

## USD's Zavadil Named To Statewide Substance Abuse Study Group

VERMILLION — Frank Zavadil, M.A., chair of the Department of Addiction Studies at the University of South Dakota, has been named to the South Dakota State Epidemiological Outcomes Workgroup.

The group works with the South Dakota Department of Social Services to review substance abuse factors and issues in the state, and also identifies emerging substance abuse behaviors.

According to Zavadil, "Addiction is a major threat to public health, and I appreciate the Department of Social Services' leadership



Zavadil

in addressing the prevention of substance abuse and including USD's Addiction Studies department in those efforts."

Zavadil has worked in the field of addictions and behavioral health for more than 30 years. The USD Department of Addiction Studies is part of the university's comprehensive School of Health Sciences.

## Cleaning, Sanitizing And Disinfecting To Combat Illnesses During Flu Season

BROOKINGS — Eliminating illness causing germs from reaching our families is a focus during cold and flu season. To accomplish this, the use of chlorine bleach to sanitize surfaces is a common practice in homes, schools, childcare facilities as well as foodservice establishments.

"Chlorine bleach is a very effective sanitizer and disinfectant on disease causing germs, bacteria, parasites and viruses — including the flu virus," said Joan Hegerfeld-Baker, assistant professor and SDSU Extension Food Safety Specialist.

The Centers for Disease Control (CDC) defines cleaning, sanitizing and disinfecting as cleaning removes germs, dirt and impurities from surfaces or objects.

Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. However, this process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Sanitizing lowers the number of germs on surfaces or objects to a safe level, as

judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.

Hegerfeld-Baker reminds the public that chlorine bleach can be ineffective as a sanitizer if not used correctly. She shares the following tips when using chlorine bleach to sanitize:

- Never mix bleach with other household cleaners, especially those containing ammonia. A poisonous gas can form which can be deadly.
- Clean first, rinse, then sanitize. Soil, debris and detergent residues will tie up the free chlorine molecules in the bleach/water solution and render it ineffective.
- Water should be at room temperature or slightly warmer.

- Chlorine bleach can become old and lose its effectiveness.
- Make sure that 5.25 percent sodium hypochlorite is the only active ingredient in the chlorine bleach.
- Scented bleach is not recommended to treat drinking water or on any food contact surface (such as dishes, counter tops, dining tables, food preparation equipment, sinks).

For more information and tips on disinfecting your home or public environment, Hegerfeld-Baker encouraged individuals to visit iGrow.org and search for "sanitizing bleach."

## The Agrarian Imperative And Good Farming Stewardship Are Allied

BY DR. MIKE ROSMANN

Sponsored by L&C Behavioral Health

Although scientific evidence indicates the urge to farm is an inherited drive called the agrarian imperative, how the urge is carried out consists mostly of learned methods of farming.

The agrarian imperative that motivates agricultural producers to provide food and materials for clothing, shelter and fuel goes hand in hand with stewardship practices that leave the land in as good or better shape for future generations.

"Taking care of the land is the most important method of sustainable farming," says distinguished Iowa State University professor and North Dakota farmer, Fred Kirschenmann. He's right, good resource stewardship has survival advantages for the human species.

How resources were used by the earliest people engaged in agriculture consisted mostly of behaviors learned through observation of the effects of their farming practices.

Some were provident and some not so much. Ancient Chinese who farmed steep mountainsides improved their soil through terracing and using animal, human and fish wastes to replace nutrients removed by the crops that fed the vertebral species.

Presently however, some of these ongoing practices are endangered by the use of modern machinery, artificial fertilizers, GMOs, herbicides and insecticides.

In the western hemisphere the first farmers about 60 centuries ago used replenishment techniques. They periodically relocated their communities when soil fertility diminished from annual use; sometimes they returned to the same sites after soil nutrients had regenerated somewhat through natural methods.

The Inca in Peru, the Anasazi in North America and the native Indians who helped the first Europeans to settle in what is now the eastern US discovered the benefits of purposefully using fish and manure as fertilizer, as well as crop rotation and mulching with uncomposted plant materials, like stalks and foliage. They were able to use the same



Dr. Mike Rosmann

plots continuously. Still others, like today's few remaining native Amazon tribes, find that regularly rotating habitation of village sites and food plots capitalizes best on the composted detritus of previous communities.

Some of the most spectacular failures to learn sustainable farming methods occurred in Europe after agriculture was first undertaken there. In his 2007 book, *Dirt: The Erosion of Civilizations*, David Montgomery offered a plausible explanation for the decline of the Roman Empire.

Many aristocratic Roman land-holders were poor farm stewards in what is now Italy and nearby territories. They relied on slaves who had little personal investment in their work; the land-owners did what was easiest.

They did not fertilize crops adequately. The soil gradually became depleted of its essential nutrients and herbaceous protections like trees and grasses.

As the once-fertile soil blew or washed away, the Roman land-holders had to depend on sources of food and fiber from previously-conquered outlying territories whose residents the Romans could not predictably count on. Realizing their strategic advantage, the foreign ethnic groups withheld necessary sustenance from their captors until they could rebel successfully to become independent.

Other agrarian civilizations have also dissipated, notably in the Fertile Crescent of Southwest Asia, where the first agricultural methods of cropping and raising livestock were developed 13-15,000 years ago. To this day, much of the region's terrain is marginal for farming because of erosion and the failure of its earlier occupants to replenish the soil's essential biota through fertilization with animal and plant matter and other sustainable practices.

Diversity in farming practices is key to

sustainability. Sustainability can be as simple as raising livestock and crops on the same farm so that livestock excrements are recycled back onto the land or alternating leguminous crops to increase nitrogen for grass plants, which in turn increase the soil phosphate and potassium that legumes need.

Sustainability means working in harmony with natural systems that developed through multiple centuries of adaptation. Natural systems include plants, animals, insects and microbes of all sorts that flourish together by mutual dependence on each other for essential materials for their replenishment.

Introducing a genetically modified organism, insecticide or herbicide into the farming ecosystem is foreign to a method of sustenance that has taken many centuries to develop.

It upsets a balance that favors long-term maximum production in favor of an artificial boost that may temporarily sustain itself until the biota that renew themselves automatically are snuffed out or alternative competitors develop that have a capacity for adaptation, like glyphosate-resistant weeds. Natural adaptation of flora and fauna occurs more slowly than artificial manipulations.

There is an understandable tendency for many producers to do what is most rewarding in the short run. There is also a tendency to rely on governments and markets to set ethical standards for farming practices.

However, neither government nor merchants should be fully charged with setting ethical standards for farming. Their economic and political interests fuel their stands.

Active farmers who are directly engaged in carrying out their agrarian urges should have the most significant say, while taking into account thoughtful input from consumers. Stewardship, not short-term economic gain, should dictate long-term survival of agriculture and its methods.

Readers may contact Dr. Rosmann at: [www.agbehavioralhealth.com](http://www.agbehavioralhealth.com).

## Neb. Sees Uptick In Whooping Cough Cases

LINCOLN, Neb. — Whooping cough cases are on the rise in eastern and southeastern Nebraska. Some other areas of the state also have confirmed cases. State health officials stress the need for Nebraskans to remain vigilant when it comes to vaccination.

"There were more than 200 whooping cough cases in January which is higher than some of our total case numbers for previous years and that's concerning," said Dr. Joseph Acierno, Chief Medical Officer and Director of Public Health for the Nebraska Department of Health and Human Services. "Parents should check their children's vaccination records as well as their own to make sure everyone is protected."

Whooping cough, also known as pertussis, is a highly contagious disease marked by severe coughing. It's caused by bacteria found in the mouth, nose and throat of an

infected person. Whooping cough is spread through close contact when an infected person coughs or sneezes.

It can affect people of all ages but is most common in infants and young children and can be life-threatening especially for babies under a year old. Older children, teenagers and adults who may not know they have the disease can spread it to infants and young children in their household. Anyone in contact with babies, toddlers and school-age kids should be vaccinated against whooping cough.

Besides vaccination, preventive measures like covering coughs and sneezes, washing your hands and staying home when sick can help protect from whooping cough, flu, the common cold and other respiratory diseases.

Children are vaccinated against diphtheria, tetanus and whooping cough as

part of a five-shot series. Children usually receive doses at 2, 4 and 6 months old, a fourth dose is given when a child is 15-18 months old and then the fifth dose is received prior to entering school. Nebraska law also requires proof of a whooping cough booster shot before entering 7th grade.

If you're under age 65 and haven't had pertussis-containing vaccine as an adult, you should receive one dose of the tetanus, diphtheria and pertussis (whooping cough) booster vaccine Tdap.

For vaccination information, contact your local health care provider or your local health department. DHHS' Immunization Program is another good resource at 402-471-6423. For more information on whooping cough, go to <http://www.dhhs.ne.gov/immunization/>.

## Pledge

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the Great Plains Athletic Conference (GPAC) — including Mount Marty — to take a GPAC Domestic Violence Pledge and say "No More!"

The pledge received immediate support among DWU athletes, Bloch said. The pledge brings awareness not only to the athletes but to the campuses and communities, he said.

"What I feel is important about our domestic violence project is raising awareness in local communities," he said. "We were trying to stress that domestic abuse happens everywhere, not just to the people you see on television."

GPAC Commissioner Corey Westra said the student-initiated project marks a first for the conference. The pledge has received media attention even in Omaha and Des Moines.

"It's been a really neat experience to go through. I'm just amazed at how well it has taken off," he said. "We have around 2,500 male athletes in the GPAC, and around 90 percent have already signed the pledge with more of them coming in."

Westra expressed pride in the GPAC athletes willing to take a stand against domestic violence, calling the reaction "phenomenal."

"It speaks volumes about the character of the guys in this league, both students and coaches," he said. "They're taking the initiative in front of their teams and pledging to do everything they can when it comes to this issue."

### TAKING THE PLEDGE

MMC basketball and baseball player Ben Hegge of Crofton, Nebraska, has taken the pledge. The Lancer coaches and athletes have discussed the issue of domestic violence and consider the pledge

more than signing a piece of paper.

"It's a touchy issue, but it's something that needs to be addressed," Hegge said. "The last two years, you've heard about it more frequently, especially among professional athletes. It's something that needs to change. It's good that people are becoming more aware."

The pledge not only challenges the athlete to be accountable for his own actions but also to confront domestic violence wherever it occurs, Hegge said. "If I'm at a party or anywhere else and see (domestic violence) going on, it's my job to take a stand against it and say, 'This isn't acceptable,'" he said.

Mount Marty and other GPAC members are small private schools, but they can send a powerful message that will hopefully reach across the entire nation, Hegge said. "I think it's more than just good for the conference. It can be something more for all of college athletes," he said.

For MMC men's basketball coach Andrew Baker, the GPAC pledge ties in well with what he tries to teach his players on and off the court.

"Around here, we say that we try to hold high standards," he said. "If you have high expectations, you'll attract the right kind of men. If you have low expectations, you'll attract the wrong kind of boys."

By signing the pledge, athletes are committed to taking action, often in volatile situations, Baker said.

letes are committed to taking action, often in volatile situations, Baker said.

"A lot of people know what's right and wrong, but it's hard to do the right thing," he said. "It takes every level of fortitude for a young man to take a stand when it's a lot easier to stay out of other people's business. But there are issues a lot bigger than yourself."

### A MAN'S ROLE

The MMC male athletes' pledge provides a powerful statement that domestic violence isn't just a "women's issue," said Desiree Johnson, executive director of the River City Domestic Violence Center in Yankton.

"As a professional who works in the front lines of domestic violence each day, I am truly proud of the athletes at MMC who are taking the initiative to sign a pledge against committing acts of domestic violence," she said.

"You have so many celebrities, particularly athletes, taking part in the 'No More' campaign saying it's not OK. But here, we're seeing a very local message on our college campuses. I think the message takes on new meaning when it's faces that you know."

Johnson has worked with MMC officials on other domestic violence programs, such as "Walk A Mile In Her Shoes" and the candlelight vigil. Baker has

participated twice in "Dancing With The Stars" to raise both funds and awareness for local programs, winning the first year and returning to defend his title with dance partner Amanda Ewald.

Johnson has also approached MMC officials about the teams, for one contest, wearing purple in support against domestic violence and teal another time in support against sexual assault.

MMC's support lends a powerful boost at a time when an even greater voice is needed locally against domestic violence, Johnson said.

"Usually, over the holidays, we see lower numbers at our center. Families stay together over Christmas, or they believe they can make things work. But then we see the numbers go back up," she said. "But this Christmas, our shelter was bursting at the seams and our crisis calls were way up. 2014 was the second busiest year with over 1,200 shelter night visits. That's just behind the 1,400 shelter night visits we had in 2012."

Still, the GPAC pledge shows how far the public awareness has come in just a few short years, Johnson said.

"Seven years ago, when I became director, people didn't even talk about the subject. And when we moved into the new building five years ago, people wondered why we needed a domestic violence

shelter," she said. "But there is so much more awareness now, and people are talking out in the open about it."

### MAKING RIGHT CHOICES

MMC athletic director Chuck Iverson sees the college's involvement in the GPAC pledge as a natural part of the school's emphasis on social justice.

"At Mount Marty, we said, how can you not do it? It just makes all the sense in the world with all the issues out there right now surrounding domestic violence," he said. "And sadly, there's a lot of cases where we read about where it's heard about but not reported."

The power behind the pledge comes from the athletes themselves, Iverson said. "There are no penalties. The pledge is an honor system," he said. "Be we think, at Mount Marty, it's not just something you sign. The worth lies in your high moral and ethical values that stand behind it."

Westra agreed the pledge needs to be a true commitment.

"We don't want to force this down men's throats," he said. "Some have suggested we have public signings, but I'm leery of that. It's something we need to pray about and do in the privacy of your own dorm room or locker room."

Westra is ready to take the

GPAC pledge to the next level by creating a Domestic Violence Awareness Week, held just prior to each year's Super Bowl and to challenge all NIAA schools across the nation.

As part of the effort, GPAC schools could provide educational efforts on domestic violence and partner with local shelters for fundraising and other needs, he said.

Johnson, with the Yankton shelter, welcomes the assistance.

"Domestic violence impacts all of us in some form, whether we know it not," she said. "One in four women will fall victim to domestic violence in their lifetime. Domestic violence knows no bounds — it could be anyone."

Baker praised the DWU athletes for launching the pledge and the rest of the member schools for taking up the challenge.

"I think it's terrific that these kids at Dakota Wesleyan are able to start this, and everybody in the GPAC is behind it," he said. "It shows unity among our conference. People know the good we can do in a positive way."

You can follow Randy Dockendorf on Twitter at [twitter.com/RDockendorf](https://twitter.com/RDockendorf). Discuss this story at [www.yankton.net](http://www.yankton.net).

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