

# Competent, Brave Widows Who Farm

BY DR. MIKE ROSMANN

Recently a widow whose husband passed earlier this year asked me to address the topic of how to keep on farming. She said "I'm finding out it isn't going to be easy but I want to try." "Linda" and her husband farmed together since they married in their teens almost 40 years ago. Linda wants to continue the farm operation with her son-in-law, who has helped for the past several years.

Linda also found support from her brother-in-law, who helped her find a lawyer who charged by the hour, instead of their farm business lawyer who asked a fee of two percent of the value of the estate. She also found that several of the landlords from whom they leased farmland wanted a one-year lease. "I think they believe I won't want to continue," Linda said.

After expressing my sympathy to Linda I also expressed my admiration for her bravery. I remembered an article I had reviewed and recommended for publication in a 2001 issue of the Journal of Agricultural Safety and Health by University of Kentucky researchers, Amy Scheerer and Victoria Brandt.

Scheerer and Brandt reported that the seven farm widows they interviewed "had little time for bereavement when much of their time and attention was directed toward necessary chores and making decisions about economic issues of the farm." Linda also found what Scheerer and Brandt further reported: "support from family, friends and neighbors went beyond emotional comforting to providing help with farm chores and guidance on financial decisions."

Linda has many female cohorts in the farming industry. According to a 2011 United Nations Food and Agriculture Organization report, women make up 43 percent of the agricultural labor force in developing nations around the world. More often, these females are agricultural laborers than farm operators.

In the U.S. women comprise 14 percent of the main operators of some 2.2M farms, which is up from previous years, as reported in the most recent (i.e., 2007) U.S. Census of Agriculture. The 2007 Census of Agriculture indicates that the average U.S. farm headed by women is smaller (i.e., 210 acres) than the average of all U.S. farms (i.e., 418 acres), and more likely devoted to vegetable or specialized animal (e.g., dairy, long-haired goat) production.

But women comprise 67 percent of second operators of U.S. farms that have more than a single operator. These women are doing far more than "keeping the books" and handling the pa-

perwork at the Farm Service Agency. Like Linda—who says she is running the combine this fall, almost half of women who operate U.S. farms are managing the livestock (e.g., swine, dairy) unit and field cropping.

Women are also more likely than their husbands to be working off the farm, when both spouses are alive. When faced with the loss of their spouses, farm women have tough decisions to make: "Will there be enough income if I quit my job to take over the farm? Will I be able to afford the health insurance that came with my job? Am I up to the task of running the farm?"

Linda grew up on a farm and helped her husband with farm work during all their years together, so she was familiar with the complex demands of running a farming operation. But as she lamented, "I'm finding that

everyday there are many challenging issues and I am trying to hold it together and keep building what my husband and I had worked so hard for in the last 39 years."

Linda's comment brings up a matter that Scheerer and Brandt also observed: "Three [of seven] women felt an initial need to maintain the farm in honor of their husbands, and were hesitant to make changes after the death. The farm was a connection of home, family, work and income, which provided livelihood, purpose, common goals, and sense of self."

Key questions that must eventually be decided are these: "Am I taking over the farm operation to preserve my husband's wishes and his memory? Are there children or others whose farming methods I approve and who will benefit and perhaps take over or help me?"

In Linda's case, she likes farming and she has the help of a son-in-law and daughter who desire to farm. It can be said of Linda and her surviving family: "Farming-it's in their blood."

In Linda's situation, like other farm families, reminders of the lost loved one are constantly present on the farm because work roles and family life are blurred together in the same place. From time to time Linda may need breaks away from the farm to obtain new perspective.

I am grateful to Linda for her willingness to share her situation with me and with readers of the Farm and Ranch Life column. She reviewed and approved this article. She deserves our highest respect.

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

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## Sigel Parish Soup Kitchen Planned For Sunday

The Sigel Parish Soup Kitchen will be held Sunday, Oct. 14, at Sigel Church on the Lesterville Road north of Yankton. Serving runs from 11 a.m.-3:30 p.m.

The menu includes assorted soups, pies and desserts. There will also be a bake walk and raffles.

This event is sponsored by the Sigel Altar Society.

## Bon Homme Co. Food Pantry Benefit Set

TYNDALL — The fourth Annual Bon Homme County Food Pantry Benefit is Sunday, Oct. 14, running from 11:30 a.m.-6 p.m. at the Tyndall Community Hall. Admission is non perishable items.

Continuous Music will be playing, featuring:

- 11:30 a.m.-noon — Harvey's One Man Band
- Noon-12:30 p.m. — Vern Kaul, Mary Elder and Justine Soukup
- 12:30-1 p.m. — Harvey's One Man Band
- 1-1:30 p.m. — Wilbur Foss-Old Time Fiddlers
- 1:30-2:30 p.m. — Pisgah Mountain String Band
- 2:30-3:30 p.m. — The Bumble Bees
- 3:30-4 p.m. — Elaine Peacock
- 4-5 p.m. — The Usual Suspects
- 5-6 p.m. — Veryl Hohn

Times are subject to change.

## SAC Hosting 'No School Special' Monday

The Summit Activities Center in Yankton will be hosting a "No School Special" on Monday, Oct. 15, running from 1-4 p.m.

The cost for open swim and gym in reduced for all non-members and free to all members.

For further information, stop by the Summit Activities Center at 1801 Summit or call 668-5234. Don't forget to follow the Yankton Parks and Recreation Department on Facebook.

## Golf Advisory Board Meeting Slated

The City of Yankton Golf Advisory Board will meet at noon on Monday, Oct. 15, at Fox Run Golf Course, 600 W. 27th St. This meeting is open to the public.

## No School For Yankton School District Oct. 15

There will be no school at Yankton Public Schools on Monday, Oct. 15, a teacher work day for grading and report card preparation.

The other two teacher work days for this purpose during the 2012-2013 school term will be Friday, Dec. 21, and Friday, March 8. There will be no school for Yankton Public School students on these days.

## Visiting Hours

# Breast Cancer Treatment Options

BY DARLA GULLIKSON, RN, OCN

Avera Sacred Heart Cancer Center Director

A diagnosis of breast cancer can bring about many emotions in a woman — fear, anger and depression to name a few. One emotion that must remain stable, however, is that of hope.

The diagnosis itself will be made from the results of a biopsy and then staged from 0-IV. A biopsy is a small sample of tissue taken from the breast for laboratory analysis. This is the only definitive test to detect whether or not a malignancy is present. This procedure, which can be performed a number of different ways, can also determine whether or not surgery is necessary and what type of surgery should be performed.

Once the results from the biopsy have been returned and it has been determined that cancer is present, staging tests will determine how far the disease has advanced. This will, in turn, help determine the course of treatment. Cancer is determined to be at Stage 0 if it is non-invasive. Stage 0 cancers have a high success rate for curability. Stage I to IV cancers are invasive tumors that have the ability to invade other parts of the breast tissue and body. A Stage I cancer is small and localized and has a high cure rate. The higher the stage number, however, the lower the chances for a cure. By Stage IV, the cancer has spread beyond the breast to other organs. This is why it's so important to screen regularly - these things can progress rapidly.

Treatment for breast cancer can vary greatly depending on the stage. It's imperative to speak with your health care team and learn as much as you can about your options.

Treatments exist for every type and stage of breast cancer. Typically, most women have surgery and an additional treatment option

such as radiation, chemotherapy or hormone therapy.

### SURGICAL OPTIONS FOR BREAST CANCER INCLUDE:

- Lumpectomy — This procedure removes the lump plus a part of the surrounding tissue. This option saves as much of the breast as possible. Lumpectomies — usually with radiation treatment — are often chosen over radical mastectomy. In most cases survival rates for both procedures are similar. Circumstances that may rule out lumpectomy include a tumor that is very large and deep within the breast tissue; having already had radiation treatment; have two or more areas of cancer within the same breast; have inflammatory breast cancer; or have a connective tissue disease that makes you sensitive to radiation.

- Mastectomy (Partial, Simple, Modified Radical) — The removal of the breast tissue, and in some instances (simple and modified radical) the removal of the entire breast, lobules, ducts, fatty tissue and lymph nodes (modified radical). Most women having this procedure will also undergo radiation or chemo or hormone therapies or a combination of the three.

- Sentinel Lymph Node Biopsy — The first place breast cancer spreads is the lymph nodes under the arms. With this procedure, the surgeon focuses on finding the sentinel nodes — the first nodes that receive drainage from the tumor(s) and the first place the cancer cells will travel. This can spare the unnecessary removal of some lymph nodes and reduce the chance of complications in the future.

### OTHER COMMON TREATMENTS FOR BREAST CANCER INCLUDE:

- Radiation Therapy — The use of high en-

ergy X-rays to kill cancer cells and shrink tumors

- Chemotherapy — The use of drugs to destroy cancer cells — treatment often involves using a combination of drugs to fight the cancer cells.

- Hormone Therapy — Some forms of cancer are sensitive to estrogen and progesterone and this therapy, with the use of hormone blocking agents, can help shrink the tumor and control spreading of the disease by eliminating or blocking the source of hormones.

### COPING WITH BREAST CANCER

As I've stated earlier, a diagnosis of breast cancer can be overwhelming and will most likely bring about a flood of emotions.

Most people who have been diagnosed with breast cancer (and most other forms of cancer) find that communication is the key component to coping with the disease. Of course you will spend much time with your medical team, but it's also important to build a strong support system. This obviously starts with your family, but could also include support groups - many of which are offered right here in Yankton. Most survivors find it comforting to have a group of people who have gone through the same issues. Fellow survivors are oftentimes the best resources a new cancer survivor can lean on.

Use these resources and keep a positive attitude.

On the Net:  
www.avera.org  
www.cancer.org  
www.mayoclinic.com  
www.health.yahoo.com

# Southeast Job Link Announces GED Testing Changes

Southeast Job Link's Adult Basic Education program announces changes to GED Testing. The first of these changes is that the current version of the GED test will expire at the end of 2013. The current version, known as the 2002 Series GED test, will be replaced with the new 2014 GED test on Jan. 2, 2014.

Those who have taken the 2002 Series GED test, but not passed all five parts, have until the end of 2013 to pass or they will need to start over again in 2014 with the new GED test in order to receive their high school credential.

"The GED test opens doors to college, better jobs, the respect adults deserve, and the satisfaction of earning a high school credential," said Sheri Duke, Executive Director of Southeast Job Link. "We want to be sure

that everyone is aware of this deadline. GED test-takers must act now to finish and pass before the current test expires.

"Support is available, in both our Yankton and Vermillion offices," Duke added. "We can help adult learners get prepared to take the parts of the GED test they still need to pass. We want you to succeed."

Along with the new test in 2014, GED testing will move to computer-based testing instead of the paper-pencil model. In an effort to provide more adults in southeast South Dakota with a high school credential and basic technology skills, Southeast Job Link is partnering with GED Testing Service and Pearson VUE to offer the high school equivalency test on computer now.

GED Testing Service is committed to providing adult learn-

ers with more opportunities to earn a high school equivalency credential and pursue goals of college, training, and jobs. Thirty-nine million Americans don't have a high school diploma and the current GED® testing program reaches just two percent of this population. Offering the current 2002 Series GED® Test on computer provides these adults with increased and improved access to GED® testing today, and prepares them for the demands of postsecondary education and careers tomorrow.

The GED® test on computer still requires test-takers to show up in person, at an official testing center, to take the test; however, the benefits of offering the 2002 Series GED® Test on computer are:

- Test-takers can access an easy-to-use online registration

and scheduling system

- Test-takers receive instant score reports on four of the five content areas — they do not receive instant score reports for the writing test

- Streamlined services from GED Testing Service and its partner, Pearson VUE, will centralize registration, scheduling, testing and scoring

The computer-based test is currently offered at our Yankton location, with an intent to add the Vermillion location in the future.

Interested GED test-takers can find more information by contacting our Adult Education staff at:

- Yankton — 605-668-3480, 1200 West 21st Street
- Vermillion — 605-677-6913, 1024 West Cherry Street.

# Social Media Among Threats To Greeting Card Makers

BY HEATHER HOLLINGSWORTH

Associated Press

KANSAS CITY, Mo. — Say it's your birthday or you've just had a baby, maybe got engaged or bought your first house. If you're like many Americans, your friends are texting their congratulations, sending you an e-card or clicking "Like" on your Facebook wall.

But how many will send a paper greeting card?

"I'm really, really bad at it," said Melissa Uhl. The 25-year-old nanny from Kansas City, Mo., hears from friends largely through Facebook. "Maybe," she said, "an e-card from my mom."

Once a staple of birthdays and holidays, paper greeting cards are fewer and farther between — now seen as something special, instead of something that's required. The cultural shift is a worrisome challenge for the nation's top card maker, Hallmark Cards Inc., which last week announced it will close a Kansas plant that made one-third of its greeting cards. In consolidating its Kansas operations, Kansas City-based Hallmark plans to shed 300 jobs.

Pete Burney, Hallmark's senior vice president who oversees production, says "competition in our industry is indeed formidable" and that "consumers do have more ways to connect digitally and online and through social media."

Over the past decade, the number of greeting cards sold in the U.S. has dropped from 6 billion to 5 billion annually, by Hallmark's estimates. The Greeting Card Association, an industry trade group based in White Plains, N.Y., puts the overall-sold figure at 7 billion.

Brian Sword, 34, of Kansas City, said he's "definitely" buying and receiving fewer printed cards than he did a decade ago, though he still prefers to send them to — and receive them from — a small group of close friends and family.

"I do think there are a lot of benefits and it does say more when it comes in a paper card format than when it comes even as an online greeting card," Sword said. "There's just something about receiving that card in the mail and opening it up and having

it be a physical card."

Even the paper cards people buy have changed. Many people now use online photo sites to upload images and write their own greetings. High-end paper stores are attracting customers who design their own cards, sometimes using graphics software once available only to professionals.

"What Hallmark started with met the needs of the consumers in that early 20th century period to mass produce these personal greeting cards with art and poems and the only way you could communicate was by mail essentially," said Pam Danziger, who analyzes the industry as president of Stevens, Pa.-based Unity Marketing. "It's no surprise that in the 21st century with so many other communication vehicles available that the old idea of a greeting card being sent by mail just doesn't work anymore."

According to a U.S. Postal Service study, correspondence such as greeting cards fell 24 percent between 2002 and 2010. Invitations alone dropped nearly 25 percent just between 2008 and 2010. The survey attributed the decline to "changing demographics and new technologies," adding that younger households "both send and receive fewer pieces of correspondence mail because they tend to be early adopters of new and faster communication media."

While Hallmark says it's committed to the paper greeting card, it has made changes over the years. It has an iPhone app, for example, that lets people buy and mail cards from their phones. It also partnered with online card service Shutterfly to share designs that consumers can use to build specialized cards online.

Its chief rival, Cleveland, Ohio-based American Greetings, actually went from trimming costs and jobs amid the recession to announcing in August that it's adding 125 workers to an Osceola, Ark., plant. It's part of an expansion that will allow customers to design their own cards — online, of course.

Judith Martin, author of the syndicated Miss Manners column, says she thinks the move away from mass-produced sentiment isn't all bad.

"The most formal situations still require something written," she said. "The least formal are easily taken care of with texting or email, which is terrific. The idea that it has to be all one or all the other and that one method is totally out of date and the other one takes over until the next thing comes along just impoverishes the ways that we can use these different things."

Amanda Holmboe, a 25-year-old power plant quality control

worker from Portland, Ore., has mixed feelings about the rise of digital communications. She said her friends email, text or post something on Facebook when something big happens in her life.

"More people know about my life and what's going on. I hear from more people, so in some ways I'm connected to more people, but it's a less personal connection," she said.

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