

Is 4-H Alive And Well?

BY DR. MIKE ROSMANN

Recently I noticed that the Shelby County Fair in Iowa where I reside had twelve 4-H fair queen candidates. What a tribute to these young women and also to 4-H.

The significant number of fair queen candidates is just one sign that my local county fair and 4-H organization are flourishing. Nearly all the 4-H livestock and animal shows and other competitions had plenty of entries.

The 4-H projects were incredibly varied and excited me with the obvious expertise of their originators. Even the apple pie-baking competition was vigorous, with the top two places going to boys.

How is 4-H thriving in other parts of the U.S.? Is the program to which my brothers and children belonged as vibrant as it was when I was a member 50 years ago?

4-H has seven million members in both urban and rural clubs in the U.S.; another 7 million members affiliate with the program in 50 more countries, according to 4-H publications.

This youth development organization receives a portion of its administrative support through the U.S. Farm Bill, which funds 4-H Extension advisors through land-grant universities and assists with an annual National 4-H Congress. However, the majority of the non-profit organization's energy and financial support comes from local and county volunteer leaders and 4-H club fund-raising activities.

4-H aims to develop citizenship, leadership, responsibility and life skills of youths to enter adulthood through experiential learning.

Ongoing evaluation of 4-H's effectiveness is important to the organization. A longitudinal evaluation by Tufts University and some other evaluations have been criticized as less than fully objective but efforts were made and new studies are seeking to be unbiased.

The Tufts' report of its seven-year study released in 2008 says 4-Hers reached higher levels of contribution to their communities, more engagement in school activities, higher academic competence, later involvement in sexual activities as the youths approached adulthood and they were more likely to pursue careers in science than the comparison group of non-4-Hers.

The University of Nebraska makes tools available to evaluate the impact of 4-H. They assess such variables as agricultural literacy (sometimes called knowledge about agriculture), career development in agriculture and related fields, involvement in community activities, outdoor survival skills, science and robotics.

4-H is changing with the times. Contemporary activi-

ties have much to do with the development of life skills to succeed in any environment, including the agricultural and rural communities that were emphasized in past generations.

Many past participants say 4-H contributed more to them than they gave to the program. I agree.

4-H exposed me to diverse people and ideas in my young existence when I had little experience outside my tiny German-Catholic community.

What I learned in 4-H wasn't taught in school or in my home, and that is partly why my parents embraced it. The program values also were a positive factor.

I learned to identify crops, trees and weeds, to evaluate samples of various grains, oilseeds and hay for their worth, and to judge the quality of livestock, poultry, dairy animals and horses. In the process I became a member of the Shelby County 4-H team that won the Iowa State Fair crop and livestock judging contests and got to travel to national competitions.

I didn't exhibit the cattle and swine show winners like some of my colleagues. Guided by my parents and club leaders, I chose projects from our efficient farm-raised animals and the activities that served us well.

I learned how many pounds of feed and what types of ingredients were needed in the feed to maximize livestock productivity. I learned how to appraise soil nutrients and to raise garden vegetables.

Later, as a producer of registered Simmental cattle for breeding purposes, the beeves I raised won many cattle feedlot futurities.

4-H helped me to appreciate Robert's Rules of Order and to overcome a fear of public speaking. 4-H camp helped inspire me to learn to play the guitar and to acquire the confidence to provide music at various events.

One of my first girlfriends was a 4-Her from another community and of a different religion than mine. Don't tell Marilyn, but I thought "Kathy" looked pretty hot when washing and showing cattle.

When I met Marilyn years later, I learned my wife had participated in 4-H too and that was one of her many selling points, in my opinion. She served as a leader for our daughter's club for several years.

Okay, enough accolades about 4-H. How is the organization faring in your community?

Does it need your help? Even if you don't have children involved in 4-H, can the organization and your local fair benefit from your involvement?

Dr. Mike resides near Harlan, Iowa. Contact him at: www.agbehavioralhealth.com.

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SHINE Seeks Local Volunteers

PIERRE — The South Dakota Senior Health Information and Insurance Education (SHINE) program is currently seeking local volunteers to help seniors with their Medicare questions. Volunteers will receive training for all parts of Medicare and learn how to provide one-on-one Medicare counseling.

Administered by the South Dakota Department of Social Services, SHINE is a federally-funded program that advocates for consumers and educates them on Medicare and related health information, to allow consumers to make timely and informed decisions and access resources that best fit their needs. The program is free for eligible seniors.

Volunteer counselors are vital to the success of the program, as they provide opportunities for seniors to discuss their Medicare

questions and concerns in person. All services are unbiased and confidential.

Volunteers are most active during the Open Enrollment Period for Part D, Oct. 15-Dec. 7. Initial training will take place in Pierre on Aug. 12-13 and in Sioux Falls on Aug. 26-27, with additional training taking place on Sept. 30 in Aberdeen; Oct. 7 in Sioux Falls, and Oct. 14 in Mitchell prior to the Open Enrollment Period. Volunteers may not hold a current license to sell Medicare-related health insurance.

For more information on SHINE or becoming a volunteer counselor, contact Tom Hoy at the Eastern SHINE office by phone: (800) 536-8197 or email: shine@cfag.org.
• Eastern South Dakota: Tom Hoy; Phone: 605-333-3314 or 1-800-536-8197; Email: shiine@cfag.org/.

Visiting Hours

How To Get Your Kids To Eat Healthy And Have Fun

BY SARA GERMAN, RD, LN
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As Mary Poppins famously said, "In every job that must be done, there is an element of fun. You find the fun, and snap! The job's a game." For many parents, coaxing their children into eating vegetables can be even harder than getting them to pick up their toys. But how to find – or add – an element of fun? Does it take a spoonful of sugar to make the vegetables go down?

Enter the Tasting Game. The concept is simple, and so is the game.

Research has shown that it can take many exposures to a new food before it is accepted and liked.

Theoretically, if you can get your child to eat something enough times, he will eventually start to like it. Realistically, battling over broccoli is probably not going to contribute to a happy dinner. As an alternative, you can try the Tasting Game. Here is how it works.

First, identify a vegetable that your child dislikes. (This is probably the easiest step.)

Next, every day for two weeks, provide your child with a small piece of that vegetable. If the selected vegetable is bell pepper, for instance, you will provide a thin strip to try. Offer the vegetable when you aren't sitting down for a meal. Don't force your child to eat it.

However, let your child know that there is a reward for trying the vegetable. The reward should be something small but fun (and not food), like a sticker. So basically: offer the vegetable, and give your child a sticker if she tries it.

That's it! If you want to take the game one more step, after two weeks you can try incorporating the vegetable in question into a meal, or offering a larger quantity as snack. Then hold your breath and see if the Tasting Game worked.

Does the Tasting Game deliver? Recently researchers in England and Wales asked families with young children to try the game out. They found that after "playing" the game, only 10% of children refused to eat the target vegetable (prior to playing the game, nearly five out of ten refused).

Eight out of ten parents said they thought the game was helpful and would recommend it to other parents.

Pros: What do you have to lose? It has the potential to expand your child's diet, opening up a whole new world of healthy foods!

Cons: Unfortunately, it's not guaranteed to work. You'll have to buy stickers and keep an unpopular vegetable around the house for two weeks.

Tips for success: 1) Offer something to dip the target vegetable in. 2) Come up with a fun name for the vegetable.

For instance, carrots could be x-ray vision carrots (they contain nutrients important for vision health). Broccoli spears could be tiny tree tops, which would make a perfect snack for vegetarian dinosaurs (or maybe just kids who like to pretend they are dinosaurs).

Two more things.

First, if you are concerned that offering a reward for eating vegetables may mess with your child's psychology, be not alarmed. Research shows that (small, non-food) rewards for eating disliked foods does tend to increase the enjoyment in them, with no adverse effects.

Second, perhaps you don't have kids, but you may have vegetables you dislike. It's not too late to learn to enjoy them! Every time you try something, you are one step closer to liking it.

As a dietitian, I firmly believe in vegetables and variety in the diet, and have slowly been learning to enjoy onions and peppers. I'm still working on mushrooms and olives!

P.S. If you do happen to try out the Tasting Game, I would love to hear how it goes. Feel free to send me an email at sgerman@avera.org.

Gavin's Gang Has His Back



SUBMITTED PHOTO

Classmates Raise \$1,000 For Friend With Cancer

For a 14-year old boy, a normal day would consist of hanging out with his friends and playing soccer.

Since Feb. 17, 2014, the daily routine has been much different for Gavin Yasat. He was diagnosed with lymphoblastic leukemia. Since that day, Gavin has had 29 rounds of chemo.

He has two more phases before he will start maintenance phase at Sanford Castle in Sioux Falls. Doctors have estimated that

Gavin's treatments should be completed around June of 2017.

When learning of Gavin's diagnosis, his soccer team and classmates wanted to do something to support Gavin.

It was decided that they would sell shirts throughout the school year.

With the additional donation from Modern Woodmen matching funds program, the kids were able to present Gavin's mother Kim with a check for \$1,000.

USD

41 Students Attend Healthcare Careers Camp

VERMILLION — The University of South Dakota Sanford School of Medicine hosted 41 high school students from four Midwestern states at the eighth annual Healthcare Careers Summer Camp last month.

High school students that will be sophomores, juniors and seniors this fall had an opportunity to learn about health care occupations and meet with more than 25 professionals that represented a wide range of specialty areas of medicine and health care. In addition to daily sessions that introduced students to the gross anatomy lab and CPR certification, camp attendees administered EKGs, toured the Sanford Medical Centers in Vermillion and Sioux Falls, learned more about the South Dakota Area Health Education Center and visited the Southeast Technical Instituted campus in Sioux Falls.

Students participating in this year's camp were Eviana Blaha of Dante; Katelynn Buchholz of Avon; Kjerstin Williams of Brandon; Sage Bocian of North Sioux City; Zane Treloar of McCook Lake; Emma Tuttle of Dakota Dunes;

Taiya Bunde and Lydia Olson of Garretson; Emily Brown of Spencer; Kierra Determan, Tasha Determan, Hailey Doyle and Madison Trabing of Alexandria; Hannah Cantrell of Buffalo Gap; Megan Rawstern of Wolsey; Ally Goldammer of Mitchell; Renee Gallagher, Kimberly Grambihler, Brinkley Lyon and Marie Zander of Pierre; Katie Kost, Kayla Stammer and Natalie Swanson of Vermillion; Leslie Alarcon, Kendyll Albrecht, Alexandra Foxhoven, Kristen Steiner, Anna Wuestewald and Danielle Beckmann of Yankton; Charlotte Ekeren of Volin; Madeleine Logue of Mission Hill; Bailey Weeks, Annamarie Dotzler, Gayle Hatten and Ikram Omar of Sioux City, Iowa; Michaela Bretey of Le Mars, Iowa; Rachel Kehrborg of Hinton, Iowa; Madeleine Kennedy of Pipestone, Minn.; Jonathon Hofer and Logan Spencer of O'Neill, Neb.; Makala Michka of Stuart, Neb.

The eighth annual Healthcare Careers Summer Camp was sponsored by Sanford Vermillion Medical Center, the Dakota Hospital Foundation, Sanford School of Medicine, USD School of Health Sci-

ences, Sanford Health, Delta Dental of South Dakota Philanthropic, the 7th District Medical Society, Northeast Area Health Education Center, Yankton Rural AHCE and the South Dakota Office of Rural Health. The ninth Healthcare Careers Summer Camp is scheduled for June 14-19, 2015, on the USD campus. Registration is open to students entering 10th through 12th grades in the fall of 2015. Stu-

dents are selected to participate based on their academic record, previous volunteer experience and a personal statement written by the student. More information about the camp can be found online at www.usd.edu/medical-school/health-careers-camp.cfm or by calling (605) 677-7288.

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