

Self-Discipline Key To Success

BY DR. MIKE ROSMANN

"A 40-year study of 1,000 children revealed that childhood self-control strongly predicted adult success in people of high or low intelligence, in rich or poor," according to Drs. Terrie E. Moffitt, Richie Poulton and Avshalom Caspi in the September-October 2013 issue of American Scientist.

Called the Dunedin Study, this longitudinal research effort followed more than 1,000 New Zealand people by collecting information about their physical health, social well-being, and behavior, including self-control, during eight hours of stringent testing and examinations at ages 3, 5, 7, 9, 11, 13, 15, 18, 21, 26 and 32.

A remarkable 95 percent of the 1,007 surviving study subjects who began their participation in the early 1970s, and are now 38 years old, completed the most recent battery of tests. While the research findings have application to most people, what struck me is how they help explain what leads to becoming successful agricultural producers.

What is self-control? Low self-control involves both inherited and learned behaviors, such as low tolerance for frustration, poor impulse control, inability to persist, tendency to fly off the handle, distractibility, short attention span and acting before thinking.

Scientists who study the brain have identified brain structures that when activated increase self-control. Some medications for Attention Deficit Hyperactivity Disorder (ADHD) are thought to enhance those parts of the brain that regulate self-control. Low self-control is not precisely the same as ADHD, for severe ADHD is a diagnosable brain disorder rather than an acquired behavior style.

Genetics researchers are searching for specific sites on the human genome that might have a role in self-control, and they are making progress. For example, Dr. Christian Montag and his colleagues at the University of Bonn, Germany have identified the genetic mutation



Dr. Mike
ROSMANN

what we learn from our environment has at least as significant influence as our genetic inclinations on our development of self-control. Having attentive parents and other family members, good community supports such as caring pastors, school teachers, coaches, 4H leaders, and so forth, is essential.

Let's look at the Head Start program. When the federally-funded Head Start program began in 1965 it was thought that giving children from poor environments and those with disabilities advance preparation would increase their intelligence and ability to profit from later schooling.

The Head Start program did initially raise the IQ scores for the children who participated, but by the time these children reached high school, their intelligence gains washed out. However, as Drs. Moffitt, Poulton and Caspi point out, the Head Start program unexpectedly succeeded in lowering former participants' rates of teen pregnancy, school dropout, delinquency and work absenteeism.

In other words, Head Start enhances behaviors involving self-discipline and healthy social responsibility. Head Start isn't a waste of taxpayers' dollars!

How is self-discipline beneficial to farmers? Australian and Scottish researchers found that farmers who persist through adversity and are conscientious are the most successful farmers in terms of remaining on the land and achieving financial profitability. Both genetically inclined and learned, these behavior styles comprise a basic human

drive, called the agrarian imperative, to acquire the land and other resources necessary to produce the food, fiber and shelter needed by humans to survive.

It takes incredible persistence in the face of adversity and enormous self-discipline for cattle producers who lost livestock when "Winter Storm Atlas" dumped snow from four inches to four feet deep on parts of South Dakota and surrounding states in early October this year to continue "hanging in there." It takes years of hard work for farm people whose homes and crops were damaged or destroyed by floods, droughts or tornadoes this year to fully recover.

It takes self-control to make good decisions about selling crops, buying land and farm equipment and to practice safety measures when harvesting and in a hurry to cover a lot of acres. It takes self-discipline to know when to quit working and to spend time with the rest of the family, and to attend to personal health and sleep needs instead of pushing only to work.

The skills of self-discipline are best learned early in life. The Dunedin study shows that the earlier in our children's lives we seek to teach them how to manage themselves, to treat others respectfully, and to persist through adversity, the more likely they will endure and prosper in their adolescent and adulthood lives.

Our obligation as adults is to model what we want our children to emulate. Farm children who work with family members and endure adversities with their parents usually become the most successful farmers. But don't be afraid to say "No." Be mindful that our children will behave as we behave.

Dr. Rosmann no longer raises cattle. Dr. Rosmann is a Harlan, Iowa, farmer and psychologist, available at: www.agbehavioralhealth.co.m.

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Breast Cancer Treatment A Time For Decisions

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 energy 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 often times 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

FFA Chapters To Be Recognized

LOUISVILLE, Ky. — The National FFA Organization recently selected eight South Dakota FFA chapters to be recognized in the National FFA Chapter Award Program: Arlington (3 stars awarded), Garretson (3), Lake Preston (3), Lennox-Sundstrom (3), McCook Central (3), Viborg-Hurley (3), Deubrook (2) and Howard (2).

The chapter members have been invited to attend the 86th National FFA Convention in Louisville, Ky., on Oct. 30-Nov. 2, where they will be recognized for this honor.

The National FFA Chapter

Award program recognizes FFA chapters for developing and conducting a detailed Program of Activities (POA). Each activity provides opportunities for members to excel in one of three areas: student, chapter, or community development. Every year, chapters are recognized as having earned a one-, two- or three-star rating on their application. The three-star rating is the highest level of accomplishment a chapter may achieve.

FFA is a national youth

organization of 579,678 student members preparing for leadership careers in the science, business and technology of agriculture with 7,570 local chapters in all 50 states, Puerto Rico and the Virgin Islands. FFA strives to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.

Golf Board To Meet Oct. 21

The City of Yankton Golf Advisory Board will meet at noon on Monday, Oct. 21, at the Fox Run Golf Course, 600 W. 27th St. This is an open meeting.

SHS Bingo Night Set

Yankton's Sacred Heart School invites the community to join in the first bingo of the 2013-2014 school year on Friday, Oct. 25. Bingo begins promptly at 6:30 p.m. at the Sacred Heart Gathering Center, located across from Link Auditorium at Fifth and Capitol.

Those joining in the bingo are encouraged to wear Halloween costumes to have a

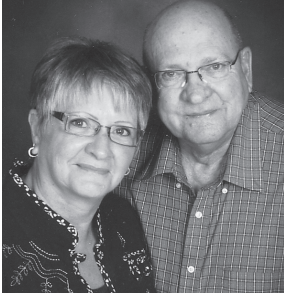
chance to win special prizes.

Beginning at 5:30 p.m., Godfather's Pizza will be available for sale. Cheese or pepperoni can be purchased as a whole pizza or by the slice. Refreshments will also be available for purchase throughout the evening.

For more information, contact Lori at 605-760-3390.

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50th Anniversary Celebration



Mr. & Mrs. Duane Wenzlaff

Duane and Donna Wenzlaff will celebrate their 50th anniversary

on October 21, 2013.

Duane Wenzlaff and Donna Bruening were married on October 21, 1963, at St. Boniface Catholic Church in Menominee, NE.

The couple has four children, 13 grandchildren and six great-grandchildren.

Their family requests a card shower. Greetings may be sent to 1114 E. 14th St., Yankton, SD 57078.

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Make checks payable to:
Women's Health Forum
c/o Avera Sacred Heart Cancer Center
1115 W. 9th St. • Yankton, SD 57078
Phone: (605) 668-8850

TICKETS ALSO AVAILABLE AT:
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Yankton Medical Clinic, P.C.

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Yankton Medical Clinic, P.C.

"Genetic Counseling and Cancer"
by Kayla York, CGC, MS
Board Certified Genetic Counselor
at Avera Medical Group
"Genetic Counseling and Cancer"

Monday, October 21
Doors open at 11:30am – Lunch will be served at noon – Forum begins at noon
Best Western Kelly Inn, Yankton, SD