

Modern Woodmen Raise Money For Shelter



SUBMITTED PHOTO

Members of Yankton Modern Woodmen chapter 732 recently helped raise money for the Yankton Homeless Shelter. Matching funds were raised at the dunk tank at the annual Riverboat Days Celebration. Modern Woodmen contributed \$1,000 to the event held on Aug. 21-23. The money will be used to purchase a new computer for the shelter. Accepting a check from financial Representative Cathy Becker (right side) is Carol Pooler, (left side) of the Yankton Homeless Shelter. Modern Woodmen matching fund projects contributed 10.8 million dollars nationally last year.

Visiting Hours

Caffeine — The Drug We Love

BY SARA GERMAN , RD, LN
Avera Sacred Heart Hospital

More than likely, you did drugs this morning. And I'm not talking about your cholesterol medication. Think back. You got up with the alarm, stumbled into the kitchen, hit the button on your Keurig and minutes later were enjoying a hot cup of joe. Or perhaps before work you stopped to chat with the friendly baristas at Starbucks and picked up an espresso. Decaf? I don't think so. Forget about marijuana: Caffeine is the drug of choice for most Americans.

Merriam-Webster dictionary defines a drug as "something... that causes addiction, habituation, or a marked change in consciousness." Basically, a drug is a chemical substance that exerts an effect on the body. Caffeine is a psychoactive drug, one that affects the nervous system. Two other examples of psychoactive drugs (with different effects) are alcohol and nicotine.

Not surprisingly, we talk about caffeine using terms normally applied to illicit drugs. We speak of being "addicted" to coffee or Mountain Dew and talk about "withdrawals" when we don't get our caffeine fix. Such language isn't an exaggeration. If you've ever experienced a headache after abstaining from coffee, you've experienced legitimate withdrawal symptoms. Your body is struggling to cope without the caffeine it's become dependent on.

I don't want to come across as anti-caffeine. While it may fall under the same broad classification as, say, marijuana and cocaine, caffeine's effects are obviously milder, and can even be beneficial. As everyone knows, caffeine can help you stay awake or increase your alertness. Caffeine has also been shown to improve athletic performance in small but statistically significant ways. Sources of caffeine have been studied for possible health benefits.

Caffeine is naturally found in just three common foods: coffee, tea and chocolate. However, many commercial soft drinks contain caffeine, as do most energy drinks. Some medications, like Excedrin, also contain caffeine in high doses. It's possible to buy caffeine powder, but this is a dangerous substance. A small amount could lead to an overdose — something that is virtually impossible if you are only consuming caffeine from natural sources. Most adults can drink as much coffee as they want without suffering serious ill effects.

There are a few exceptions. Studies suggest there is a possible link between caffeine consumption and miscarriage. To minimize the risk, pregnant women should limit their coffee consumption to no more than 1-2 cups per day. Breastfeeding women often voluntarily abstain because they find that caffeine keeps their babies up at night.

Experts also recommend that children avoid caffeine, mostly because we want developing brains to be as free from chemical influences as possible. That doesn't mean that kids can't have chocolate chip cookies, but it's a good idea for them to avoid caffeinated coffee or energy drinks.

My take on caffeine? Pop and energy drinks are concerning because of the large amounts of added sweeteners, not their caffeine content. If you're getting caffeine from coffee or tea (preferably without copious amounts of added sugar, syrup or cream) or moderate amounts of chocolate (preferable dark), I have no objections to it. And if a cup of coffee is the difference between a cheerful, productive morning and a grumpy, exhausting day — drink up!

USDA Announces Available Funding And Improvements To The Farm Bill Broadband Loan Program

WASHINGTON — Agriculture Secretary Tom Vilsack has announced the availability of loans to build broadband in rural areas, along with changes to the program required by the 2014 Farm Bill.

"USDA is committed to providing broadband to rural areas," Vilsack said. "Broadband is as vital as electricity was 80 years ago. Since 2009, USDA investments have delivered broadband service to 1.5 million households, businesses, schools, libraries and community facilities. But our work is not done. With program improvements and available funding made possible by the Farm Bill, we can continue our work to make broadband more accessible to those who live and work in rural areas."

In a rule published on page 45397 of the July 30 Federal Register, USDA is establishing two funding cycles to review and prioritize applications for

the Rural Broadband Access Loan and Loan Guarantee program. USDA also is setting a minimum level of acceptable broadband service at 4 megabits downstream and 1 megabit upstream. USDA urges applicants to design systems that allow for 25 megabits downstream and 3 megabits upstream to meet future needs. USDA is accepting comments on these changes through Sept. 28.

To be eligible for funding, an applicant must serve an area where at least 15 percent of the households are unserved. Applications with the most unserved households will be processed first.

The maximum loan amount under this announcement is \$20 million. Applications will be accepted through Sept. 30, 2015.

For more information, see page 45504 of the July 30 Federal Register.

Report On Fishing Farm Ponds: Good And Bad

BY DR. MIKE ROSMANN

Sponsored By Lewis and Clark Behavioral Health

Some farm ponds in my region have declined as reliable producers of bountiful and safe-to-eat fish during recent years.

As almost everyone who reads "Farm and Ranch Life" knows, I am a passionate fly-fisherman. My family eats the fish I catch, and I share my catches with the pond owners if they like to eat fish.

Over the summer I went fishing a number of times. Besides the fun, I got necessary time to meditate, to think through issues and to exercise.

Several ponds I have successfully fished over years past were covered with Eurasian milfoil, leafy pondweed, coontail and other weeds that repeatedly hooked onto the hand-tied flies I cast. Duckweed covered the surface of another pond and algae clouded the water in two ponds so that visual penetration was limited to a few inches.

Fishing on these ponds was difficult and there were many small fish. The ponds are not my property and I am glad for opportunities to fish them, so I didn't say anything to the owners.

A growing number of rivers and farm ponds become infiltrated annually with farm fertilizers and manure runoff, which provide nutrients for the excessive pond weeds and algae. When there are a lot of weeds and algae, I also become concerned about insecticide runoff and avoid eating the fish from these ponds.

Heavy rains contributed to the infiltration problems. The problems worsened when farmers cut back on Conservation Reserve Program (CRP) acres and filter strips alongside waterways during recent years.

I was pleasantly surprised when I visited one farm pond twice in which the water was clear enough to see downward for several feet. Only a few milfoil plants were scattered here and



Dr. Mike ROSMANN

grateful to the farmer who undertakes the conservation practices that keep this pond productive and clean.

The pond is protected by prairie grasses, flowers and forbs of all kinds in 150-foot strips around the pond. All the incoming runoff has to flow through dense grassy waterways. These vegetation strips captured virtually all the fertilizer and pesticide runoff despite several 3- to 5-inch rains in an above-normal year for precipitation.

The farmer earns a federal CRP payment that currently exceeds cash rent rates and net profits from most of his farm acres, given today's grain prices. The soybeans on one side of the pond were four feet tall and covered with bulging seed pods and the corn on the other side looked like it will yield well more than 200 bushels per acre; the crops are getting adequate fertilizer.

An obvious question is: Why aren't more farmers undertaking conservation practices, especially when they pay well and crop prices are low? The sought-after profit by farming every possible acre was a motivating factor when crop prices were high over the past several years.

However, money comes and goes, but good soil, water, air and other agricultural resources, like government programs that support conservation, often don't come and go readily, and sometimes aren't available when

needed. Preservation of resources over the long term should be an important consideration for farmers as well.

Unfortunately, USDA conservation options are reduced under the current Farm Bill, at a time when overproduction is reducing net farming profits and water pollution concerns are mounting. A small federally-funded pheasant habitat program was announced recently and some private projects to improve fish and wildlife habitat are becoming available through organizations like Trout Unlimited and Pheasants Forever.

Critics of conservation programs might say, "So what, a few fish aren't as important as economic gain."

In an important way, however, "farm ponds are like canaries in mines." They indicate if the water is healthy for fishing and for consumers downstream.

Come to think of it, conservation-minded fishers — even if not fly-fishers — and hunters are needed also. They help detect the quality of biomes, not just for wildlife, but for agricultural production in the long run by the amount and quality of game they harvest.

Land that has diminished capacity to hold water and nutrients won't furnish as good crops, fish and wild game as properly conserved resources. American farmers learned this during the Great Depression and the years thereafter when erosion-control measures like farmland terraces, windbreaks, grassed waterways and conservation set-asides such as the Soil Bank and CRP were instituted.

Now is a good time to consider enrolling land into filter strips; the reimbursement rates are favorable for farmers. It's also a good time to encourage federal and state elected officials to expand conservation options.

I wish everyone happy and productive fishing and hunting, and farmers a good harvest.

Dr. Mike is a farm owner in Shelby County in western Iowa. Contact him at: www.agbehavioralhealth.com.

Yankton Area Literacy Council And Southeast Job Link Work To Address Adult Literacy

National Adult Education and Family Literacy Week will be celebrated Sept. 21-26. This week reminds us all that reading, writing, and basic math remain an elusive target for nearly 36 million adults in America.

The Yankton Area Literacy Council, along with Southeast Job Link in Yankton and Vermillion are part of a national network of organizations that work every minute of every day to end the adult literacy crisis.

According to ProLiteracy, the largest membership organization advancing the cause of adult literacy and basic education in the nation, more than 36 million

adults in the U.S. lack the most basic literacy skills, and 15 percent of Americans without a diploma don't have jobs. ProLiteracy provides more than 1,000 community-based literacy organizations, including the Yankton Area Literacy Council and Southeast Job Link, with tools to help educate adult learners and help them meet the demands of today's workforce.

"About one in six adults is still not literate, and approximately 67.4 million school-aged children are not enrolled in school," said Sheri Duke, Executive Director of Southeast Job Link and Coordinator for the Yankton

Area Literacy Council. "We know literacy helps families be healthier and safer and provides people sustainable opportunities to support themselves through work, contributing ultimately to the economic growth of our region and our country."

"Low literacy costs the nation more than two hundred billion dollars each year in lost productivity, as well as an additional one to two billion in health and safety issues," said Kevin Morgan, president and CEO of ProLiteracy. "Every dollar spent on adult literacy and education provides returns to the country through higher employment, added tax

revenues, reduced welfare payments and less crime."

In recognition of National Adult Education and Family Literacy Week, the Yankton Area Literacy Council and Southeast Job Link welcome you to come visit with us and encourages you to become a Volunteer tutor to improve literacy for individuals of all ages, Elementary School to adulthood.

For more information on the Yankton Area Literacy Council and/or Southeast Job Link's services, stop in at 1200 West 21st Street or call us at 605-668-3480.

Register For 2015 South Dakota 4-H 'Teens As Teachers' Training

BROOKINGS — "While we teach, we learn." — Seneca, Roman Philosopher.

As the above quote suggests, often the best way to fully understand a concept is by teaching it to someone else, explained Karelyn Farrand, SDSU Extension 4-H Youth Character Education Field Specialist.

"Through 4-H's philosophy of 'learning by doing' the organization has taken this approach and established the Teens As Teachers program," Farrand said. "Teenage youth participating in this program deepen their learning, are supported by caring adults and empowered to make a difference in their communities while teaching others."

Farrand explained that teenagers as cross-age teachers is a widely embraced model used by 4-H Youth Development programs due to its effectiveness in three areas:

1. Building leadership and

life skills in teens;

2. Engaging target audience members (younger youth or adults over 50) in learning through exciting curricula; and

3. The program benefits the community as a whole through outreach activities carried out by teens.

Teams of sophomores, juniors and seniors in high school along with a supportive adult mentor now have the opportunity to bring this popular program to their community.

REGISTER BY SEPT. 25, 2015

Registration is currently open for the Teens As Teachers fall training held at the SDSU Extension Regional Centers.

Training date options include Oct. 12-14. Teams may be affiliated with a school, 4-H Club or other organization.

Four different content area curriculums are available for teams to choose to

teach including: Character Education; Science, Technology, Engineering and Math (STEM); Nutrition Education; and TeachSD (teaching technology to adults over 50).

Participants will attend eight hours of training, across one or two days.

"This training will prepare teens to carry out and complete a Teens As Teachers program within their community during the 2015-16 school year," Farrand said.

Upon completion of program requirements, teen teachers are eligible to apply for a scholarship through 4-H.

Deadline to register for the Teens As Teachers training is Sept. 25, 2015. Interested participants are encouraged to register early as space is limited.

For complete information

on the Teens As Teachers program including role descriptions of teen teachers and their adult mentors, program topic areas and registration form visit www.iGrow.org/4h.

To learn more, contact Farrand at karelyn.farrand@sdstate.edu.

Thank you to all my friends and family members that attended my open house birthday party on Sept. 5 at the Trinity Lutheran Church. Your attendance meant more than I am able to express. Also, thank you for the cards and gifts I've received. Your kindness is truly appreciated.

Gratefully yours,
Velma Weverstad

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