

Boys State Award



SUBMITTED PHOTO
John Darcy Boys State Director of Roy Anderson Post #12 on right is seen here presenting a Boys State Award to Dr. Wayne Kindle of Yankton public schools on behalf of John Dannenbring who was elected to the highest office of Governor at Boys State in Aberdeen last June. There will be an information meeting for those Junior and Senior boys and girls wishing to go to Boys and Girls State on January 26th at 6:30 p.m. at the Yankton High School Alumni Hall. Boys State will be June 1-15th in Aberdeen.

Mercy Meals



The senior class of Crofton High School recently packed 7,200 meals for children in need of care at Mercy Meals of Yankton. To learn more about how you can make a difference, please visit www.mercymealsyankton.org or visit us on Facebook.

Input Needed For Riverboat Days

The Riverboat Days Board of Directors is looking for input on a theme as well as Captain and Belle nominations for this year. Anyone with ideas for a theme can submit them in an email and send to office@riverboatdays.com. Captain and Belle nominations should be a short paragraph explaining why the couple has been nominated and can also be submitted by email or mailed to PO Box 483, Yankton, SD, 57078.

The Good News About Depression In The Agricultural Community

BY DR. MIKE ROSMANN

Sponsored By L&C Behavioral Health

There are several positive developments concerning the occurrence and management of depression in the agricultural population.

This is the last in a series of four "Farm and Ranch Life" articles about the serious problems of farming-related depression and suicide.

Depression is an overused word today. It can mean many things, such as referring to an economic slump, temporarily downcast emotional feelings or a diagnosed mental health condition.

The range of feelings we routinely call "depressed" can vary from unhappy to completely lacking hope and desire to continue living.

The type of depression I am concerned about is the behavioral health condition. Depression among farmers is getting necessary attention in the media lately.

An April 24, 2014 Newsweek cover story, an October 6, 2014 Scientific American article and several features during the past year on popular American and Canadian televised agricultural programs are examples of media attention to unusually high rates of depression and suicide among farmers around the world.

The agrarian imperative, an inherited urge that impels farmers to acquire the resources to farm and to produce essentials for life (e.g., food, fibers and renewable fuels), offers an explanation for why depression and self-imposed death occur unusually frequently in agriculturalists.

Three lines of research that were indicated in the April-June 2010 issue of the Journal of Agromedicine that support the agrarian imperative explanation:

- Historical evidence indicates that development of agricultural practices like raising crops and livestock greatly contributed to the advancement of modern humans over preceding hunter-gatherers, verifying that agricultural skills have survival value and are learned acquisitions
- Genetic research confirms that acquired skills can become integrated



Dr. Mike
ROSMANN

into the genetic memory of DNA and passed along to successors, such as the tendencies of successful farmers to be somewhat hyperactive, to take unusual risks and to work to hang onto the farm during stressful times to the point of emotional exhaustion

• Investigation of personality factors associated with success in agricultural occupations—including lumber harvest, fishing and hunting—indicates agricultural producers have an inordinate tolerance for adversity, persist more strongly than most other persons in their occupational efforts, tend to rely heavily on their own judgment, take risks more frequently than most persons and are able to work in isolation, sometimes to their detriment

The "negative" parts of this explanation are that the people involved in agriculture don't readily reach out for help while taking unusual risks and working exorbitantly. As a consequence, those of us who love and live with them are too often not aware of their desperate internal struggles.

Changing the negative behaviors associated with the agrarian imperative is possible for farmers, as well as recommended. Moreover, family, work associates and friends can look for the signs of depression, sleeplessness and agitation in themselves and others.

Farmers must be willing to incorporate healthful behaviors into their daily lives, thereby increasing their likelihood of surviving and succeeding. Likewise, those of us who live and work with agricultural producers on a daily basis must be willing to take action to seek help when our loved ones don't manage themselves sufficiently well.

Agriculture has become a social occupation in most of the modern world, for farmers are highly dependent on interactions with others, such as crop and livestock advisors, financiers, marketers and persons in farmer and politi-

cal organizations.

Now if only farmers would reach out to the specialists who can assist agricultural producers understand and modify their tendencies to overly indulge in work, to take risks and to not reveal their stresses when appropriate.

We control these behaviors. Dealing successfully with depression and urges toward self-harm can make us stronger and greatly empower us, like President Lincoln learned when he struggled with his emotional illness.

He acquired the capacity and tenacity to endure extreme stress and criticism, and to become the most "healing" US president, in the opinion of a great many Americans today (See the "Farm and Ranch Life" article published in early February 2013 for more information about Lincoln's depression).

Agricultural courses in high school, vocational schools and college can help farm people by incorporating the information of this and the previous columns on depression into their courses to make agriculture safer and healthier.

I owe a debt of gratitude to several people for urging and helping me to develop this series of columns, notably many researchers of depression, suicide and their occurrence in the agricultural population, as well as certain colleagues in the Department of Occupational and Environmental Health at the University of Iowa, the staff and directors of AgriWellness, Inc., several brave survivors whose mates were farmers who ended their lives and several persons who review my draft articles.

Drs. Cheryl Beseler and Lorann Stalones of Colorado State University and the Dutch anthropologist Dr. Lizzy van Leeuwen have particularly inspired me. And so has Ginnie, a widow who has dedicated herself to alerting people about farmer suicide and its prevention.

Dr. Rosmann is a clinical psychologist who lives on a farm near Harlan, Iowa. Contact him through the website: www.agbehavioralhealth.com.

SCHOLASTICS

ALLISON SCHIEFFER

SEWARD, Neb. — Undergraduate and graduate degrees were awarded to 117 students in December 2014 at Concordia University in Seward, Nebraska.

Students receiving a degree include:

- Allison Schieffer, Fordyce, Neb., B.S.
- Undergraduates earning a degree from Concordia were eligible for distinction or high distinction honors. Up to 10 percent of those who earned, at minimum, a 3.75 GPA were designated as graduating with high distinction. An additional 15 percent of those who earned a degree with at least a 3.5 GPA graduated with distinction.

MORGAN KROTZINGER

ROCHESTER, Minn. — Morgan Krotzinger, a resident of Yankton, was among nearly 1,100 students from Rochester Community and Technical College who made the Dean's List for Fall Semester ending this past December.

To qualify for the Dean's List, a student must successfully complete 12 or more letter-graded credits, in the same semester, and achieve a grade point average between 3.0 and 4.0. The Rochester Community and Technical College Dean's List can be viewed by going to: www.rctc.edu/about/html/Deans-list.html.

SACRED HEART SCHOOL

Academic Rolls Second Quarter 2014-2015

- Fifth Grade
- Roll of Excellence
- Becker, Tanner
- Cuka, Alex
- Ekroth, Caeden*
- Elsen, Elizabeth*
- Garry, Regan
- Jussel, Hannah*
- Karolevitz, Ellie
- Keller, Lainie
- Mueller, Houston*
- Pavlish, Will
- Schulte, Jillian
- Schulte, Joselyn
- Schurman, Cora
- Schwartz, Lizzy*
- Strom, Sara*
- Wintz, Isabelle
- * — Straight A's

Fifth Grade Honor Roll

- Bahn, Andrew
- Bose, Allie
- Carda, Anna
- Fortner, Gavin
- Frank, Coleman
- Gokie, Joe
- Hebda, Zachary
- Hohenhaner, Tatum
- Kreitziinger, Jacob
- Marsh, Kayla
- McCaffrey, Aidan
- McGlone, Paul
- Reinhardt, Emily
- Salvatori, Jordynn
- Woerner, Nicholas

Fifth Grade Merit Roll

- Maderak, Kristen
- McCaffrey, Liam

Sixth Grade

- Roll of Excellence
- Budig, Christian
- Christensen, Brodie
- Covey, Kenzi
- Cwach, Kylie*
- Hacecky, Simon
- Liebig, Grace*
- Madson, Lexi
- Nelson, Hannah*
- Perakslis, Chloe
- Rembold, Allie
- Schumacher, Leila*
- Shuey, Emily*
- Stephenson, Halle*
- Taggart, Grace
- Wintz, Brooklynn

* — Straight A's

Sixth Grade Honor Roll

- Castillo, Isabel
- Frick, Austin
- Gullikson, Paige
- Hebda, Rachel
- Hladky, Ethan
- Jensen, Josie
- Knoff, John
- Kohl, Aron
- Nuyen, Emily
- Reardon, Chloe
- Smith, Ella
- Stastny, Leona
- Sundleaf, Morgan
- Trail, Ryan
- Vornhagen, Molly
- Warriner, Grace
- Wuestewald, Francisco

Sixth Grade Merit Roll

- Fitzgerald, Trevor
- Neubauer-Keyes, Dylan

Seventh Grade Roll of Excellence

- Baker, Tayden
- Campbell, Jada
- Eichacker, Ryan
- Fanta, Mary*
- Gokie, Hailey*
- Heine, Morgan
- Kouri, Cecilia*
- Kouri, Claire
- Krajewski, Josephine*
- Salvatori, Carissa
- Vornhagen, Olivia
- Woerner, Natalie*
- Wolgram, Payton*
- * — Straight A's

Seventh Grade Honor Roll

- Binder, Madeline
- Bose, Keegyn
- Curran, Christian
- Dayhuff, Billi Jo
- Haahr, Anneliese
- Harrell, Jakob

LeFebvre, Rose

- Nelson, Grant
- Payer, Justin
- Schroeder, Madison
- Stahly, Shaylen
- Strom, Jakob
- Wessel, Rlyann
- Wuebben, Madison

Eighth Grade

- Roll of Excellence
- Dangler, Bryce*
- Geigle, Kellie*
- Jussel, Jess
- Kusek, Noel*
- McCarthy, Erin
- Medeck, Holly
- Nuyen, Brian*
- Perakslis, Catherine*
- Reinhardt, Jessica*
- Schulte, Miranda
- Vyborny, Sophia
- Wenande, Courtney*
- Wubben, Madison*
- * — Straight A's

Eighth Grade Honor Roll

- Becker, Abby
- Buechler, Morgan
- Hacecky, Harlie
- Hochstein, Madelynn
- Kolker, Emily
- Kortan, Samantha
- Liebig, Olivia
- Madson, Brooke
- Mueller, Evan
- Peitz, Brandon
- Sedlacek, Sydney
- Shober, Anna
- Warriner, Olivia

Eighth Grade Merit Roll

- Lange, Tyler
- Lehi, Nick
- Woodmancy, Michael

Grant Deadline Set For Artists And Organizations

PIERRE — South Dakota artists, arts organizations and other nonprofit groups are invited to seek grant support from the South Dakota Arts Council to assist in funding arts projects and programs throughout the state.

South Dakota artists may apply for funding through five grant programs, including a new category for emerging artists:

- Artist Fellowships of \$5,000 are awarded to South Dakota artists of exceptional talent in any discipline or medium to recognize past artistic achievement and encourage future artistic growth.
- Artist Project Grants between \$1,000 and \$2,000 are matching grants for talented South Dakota artists in any discipline or medium to fund specific arts-related projects that not only further the artist's career but also benefit the public in some way.
- Artist Collaboration Grants encourage South Dakota artists to collaborate among themselves or with an out-of-state artist in the creation of a joint project or activity that will significantly benefit the artists and the state. A maximum of \$6,000 may be requested.
- Traditional Arts Apprenticeship Grants promote the

continuation of folk and traditional arts and culture by providing up to \$4,000 in support of a master folk artist to teach qualified apprentices.

• Artist Career Development Grants of \$2,000 are designed to provide financial support to emerging artists committed to advancing their work and careers as artists.

South Dakota nonprofit organizations can seek funding support in the following categories this year:

- Project Grants assist nonprofit organizations in the presentation of a single arts event or a series of similar and related arts activities that benefit the general public.
 - Importation of Musicians Grants enable small South Dakota orchestras that don't receive funding in another grant category to improve the quality of their performance seasons by importing musicians from outside their local communities to supplement local orchestra personnel.
- Applicants have until March 2 to apply for projects and activities that will occur July 1, 2015-June 30, 2016. Applications are available at www.artsCouncil.sd.gov and must be submitted online through the South Dakota Arts Council's E-grant system.

Hard-copy applications submitted through the mail will not be accepted, with the exception of Traditional Arts Apprenticeship grants.

Applicants are encouraged to review the eligibility and requirements on the website before beginning the application process. Deadline is March 2, 2015.

SDAC staff will be available to help assess specific needs and assist in the development of grant proposals for artists and nonprofit organizations. Contact the South Dakota Arts Council by calling 605-773-3301 or by emailing sdac@state.sd.us with any questions.

A BIG thank you to all who made my 98th birthday a very special day. It was great! Thank you for the cards and good wishes.

Thank you also for the Christmas cards. It really helps to be remembered by so many.

Marjorie S. Hansen

SCHWESER'S ANNUAL WINTER LIQUIDATION
 Now through Sunday
75-90% OFF

\$9.99 Select Winter COATS	\$0.99 Select BOOKS & TOYS	\$0.99 Select JEWELRY HOUSEWARES
\$9.99 clearance Handbags Fashions	\$0.99 Hats, Gloves, Scarves	\$7.99 to \$14.99 Sweaters

Now through Sunday, Jan 25
schweser's
 Fashion For Less
 www.schwesersstores.com
 Yankton Mall

MOUNT MARTY COLLEGE
Center for Active Learners

"The Saint John's Bible Project: In Living Color!"

Dates: Tuesdays - February 3, 10, 17, 24
 Time: 5:30 PM - 7:00 PM*
 Location: Bede 205
 Instructors: Gene Brinkmeyer, Lelia Elder, and Dr. Terry Lafferty

Commissioned by Saint John's Abbey and University in Collegeville, MN, *The Saint John's Bible* is the first handwritten, hand-illuminated Bible of its scale in over 500 years. Two volumes of the Heritage Edition will be the property of Mount Marty College during 2015. To celebrate this opportunity, and to better understand the making of the Bible, this team-taught course will take a look at the art, calligraphy, theology and historical perspective of this incredible undertaking.

Immediately following the last class session, students will attend the Spring Benedictine Lecture:
**"FROM INSPIRATION TO ILLUMINATION:
 THE SAINT JOHN'S BIBLE, AN ARTISTIC CREATION OF BENEDICTINE VALUES"**
 WITH TIM TERNES, DIRECTOR OF THE SAINT JOHN'S BIBLE

Tuesday, February 24th | Doors Open: 6:15 PM | Program Begins: 7:00 PM
 Marian Auditorium, MMC Campus | Free & Open to Public
 Book Viewing to Follow

Register Now!
 The Spring 2015 Session begins February 3rd

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