable roads.

Both kits should include a battery-powered or hand-crank radio, extra flashlights and batteries. In addition, your home kit should include a three day supply of food and water. Thoroughly check and update your family's emergency supply kit

and add the following supplies in preparation for winter weather:

- Rock salt to melt ice on walkways,
- Sand to improve traction on driveways and sidewalks,
- Snow shovels and other snow removal equipment,
- And adequate clothing and blankets to help keep you warm.

When traveling in winter weather conditions, be sure to contact someone both before your departure and when you safely arrive. Always travel with a cell phone and ensure the battery is charged so you can contact someone in the case of a road emergency. If dangerous conditions are fore-

cast, it's often best to delay travel plans.

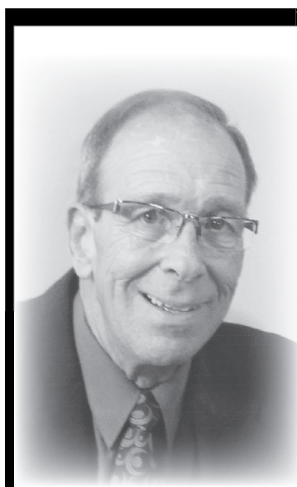
Finally, make sure to familiarize yourself with the terms that are used to identify a winter storm hazard and discuss with your family what to do if a winter storm watch or warning is issued. Terms used to describe a winter storm hazard include the following:

- Freezing rain creates a coating of ice on roads and walkways.
- Sleet is rain that turns to ice pellets before reaching the ground. Sleet also causes roads to freeze and become slippery.
- Winter Weather Advisory means cold, ice and snow are expected.
- Winter Storm Watch

means severe weather such as heavy snow or ice is possible in the next day or two.

• Winter Storm Warning means severe winter conditions have begun or will begin very soon.

For more information and winter preparedness tips, visit: www.ready.gov/winter-weather or www.nws.noaa.gov/om/winter/ or www.fema.gov/about-region-viii/winter-weather-readiness/.



Thanks for your support in the November 4 Election

~Garry Moore

Paid for by Garry Moore



Paid for by Patrick Garrity

THANK YOU FOR YOUR SUPPORT

Pat Garrity

Thank You!

We would like to extend our grateful thanks and deep appreciation to our family for planning and hosting a terrific 50th anniversary party. We extend a special thank you to Father Ken Lulf for officiating at the renewal of our wedding vows. Thank you to all our relatives and friends that attended our celebration. It was a wonderful party because you were there. We also send thanks to all for their good wishes, gifts and for the many cards that we received. It was a terrific day, one that we will always remember. God bless all of you.

~Cordy and Diane Rasmussen

KYNT
AM 1450
MORNING COFFEE
WEEKDAYS MONDAY-FRIDAY
Wednesday, November 5
7:40 am MVCA (Lauren Nelson)
8:20 am Hy-Vee Foods (Chef Staci)
8:45 am Mount Marty
Thursday, November 6
7:40 am Yankton Conv/Vis Bureau (Stephanie Moser)
8:20 am Yankton Chamber (Carmen Schramm)
8:45 am USD Athletics (Joe Tentee)