

How Smart We Were As Kids, Then And Now

BY DR. MIKE ROSMANN

Recently I was listening to audio recordings Marilyn made decades ago of our daughter and son when they were growing up. She regularly sent copies of the cassette tapes to her parents who lived a thousand miles away so they could be involved in their grandchildren's lives.

Marilyn: "What do you have, Jon?"
 Jon (age 3): "A 1086 twactor," he said as he held up his toy red tractor for Mom to see.

Marilyn: "Tell Grandma and Grandpa what those red spots are on your face and tummy. You got them from Shelby, remember?"

Jon: "I went out with Dad in the weal 1086 and I got to dwive it. Can I tell Gwandpa what else I can do?"

Marilyn: "Yes, but don't you want to tell Grandpa and Grandma you have chicken pox?"

Jon: "No, but I can sing, and I can cwry like this, 'Waa, Waa'."

Marilyn: "That's not very good crying Jon."

Enter Shelby (age 6): "This will help." She pinched Jon on the shoulder.

Jon yelled, "Don't," loudly and pinched her back.

Marilyn: "Stop fighting, both of you."

Minutes later and crisis averted, Shelby read a story she wrote in first grade for her grandparents to hear about bugs in our garden; Jon recorded his version of "Whoa, whoa your boat gently down the steam" for Grandpa and Grandma.

After I stopped laughing I realized the auditory recordings offer lessons for us, for our children who are now parents of preschoolers, and perhaps even for our grandchildren. I'm glad Marilyn kept copies for us. Who knows-maybe they will come in handy for entertainment or our defense.

What fun we had as Shelby or Jon rode with me in the cab of the tractor



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while disking fields and planting crops. Whoever got to ride with me, starting at age 3, was in charge of our entertainment and food.

We listened to tapes of Sesame Street, Crosby, Stills, Nash and Young, Simon and Garfunkel, ate peanut butter and jelly sandwiches and drank milk for lunch. We practiced learning the ABCs, numbers, colors, various words and sang our favorite songs.

We discussed our favorite things to do. We talked about their, and my, feelings and concerns, and those of other people in our family.

When Shelby or Jon became tired, my young helper crawled onto the ledge behind the tractor seat and napped. We kept a roll of TP in the tractor for you-know-what. We bonded in many ways!

Now I see our children practicing with their youngsters what Marilyn and I did, except they don't have any real tractors to drive, livestock to feed, or entire days to spend just with Dad in the tractor cab. They sing together, read stories and talk about their favorite things.

And, guess what, they talk with their children about feelings and concerns with remarkable insight. Shelby recently told her mother something like, "Now that I have kids, I appreciate you all the more for what you did when I was growing up, Mom."

Gee, that's similar to Mark Twain's discovery about how much more his father knew when the famed author was 21 than when he was 14.

When Marilyn played a tape recording of Jon and me laughing riotously while we were "wrestling," it sounded like Layla (age 2) and Jon laughing

when Jon swings her around by her feet. So far they've knocked lamps down only twice that I know of.

I know I've said a time or two in past articles that "Kids do what their parents did." If parents model honesty, responsibility and "hanging in there" when times are tough and relations are strained, the children are likely to behave similarly.

And if parents model dishonesty, or too readily quitting a marriage, well.... you get the point.

If parents aren't already exhibiting positive practices for their children like planting a garden, daily prayer, time for recreation and discussion of the day's high—and lowlights, it's never too late to start such activities. Displaying the courage to initiate beneficial personal and family behaviors, or to stop destructive behaviors, sends a powerful message to the children.

This holds for both the parents and grandparents. Children emulate the most important people in their lives—usually their closest family members, including their older siblings, and in nontraditional families—others in the household.

I still smile when I recall what Jon said as the county sheriff gave a demonstration to Jon's first-grade class about illegal drugs and what to avoid.

Holding up a dried and pressed twig of hemp weed during his class presentation, the sheriff asked the attentive listeners, "What is this?"

Immediately after Jon held up his hand, the sheriff called on him.

"It's marijuana," Jon proclaimed. Sheriff: "How do you know that?"

Jon: "Dad grows lots of it in the ditches on our farm."

It didn't look good for this father and member of the local school board!

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



SUBMITTED PHOTO
 Molly Larson with the Clever Clovers 4-H Club.



SUBMITTED PHOTO
 Abby Larson with the Clever Clovers 4-H Club.

4-H Junior Leaders Pick Grapes

On Saturday, August 15, the Yankton County 4-H Junior Leaders helped pick grapes at Gavins Point Vineyard.

Kim & Mark Brannen own the vineyard, and Kim helped the Junior Leaders as a Master Gardener when they worked on a memorial garden at the 4-H grounds. Kim injured her leg this year, making harvesting grapes difficult for her and her

husband. The Junior Leaders agreed to help the family out.

Junior Leaders present included: Heather and Lexi Maier, Abby and Molly Larson and Leah Waid.

Adults present included: Cheri Maier-Jepsen and Staci Larson. The Brannen's, with help from their nephew Evan Olszewski from Hutto, Texas, worked with the Junior Leaders and taught them about their business.

SCHOLASTICS

DRAKE UNIVERSITY

DES MOINES, Iowa — The following local students were named to the

President's List at Drake University. This academic honor is achieved by earning a straight-A GPA of 4.0 for the Spring 2015 semester.

Drake University is a midsize, private university in Des Moines, Iowa, enrolling more than 3,300 undergraduate and 1,700 graduate students from 40 states and approximately 40 countries.

Students choose from over 70 majors, minors, and concentrations and 20 graduate degrees offered through six colleges and schools.

Drake students, faculty, and staff take advantage of the wealth of cultural, recreational and business opportunities found in Iowa's capital city. In return, Drake enriches the city through its own cultural offerings, considerable economic impact, and many service-learning endeavors, which channel the talent and energy of the Drake students toward meeting the needs of the community.

- Alcester: Shelby Jensen
- Sioux Falls: Kate McCoy
- Yankton: Aliyah Greaver

Jeff Olson Named President/CEO Of Credit Union Association Of The Dakotas

BISMARCK, N.D. — The Credit Union Association of the Dakotas (CUAD) has

named Jeff Olson as President/CEO of the financial cooperative trade association. Olson, who has been the Executive Vice President of Government Affairs for the association since 2008, has been acting as the interim CEO since mid July.

"Everyone at CUAD and more specifically, our members across the Dakotas, are excited that Jeff Olson will be leading our professional credit union association," said Travis Kasten, CUAD Board Chair and President/CEO of Service First FCU, Sioux Falls, S.D. "As our government advocacy leader for the last several years, Jeff certainly has a handle on the complex issues facing our industry today. More importantly, he has the experience and leadership skills to continue moving our association forward in a positive direction," added Kasten.

"I am very excited about the opportunity to lead the association," said Olson. "The financial cooperative model today faces many challenges; however, there is a unique opportunity to collectively collaborate and successfully strengthen our operating environment while promoting credit unions as a financial alternative to traditional banking. I'm looking forward to working collaboratively with the board and staff in serving and meeting our members' expectations," he concluded.

"Jeff Olson's appointment as President/CEO of the Credit Union Association of the Dakotas is welcomed news," said Jim Nussle, President and CEO of the Credit Union National Association (CUNA). "Jeff is a forceful and effective advocate for credit unions, and the CUAD board of directors made a great decision in placing him in this leadership position. I look forward to continuing to work with him to strengthen the partnership between CUNA and state leagues across the country as we work to represent the best interests of state and federal credit unions."

Olson has nearly 30 years experience in government affairs, advocacy and strategic communications. Prior to joining CUAD, he was a partner in an advertising and marketing firm specializing in public and media relations, corporate image branding, strategic marketing planning, and creative writing and production. He has worked in both radio and television as an on-air personality and news anchor/reporter at several broadcast affiliates throughout North Dakota and northern Minnesota.

"Jeff's heart is with the Dakota credit unions, says Tracie Kenyon, President/CEO of the Montana Credit Union Network and Chair of the American Association of Credit Union Leagues (ACCUL). "I look forward to working with him in his new role as league president; he brings years of advocacy and public relations experience that will benefit the entire credit union system," added Kenyon.

Olson is prepared to step in to this leadership role, stating "Our mission moving forward is simple - we will continue to be a strong and effective member-driven trade association for our credit unions so they can better serve their members."

Olson has previously advocated for higher education, home builders, developmentally disabled, and for smoke free issues. He worked in the North Dakota Governors Office as the director of constituent services, and has served as a political strategist and consultant on a number of legislative campaigns and initiated measures throughout North Dakota. Olson holds a degree in mass communications with an emphasis in broadcast journalism from Bemidji State University in Bemidji, MN.

Headquartered in Bismarck, ND, the Credit Union Association of the Dakotas (CUAD) is the professional financial trade association serving 79 credit unions in North and South Dakota with assets in excess of \$6.2 billion and serving over 469,000 credit union members. For more information about CUAD visit our website at www.cuad.coop.

Get Back To School With Healthy, Fit Bodies

BROOKINGS School is back in session, and that includes training for sports and other after school activities.

"Nutrition is extremely important for students' growing minds and bodies," said Holly Sweet, Director of Nutrition and Consumer Information for the South Dakota Beef Industry Council. "Many of us have children who participate in extracurricular physical activities or competitive sports after school. Athletes are all about strength, efficiency of movement, energy and mental preparation."

To attain peak performance, Sweet said protein is an important part of an athlete's diet.

"If you think of your body as a machine, the muscles are the major moving parts that help sustain you during training and competitive events," Sweet said. "Strong, healthy muscles are critical to an athlete's success. To build, repair and maintain lean muscle mass, the body needs the essential amino acids found in protein-rich foods."

Sweet added that not all proteins are created equal. "Animal protein, such as that found in lean beef, is a complete, high-quality protein. It contains all the essential amino acids bodies need to build and maintain muscle, bone, skin, hair and other tissues," she said.

In addition to protein,

Sweet reminded athletes to eat a diet rich in the following vitamins and minerals:

* B-Vitamins are essential in helping release the energy in the food you eat. To get the B-vitamins you need, eat plenty of lean meats and enriched grain products.

* Zinc is essential to cell production, as well as tissue growth and repair. Bodies can't build muscle without it. Lean beef is one of the best sources of zinc in the American diet. Other sources include dairy products, whole grains and nuts.

* Iron helps carry oxygen from the lungs to body cells and tissues, including muscles. Without iron, muscles won't work. To increase iron intake, eat lean beef,

enriched grain products and dried beans. Lean beef is a good source of iron and is the food supply's most readily available and easily absorbed source of iron.

"To help fuel your student athlete, serve high-quality protein and pair it with other nutrient-rich foods from all of the food groups," Sweet said.

For protein-rich beef recipe ideas, contact Holly Sweet, at the South Dakota Beef Industry Council, 605-224-4722 or visit www.sdbef.org.

Applied Engineering Recognizes Employees For Years Of Service



SUBMITTED PHOTO

Employees of Applied Engineering were recently recognized for their years of service with the company. Pictured (from left to right: back row) Todd Rueb, 10 years; Dominic Nelson, 5 years; Geoffrey Edwards, 5 years; Kevin Douglas, 20 years; Gordon Schulte, 10 years. Pictured (from left to right: front row) Jennifer Peterson, 5 years; Tony Staples, 15 years; Debra Johnson, 5 years; Don Bohnet, 15 years.

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Thank You
 Thank you so much for all your cards, flowers, hugs, foods and memorials.
 We appreciate your visits to Robert in the hospital, Springfield Assisted Living, and Yankton Care Center. Robert was also preceded in death by his sister-in-law Marelene Wiebenga. Her name was unintentionally omitted in his obituary.
 Joyce Wiebenga, David (Bud) & Elaine Wiebenga & family, Shirley Wiebenga, Julie Wiebenga & Doug & Lara Wiebenga & family

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