

Understanding Of Self A Challenge For Famrers

BY DR. MIKE ROSMANN

Recently, a 43 year old male farmer, "Dan," told me he was furious because his wife purchased a Breatha-lyzer to detect if he had been drinking. He was so angry he could hardly talk. He de-nied consuming alcohol.

His wife com-plained to me ear-lier that her husband was "out-of-touch" two out of every three evenings for the past year when she came home from her job around 8:00 p.m. and Dan usually smelled of alcohol. She often found him asleep on the floor of their bedroom or most any place in the house.

When "Darla" tried to awaken Dan, he often could barely manage to say "Hi," and slunk back into stupor. Darla said Dan occasionally stumbled down the stairs in their home and said things that didn't make sense, like "I decided to sell the farm today." She purchased a Breathalyzer to objectively determine if Dan's claims of not drinking were accurate.

Typically, their two chil-dren, ages four and six, were running around the house when Darla arrived home, or they were trying to make sandwiches and heat soup for supper. Dan usually picked up the kids around 6:00 p.m. from daycare after completing farm work, ex-cept during the busy sea-sons. He seldom ate supper with his family lately be-cause he was sleeping when Darla arrived home.

The couple fought about the Breathalyzer for several weeks and nothing has changed between them as they draw closer to a showdown.

There is also "Jeff," a pro-fessional carpenter and farmer who is involved in an extramarital affair with his best male friend's wife, "Ann." Jeff's wife, "Beth," sus-pects something but wants to believe his claims that he and Ann are just friends. Beth insisted Jeff consult me.

Jeff says Beth often makes up excuses for her lack of interest in physical intimacy with him. He said he loves Beth but he can't stop his affair with Ann because they meet each other's needs. "It's as much Ann's fault as mine," Jeff says.

Jeff said he and Ann will probably continue their af-fair until they get caught. Then he doesn't know what will happen. He doesn't want to have to sell part of the farm if he and his wife get a divorce and split their prop-erty. They also have two teenage children.

These situations are real but I changed the persons' names and identifying char-acteristics to protect their confidentiality. What is wrong?

Both farm men have sev-eral features in common. They are in denial that they are the cause of their

problems and are lying to themselves and others. They will both likely "get caught" at some point in the near future.

Both could jeopardize their farming careers, some-thing neither wants. Ironically, Dan is drinking partly be-cause of farming pressures and Darla is trying to augment their finances by working off the farm and to obtain health insurance for the family.

Dan is increasing his chances of a farming mishap if he consumes alcohol while engaged in farm work or is hung over the next morning. Dan is also putting himself at risk for im-proper supervision of his young children and the loss of his spouse and any child custody if he and Darla sepa-rate.

Jeff works as a carpenter to help pay for the farm both he and Beth are purchasing from Jeff's aging parents. But if he and his wife end up di-vorcing and have to split their property, Jeff will lose half the farm and will not have enough land to justify keeping his farm equipment, as well as to incur his par-ents' disappointment.

Both men are setting themselves up to lose what they most want: loving relationships with spouses, their families' respect, and-unlike persons in other professions-the land they strive to farm. Both men care deeply about their farms and farming her-itage. They are not managing their behavior smartly.

What can be done to fix their problems? Let's begin by noting that when we don't have the right answers our-selves, we need to bring more input into consideration and heed the advice of other trusted persons while our judgment is uncertain.

Dan and Jeff consulted me, both upon their wives' re-quests. Well, that didn't work. Both farmers needed to choose whom they want for outside advice.

If the men don't want to consult me, they should ap-proach other objective and credible persons, such as pas-tors, professionals in or out-side their communities whom they consider wise, and not family or friends. They also need to conduct soul-search-ing, with meditation and prayer.

Dan and Jeff should open themselves to the possibility of changing their behaviors, which in both of their situa-tions, are under their control. They need help making choices that are honest and fair for all who are affected and learning healthy behavior management styles.

Regular readers of this col-umn know I often say our biggest problem is managing ourselves effectively.

Dr. Rosmann no longer raises cattle. Dr. Rosmann is a Harlan, Iowa, farmer and psy-chologist, available at:

www.agbehavioralhealth.com.
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Dr. Mike
ROSMANN

Visiting Hours

Breast Cancer Prevention and Screening

BY DARLA GULLIKSON, RN, OCN

Avera Sacred Heart Cancer Center Director

The American Cancer Society (ACS) believes the probability of a woman developing cancer in her lifetime is a little more than 1 in 3. This makes breast cancer the second most com-mon form of cancer diagnosed in women each year (skin cancer is first) and the second-leading cause of can-cer deaths among women (lung cancer is first).

While these numbers present the stark reality that women are faced with each year, October's annual Breast Cancer Awareness Month aims to edu-cate women and encourage them to detect problems earlier when they are still highly treatable. With advances in medicine, better education and im-proved technology, breast cancer death rates have declined significantly, especially among younger women, ac-cording to the ACS.

It has been proven that there is no tool more valuable for early detection of breast cancer than mammography. A mammogram is an x-ray photograph of the breasts. It is used to detect tu-mors, cysts and other abnormalities that may be present. It can also help differentiate between benign (non-can-cerous) and malignant (cancerous) disease.

The National Cancer Institute rec-ommends a baseline mammogram be-tween the ages of 35 and 40, and then every one to two years for ages 40 and over. Women with a family history of

breast cancer should talk to their physician about mammogram screen-ings at an even younger age. Remem-ber, family history includes not only the maternal side but also the paternal family history.

Generally, there is little to no health risk when having a mammogram per-formed. The level of radiation is very low.

By the age of 20, it is recommended that women have clinical breast exams performed by their physician every three years. During a clinical breast exam, your health care provider will assess for abnormalities on the breast. Although there is some recent contro-versy about the effectiveness of monthly self exams, it is still recom-mended that women conduct them by feeling and looking for abnormalities such as:

- Lump or swelling
- Nipple discharge other than breast milk
- Redness or scaliness of the nipple or breast skin
- Irritation or dimpling of the skin on the breast
- New retraction or pain of the nipple

As with most diseases, your risk of developing breast cancer increases with age and if you have a family his-tory of the disease. Other risk factors include genetic risk factors, race (white women are slightly more likely to get breast cancer than any other race), use of birth control pills, hor-mone replacement therapy, not breast-

feeding, alcohol use, diet and exercise. While all of these risk factors have been shown to demonstrate a slightly increased likelihood for the develop-ment of breast cancer, age and family history (including personal history), are the two most significant risk factors.

We have two wonderful programs in South Dakota and Nebraska to help ensure that women, who may not be able to afford a mammogram or have no medical insurance, are able to par-take in the screenings. In South Dakota, the program is called "All Women Count" and in Nebraska it is called "Every Woman Matters." You can learn more about these organiza-tions and pick up forms for assistance by visiting with your health care provider.

The best course of action is to talk openly with your health care provider about your risks and your concerns and learn more about the disease. You should also speak with your family members to learn more about your family history. Early detection is the key to surviving breast cancer, and a lump you may find on a self-exam may have easily been spotted much earlier with a clinical breast exam in combina-tion with a mammogram.

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

CDL Course To Be Offered

If you've been hoping for an opportunity to obtain your Class A Commercial Drivers License (CDL), you'll want to register for the course that Mitchell Technical Institute will be offering at RTEC in Yankton starting Friday, Oct. 18.

This 30-hour training course, which includes 16 hours of CDL Prep class-room instruction, will be held at RTEC, 1200 W. 21st St. in Yankton. It will run from 8 a.m. to 5 p.m. on both Friday, Oct. 18, and Saturday, Oct. 19.

Once the CDL prep or classroom portion of the class is complete and stu-dents have passed the test, the individual driving hours will be arranged. Because

those will likely be held in Mitchell, students will be paid mileage and meal costs for those days.

Students who success-fully complete the entire 30-hour course will earn a Class A CDL ready for the workforce. They will also earn the Federal Motor Car-rier CFR-380-503 certification.

Students enrolling in the full course will be required to pass a drug test. Paper-work and instructions are available at RTEC. Students enrolling in the CDL prep portion will not be required to complete a drug test and will pay a reduced rate.

Contact RTEC at (605) 668-5700 for more details or to register.

Oct. Proclaimed Head Start Awareness Month

PIERRE — As part of Head Start Awareness Month, First Lady Linda Daugaard will be reading to Head Start children at Oahe Child Development Center in Pierre on Oct. 17. Many Head Start Programs have special events planned for Head Start Awareness Month. Visit your local Head Start Program to learn more about Head Start or to volunteer your time.

South Dakota has 16 Head Start grantee pro-grams — eight tribal and eight non-tribal. These pro-grams serve under-privi-leged and at-risk children and families in all 66 South Dakota counties. Grantees include school districts, community action agencies, and non-profit organizations.

Head Start was created in 1965 during the adminis-tration of President Lyndon

B. Johnson. What started as a six week summer program has expanded to Head Start Programs in all 50 states, the Virgin Islands, the Outer Pacific Islands, and Ameri-can Indian Reservations. Services are family-cen-tered. Parents are respected as the primary nurturers and educators of their young children, and they are encouraged and coached to be actively in-volved in their children's education and growth.

The primary goal of Head Start is School Read-iness. Head Start children enter school at levels equal to or above their peers, de-spite the hindrances of poverty. Parents are pro-vided with tools and re-sources to assist them with literacy, educational, and employment goals to break the cycle of poverty.

Pink Ladies Donation



SUBMITTED PHOTO

The Riverboat Days Board of Directors recently made a donation to the Pink Ladies Dart Team for their help in selling raffle tick-ets. The Pink Ladies use their funds to support breast cancer patients and research. Shown above is the Yankton Pink Ladies Chapter, pictured in front of their memory wall.

Meeting To Address Rec Facilities

The City of Yankton asks citizens to attend the Town Hall Meeting for Youth and Adult Recreation Facilities Preliminary Master Plan presentation. The meeting will be held at the Yankton College Alumni Hall theater on the high school campus, 1801 Summit Street, at 7 p.m. Wednesday, Oct. 16.

Stockwell Engineers will present a preliminary mas-ter plan for the city's sports and recreation facilities based on the first Town Hall meeting and public comments, the user group one-on-one meetings, and the demographic

information gathered.

City commissioners and city staff will be taking pub-lic comments on the prelim-inary plan after the Stockwell presentation.

The public is asked to park in the southwest park-ing lot on the high school campus and enter through the doors adjacent to the YC Alumni Hall.

If an individual cannot attend the meeting, but would like to view the pre-liminary master plan, it will be available after Oct. 16 so call 668-5231 or e-mail tlar-son@cityofyankton.org.

Parenting Class To Be Offered

Yankton County Parents as Teachers will be offering the Bright Start Parenting Class for parents or guardians of children from birth to 3 years of age.

The class will seek to explain how to match a parent's expectations with the child's developmental stage and temperament. The class will also examine early child development, age appropriate activities, discipline, stress manage-ment, and the appropriate parental response to the children.

The class is a six-week series on Monday evenings beginning Oct. 21 and will run from 6-8 p.m.

Preregistration is re-quired for the class as space is limited.

Any questions regarding this class should be di-rected to Holly, Director/Parent Educator, Yankton County Parents as Teachers, 605-661-4833; yanktonpat@gmail.com/.

Simply D'Vine Oct. 25

The sixth annual Simply D'Vine Wine Event will be on Friday, Oct. 25, from 7-10 p.m. at the Avera Sacred Heart Pavilion. Doors open at 6:30 p.m.

New this year is a VIP room with Reserve Wines that can be sampled from 6-7:30 p.m.

To order tickets:

- Order tickets online at www.averasacredheart.org/.
- Call the Avera Sacred Heart Foundation Office at (605) 668-8310.
- Stop in the Avera Sacred Heart Foundation located on the 2nd Floor of the Benedic-

ten Center.

This year's event prom-ises to be another great evening filled with more than 70 varieties of wine and champagne, as well as beer, specialty coffees and soda, and numerous food items to sample. The event will also have a silent and live auction with wonderful items and packages to bid on through-out the evening.

All funds raised at this event will go to the Avera Sa-cred Heart Cancer Center. If you have any questions, con-tact the Avera Sacred Heart Foundation at (605) 668-8310.

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