

# Report On The First Four Months

BY DR. MIKE ROSMANN

Hard to believe it's been four months already since I began writing the Farm and Ranch Life column. Dr. Val Farmer retired after 28 years of authoring this weekly missive.

Dr. Val sent me an email in early July indicating he and Darlene were on their way to Mongolia to conduct missionary work for the LDS Church.

Val asked me to say hello to readers on his behalf and to extend thanks to well-wishers. He promised periodic reports.

In my first column I mentioned how positive attachments, such as those many readers developed with Dr. Val, are resources we can draw upon when needed during critical moments of our lives.

I also mentioned I had just spent three important weeks caring for my 2-month-old granddaughter in Utah while her mother resumed her work as a physician and her father pursued his genetics research.

As I write this, I am back in Utah for two weeks caring for my granddaughter, who is now 7 months old.

My granddaughter can now sit, stand, drink from her sippy cup, and she does her best to sing along while I play the guitar and sing little ditties.

She exceeded the pronouncement that my Fargo, N.D., friend, John, made when he found out this past November that I was becoming a grandfather.

His wife, Susan, had announced "Did you know Mike will become a grandfather soon?"

"The poor man," John said. "You know babies are just alimentary canals with openings at each end. You shovel food in one end and clean up the mess at the other end."

"Oh John," Susan rejoined exasperatedly, "You were a baby once, too."

"Yeah, but I got over it fast," John replied.

Despite his good-natured, tongue-in-cheek manner, John, as well as Susan and I, know establishing trusting relationships with babies is essential to their good adjustment later in life.

John approaches child rearing from an academic perspective. As a college professor, he looks at children as potential students. Infancy is a necessary stage to get to adulthood.

John, Susan and I agree babies are worth every investment we make in their wellbeing.

Babies interact with their caregivers by reciprocating with pleasant baby sounds when happy, crying or behaviors, such as arching their backs when they are fed up with something; they don't respond at all when their caregivers can't be depended upon.

My granddaughter understands a lot. When her parents are gone for the day and I happen to mention "Mommy" or "Daddy," she squirms, groans or sometimes cries because they are absent. She understands at least 200 words.

Grandpa wouldn't be overly proud and biased, would he!

What do good relationship attachments have to do with farm and ranch life?

Our attachments to the land are a lot like our relationships with children.

When we nurture the soil and other resources needed for farming, the land reciprocates with bountiful production. When we mostly take from the land, eventually its worth plays out.

In his book, "Dirt: The Erosion of Civilizations," David Montgomery systematically traces the decline of early Persian, Roman and other more recent agrarian societies to farming practices that largely exploited the land without protecting

it from wind and water erosion and which did not replace essential nutrients, such as those contained in manure.

You may have read in my columns that we can't control many forces that affect the outcome of farming, such as the weather and, to a great extent, market conditions.

But, as I like to say, we can control our behaviors for the most part. We choose whether or not to engage in healthy behaviors.

We also can control our farming practices. Here are just a few stewardship practices that are sometimes ignored in favor of maximizing production temporarily.

- Maintain grassed waterways and terraces on sloping ground.
- Plant filter strips along creeks and rivers to reduce fertilizer and pesticide runoff into streams.

- Apply just enough nitrogen and other crop nutrients and monitor their uptake through tissue analysis and timing of application so leaching and runoff are minimized.
- Disperse manure and odors from animals by distributing their production facilities, thereby also increasing the availability of the manure to nearby terrain.

- Rotate crops so greater biodiversity is fostered than occurs with continuous production of the same crop or alternating two crops every other year, thereby also reducing build-up of pests.

Just as we invest in our children so they will be healthy competent adults, we should invest in the long-term health of our agricultural land.

Many of you have emailed or called me with ideas you would like me to address in columns, like today's column. Others have asked for assistance with issues. I thank all of you.

*Dr. Rosmann is a farmer and psychologist; he and his wife live on their family farm near Harlan, Iowa. Contact him through: www.agbehavioral-health.com.*

SPONSORED BY LEWIS AND CLARK BEHAVIORAL HEALTH

## Visiting Hours

# Healthy Habits For Back To School

DORALYNNE JARVIS, RD, LN

Assistant Director of Nutrition Services, ASHH

It's back to school time, which also means packing sack lunches occasionally for some of you. For many kids, eating well is almost equivalent to doing homework. Luckily, children's eating habits are much easier to change than those of adults. Kid-friendly doesn't have to mean a peanut butter and jelly sandwich. Kids tend to be curious by nature and sometimes are not given enough credit for their willingness to try new foods. With a little creativity you and your kids can pack a healthy lunch that is fun at the same time.

## NEW FLAVORS

For example, try to expose your kids to a new flavor each week to enhance good dietary habits and involve them in the selection process. Adding new flavors can be as simple as packing a new fruit such as mango slices or dried banana chips. Your kids may also want to make their sandwich into a wrap using a whole-wheat tortilla for extra fiber

and nutrients. Vegetables can add color to their lunch and are easy to eat when cut into bite-size pieces.

## DON'T GIVE UP

Remember, it may take several tastes over a period of time before kids may realize that they like the new food item. Don't give up if your child turns their nose up at the first bite. Continue to "re-offer" that food item in a few weeks, and keep trying. Sometimes it takes kids 15-20 times before they will eat new items.

## READY-TO-ASSEMBLE INGREDIENTS

Another fun approach, which fortunately makes it easier for parents, is to pack ingredients for kids to assemble themselves. Kids love dipping, rolling and stacking their foods into fun eats. You can pack lean deli meats, fresh shredded carrots, cucumber slices, etc. to build a sandwich either on a whole-grain roll, bread or tortilla.

## COLOR

Kids love color, so make sure that their lunch has a variety of colors and shapes. Color is sometimes the key when it comes to nutrition as well. The more color a fruit or vegetable has, usually tells us that there are more nutrients in that item. For example, when selecting lettuce, choose dark leafy greens like baby spinach or Romaine lettuce instead of iceberg. Berries are also a great source of nutrients with their bright, vibrant colors.

## FUN SHAPES

Fruits and vegetables can also be made more exciting by cutting them into fun shape such as triangles or circles or simply using one of their favorite cookie cutters. You can also use this technique when it comes to sandwiches to help spice them up and lessen their lunch boredom.

Hopefully this will help solve some sack lunch dilemmas, as well as give you ideas on how to pack a healthy lunch.

# Local Marine Awarded Armed Forces Service Medal

Marine Chief Warrant Officer 3 (CW03) Richard Cordes has been awarded the Armed Forces Meritorious Service Medal for his actions in Afghanistan.

Cordes is a 1985 graduate of Bloomfield (Neb.) High School and is the son of LeRoy and Sharlene Cordes.

Cordes joined the Marines in 1992 and was promoted to the ranks of a Commissioned Officer in 2004. During his time in the Marine Corps, he has deployed to 11 different countries, including two tours to Iraq in 2005 and 2006.

He was recognized by his command for his outstanding leadership and achievements during two combat deployments to Afghanistan in 2010 and 2011. Cordes serves as a Company Commander with 7th Engineer Support Battalion about Camp Pendleton in California. During his deployment, he and his company of Marines were tasked with tactical refueling and for convoy security in the Helmand Province of Afghanistan as part of Operation Enduring Freedom.

Rick's parents, Mr. and Mrs.



Cordes

MacKenzie McDonald from Indianapolis.

Since returning in November 2011, Cordes has been preparing

for his next assignment. This summer, he is scheduled to relinquish command within the Support Battalion and be assigned to the 1st Marine Expeditionary Force as part of the Commanding Generals Staff.

Cordes says he has no plans to retire in the near future from the military and attributes his success to his family's support, his passion for the Marine Corps and the satisfaction he gets from serving his country.

# S.D.'s Broadband Initiative Awards 15 Technology Grants

PIERRE — Earlier this spring, the South Dakota Broadband Initiative released a grant application for qualifying Community Anchor Institutions (CAIs). Today, technology grants for projects exceeding \$112,000 are being awarded to 15 institutions. This program is part of the federal Department of Commerce's National Telecommunication and Information Administration's (NTIA) State Broadband Initiative (SBI).

"The projects funded through these grants will provide a wide variety of technology improvements and expansions across South Dakota to key Community Anchor Institutions," said Jim Edman, Acting Commissioner for

the state Bureau of Information and Telecommunications and Project Manager for the State Broadband Initiative. "We are excited that these communities continue to invest, improve and expand their computer infrastructure. By doing so they increase broadband services, usage and adoption; which is a key goal for the State Broadband Initiative."

Area institutions awarded funding through the grant application program included the Beresford Public Library in Beresford, which received \$3,039.55.

Project funding will provide technology improvements in the areas of:

- Firewalls (a form of cyber security) to protect computers against malware, spyware, viruses and other threatening content.
- Network switches to ensure uptime and stability as well as increase network speeds and performance.
- Wireless equipment for mobile connectivity and increased performance.
- New or additional laptops and desktops to provide access to broadband services.

The South Dakota Broadband Initiative Technology Planning team will assist the CAI staff and their technology partners with the implementation of the equipment into their infrastructure.

The Technology Planning and Computer Ownership program is one segment of the overall South Dakota Broadband Initiative. The primary purpose is to provide CAI's with technology consulting and solutions pertaining to their technical infrastructure and broadband connectivity. Those eligible institutions include libraries, medical and healthcare facilities, K-12 schools, institutions of higher education, public safety offices, government and tribal offices, and community support locations. Additional grant opportunities will take place later this year.

# New App 'AAA Mobile' Helps Keeps Motorists Rolling

SIOUX FALLS — AAA is unveiling its newest smartphone application, AAA Mobile. The app bundles services for motorists, such as mapping and gas price comparisons, with AAA member-exclusive benefits including roadside assistance and discounts.

Available for iPhone and Android-compatible devices, it combines the AAA Discounts, TripTik Mobile and Roadside apps into one app. AAA Mobile delivers members with roadside assistance, travel plans and getting the latest member discounts with AAA's Show Your Card and Save program.

"AAA is dedicated to evolving with our members by providing them with the latest ways to stay informed and access all their AAA membership provides," says Marshall L. Doney, AAA National Vice President, Automotive, Financial Services and e-Business. "We are very pleased to be able to provide this new app to our members and future members. The new AAA Mobile app will provide a convenient solution to

those members looking to maximize their membership benefits on the go."

Available free in iTunes and Google Play app stores, the AAA Mobile app features include:

- Road Service Request (app identifies location)
- AAA member discounts
- AAA Approved Auto Repair locator
- Gas station locations and updated gas price information
- Diamond Ratings for AAA Approved hotels and restaurants
- Hotel booking capability powered by Travelocity
- Listings for AAA-approved attractions and campgrounds
- AAA branch office locations
- TripTik travel planning with interactive maps and directions
- Instant battery replacement quotes
- Electric vehicle charging station locations
- Direct access to join AAA

AAA Mobile is available to all mobile users; however some services and benefits are only available to AAA members such

as roadside assistance and discounts. The app was launched as an update to the current AAA Discounts app in the iTunes and Google Play (formerly Android Market) app stores. Any user who has the AAA Discounts app downloaded on their phone should have been notified that an update was available. When updated, the AAA Mobile app will replace AAA Discounts on their phone. The current AAA Roadside and AAA TripTik Mobile apps will soon be updated to display a message that these apps have been replaced with AAA

Mobile, download the new app, and delete AAA Roadside and AAA TripTik Mobile apps.

Smartphones with mobile applications are valuable tools before a vehicle is in motion; however, they greatly increase motorist distraction when used while driving. Distracted driving can have deadly consequences. AAA urges motorists to minimize distractions behind the wheel by not using wireless devices, such as cell phones with mobile applications, while driving.

## Senior Games Slated For Aug. 7-9

The City of Yankton's Recreation Department in coordination with the Yankton Area Senior Center is hosting the 2012 Yankton Senior Games for Seniors 50 years and older from any community on Aug. 7-9. Participants 49 years old who turn 50 on or before Dec. 31, 2012, are eligible to participate.

Events will include a 5K Road Race, Swimming, Shuffleboard, Bench Press Contest, Golf - Individual and Team Competitions, Bean Bag Toss, Table Tennis, Track & Field, Horseshoes, Disc Golf, Basketball Competitions, Jump Rope, Bowling and 8-Ball Pool.

Registration forms may be picked up at the Summit Activities Center and participants are encouraged to pre-register in order to prevent cancellation of events.

In conjunction with the Senior Games, the Summit Activities Center will be hosting a Senior Fitness Week starting Monday, Aug. 6, through Sunday, Aug. 12, with free day passes the entire week for people of all ages.

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

It's the first of the month...

AUGUST

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

for a more efficient furnace or AC change your filter once a month.

LENOX

Innovation never felt so good.™

Larry's



HEATING & COOLING

920 Broadway • 665-9461



Diabetic? We got your socks!

These socks are soft, moisture resistant, seamless, no pressure points and come in a variety of colors & styles. Men's & women's.



ROGER'S FAMILY PHARMACY

"A tradition of trust"

218 West 4th Street • Yankton, SD 57078 • (605) 665-8042

INDOOR  
BEAT THE HEAT & SHOP INDOORS!

SIDEWALK  
SALE  
THURS-SUN

ONE FINAL CHANCE AT SIDEWALK SALE PRICES!

SAVE UP TO

95% OFF

WITH SELECT ITEMS AS LOW AS \$0.99!

80% OFF SUMMER KIDS APPAREL	\$0.99 CLEARANCE JEWELRY
\$9.99 DRESSES	\$3.99 KNIT & WOVEN TOPS

THE FINAL CHANCE AT SIDEWALK SALE PRICES!  
Yankton Mall Thursday to Sunday Only - Final Chance

**schweser's**  
Fashions For Less!  
www.schwesersstores.com