

Play! With Your Food

BY ALEX NEUKIRCH, MS, OTR/L

Avera Sacred Heart Hospital

Play and exploration are essential to a child's development. Children use play to learn about their environment and the different sensory experiences that make up that environment. Just as playtime is important throughout the day for children, it also is important during mealtimes.

Eating is one of the most sensory intense activities a person can do. As a developing child, playing and exploring with food is the best way to become familiar and comfortable with it. According to Kay Toomey, PhD and the creator of the Sequential Oral Sensory Approach to Feeding, there are several steps children need to take before they are comfortable eating foods.

They need to have the ability to tolerate the food in their space and begin interacting with it before moving sequentially up to smelling, tasting and eating. Eating requires more than putting food in one's mouth, chewing and swallowing. One must have the sensory organization to tolerate the smell, look, texture and taste in and around oneself on top of the oral motor skills to chew and eat.

FIRST EATING, THEN MANNERS

What is the best way for a child to move through these steps and learn about food? By playing! As a child picks up, throws, smashes, licks and spits out food, they are learning about that food and what skills are required to eat it.

Don't worry about getting messy. Toomey states, "Eating comes first, then comes manners." By allowing children to play and learn, they gain the skills necessary to eat through a positive experience. Feeling comfortable with the food on their hands and face is essential to feeling comfortable with how it will feel in their mouth. You wouldn't jump into a pool without testing the temperature of the water first, would you? If you force children to jump in before they're ready, negative connotations can develop.

It may be with that particular food or eating in general, which could delay their feeding development. Most of us enjoy eating because it is a sensory fulfilling experience. As children learn about their own sensory systems, they will progress towards positive food experiences in the future.

MMC Director Appointed To National Task Force

Mount Marty College's Director of Financial Assistance, Ken Kocer, was recently appointed by the National Association of Financial Aid Administrators (NASFAA) to serve on the 2016 NASFAA Conference Program Task Force. One appointee is selected from the six regions across the United States which comprise NASFAA. Other appointees on the task force are from Yale University, Stanford University, University of Michigan, University of South Florida College of Medicine and Oklahoma State University Center for Health Sciences.

The 2016 National Conference Program Task Force is chartered with the goal of ensuring quality educational sessions are offered at the



Kocer

national conference. The NASFAA National Conference is the premier event serving the student financial aid community. Nearly 3,000

student aid professionals from across the nation attend the NASFAA National Conference each year to teach, learn, network, and share best practices.

Kocer, of Tabor, SD, has served Mount Marty College as the Director of Financial Assistance for 23 years.

For more information on Mount Marty College, please visit www.mtmc.edu.

Consider Emotions During Tough Financial Times

BROOKINGS — When families are faced with financial uncertainty or sudden income loss, addressing the situations takes more than just thinking about dollars and cents, says Carrie Johnson, Assistant Professor & SDSU Extension Family Resource Management Specialist.

"Attitudes, values, and feelings about money come from our childhood and upbringing, as well as our own current family experiences," Johnson said. "Changes happen in life, and sometimes families have little or no control. Shock and denial are the first reactions people experience, and we need to help families understand these emotions are part of the process that will then lead them to move to adjusting their spending plans and getting themselves back on solid ground."

Avian influenza has had a significant financial impact on many families in South Dakota. Working through the cycle of grief caused by a sudden drop in income allows families to plan for how to adjust their financial picture with clear heads, and the entire family should be a part of those conversations.

"It is important to adjust your spending and the whole family, including children, needs to talk about the necessary spending adjustments because the decisions affect all members," Johnson said.

"When children are not part of the planning and discussion, they may think they are somehow a cause of the problem and have unrealistic fears. Not only does a whole-family approach help avoid pitting one family member's ideas against another's, but you'd be surprised at how children can be a part of the solutions, too."

Johnson also advises being proactive with creditors. After an honest appraisal of your finances, she says it is best to call your creditors and explain your financial situation rather than waiting until you are long past due on payments. Some creditors might be willing to allow partial bill payment or negotiate other strategies with you.

SDSU Extension is cooperating with University of Minnesota Extension and Iowa State University Extension and Outreach to provide resources for families struggling with the human challenges brought on by avian influenza. Extension staff from the three Land-Grant Universities are providing families with research-based information and resources.

To learn more, follow #AvianFluImpact on social media, visit iGrow.org or call SDSU Extension AnswerLine for information and resources for consumers with home and family questions. For AnswerLine, call 1-888-393-6336 toll-free Monday through Friday, 9 a.m.-noon and 1-4 p.m.

Working Together: Essential For Fixing Problems

BY DR. MIKE ROSMANN

Americans may be more divided currently about what is right, wrong and how to fix things than at any time since the Civil War.

Economic inequality is greater among U.S. people than it has been for over a century, according to a 2013 Pew Foundation report and 2014 articles in Fortune Magazine and the Huffington Post.

People on all sides disagree vehemently about voting rights, gun ownership, who should be allowed into the U.S., the rights of the unborn, matters involving sexual orientation, marijuana use and a whole range of scientific issues such as global warming. The list of conflicting views goes on and on.

Among people involved in farming, opinions also differ broadly. Agriculturalists differ about GMOs, pesticide use, water runoff regulations as well as water rights, livestock production methods, food labeling, a broad range of farming and conservation policies and nutrition funding programs.

Perhaps the U.S. Government reflects our country's deep divisions. The Legislative branch seems incurably divided and ineffective, which explains its dismal approval ratings.

The Supreme Court has fierce differences of opinion among its judges, as we just witnessed over their recently released decisions. And the public disagrees considerably about President Obama's leadership.

Enough complaints already! Are there solutions to the rampant divisions and bickering? Do solutions necessarily entail taking a side?

It's not my intention to take a side in this article but to suggest approaches to fix the problems that involve seemingly intractable differences of opinion.

The field of study, conflict resolution, which has evolved over the past seventy years, provides useful resources for solutions.

Sometimes this academic area has a different name, like "peace and conflict studies." It is possible to major in these programs at the undergraduate and graduate levels in a growing number of



Dr. Mike ROSMANN

educational institutions in the U.S. and elsewhere.

Conflict resolution is a field with research and practical applications, not just theories. Its graduates find employment positions within companies and mega-corporations, municipalities, bargaining organizations,

governments at levels ranging from local to state and national levels, and within international entities such as the United Nations and global humanitarian foundations.

Conflict resolution integrates information from many disciplines: psychology, ethics, mathematics, cybernetics, sociology, political science, theology, philosophy, history and sometimes other fields too.

Getting people to work together is a basic premise to resolving differences. Getting people to talk together shouldn't be all that difficult, but is hard because usually no party in the conflict wants to be the first. A neutral third party can help.

Starting discussions doesn't have to be about winning. I like the approach that psychologist Kenneth Hammond took when I worked for him in the Institute of Behavioral Science at the University of Colorado almost 50 years ago.

Hammond's research focused on finding how "both can win" instead of "who can win." As his research determined, working together is sustainable for existence but adamantly clinging to a stance is not sustainable.

To start the conflict resolution process all the disputing parties have to agree that they want to survive.

General systems theory (GST) broadens the thinking about bridging differences. A core feature of GST is that everything is interdependent on everything else.

Achieving an optimal level of functioning, called homeostasis, is the

aim of all systems that seek to survive indefinitely. Any change anywhere in the system produces changes in the other components of the system.

For example, the death of a family member affects everyone else in the family system. Without recognition that all the components of the system must work together, the system will collapse.

GST was founded by Ludwig von Bertalanffy, an Austrian biologist who spent much of his career in Great Britain, Canada and the United States, and Kenneth Boulding, a native of Scotland who became an economics professor at Iowa State University, then at the University of Michigan and finally at the University of Colorado in the same Institute when I worked there.

There are occasions historically when one or more parties in a conflict seemingly didn't care about their long-term survival. WWII, in which the Nazi and the Japanese empires pursued total world domination to their very end, exemplifies such a conflict.

Today's Islamic fundamentalists such as ISIL take a similar position of total adherence to their beliefs; ISIL won't be viable if its members succumb in a war for survival. Perhaps that is why they seek new recruits, brides, and conduct social media outreach.

Conflict resolution formulas can be applied in agricultural settings, whether by farm families struggling to resolve disputes about land ownership and management, estate settlements, or to settle internal struggles of agricultural corporations and larger issues such as who should manage water runoff from agricultural land.

Winning at all costs has a finite end that won't solve long-term problems, whether about family farming issues or larger matters such as water nutrient management, but working together to find compromises is infinite and sustainable.

The author is a Harlan, Iowa psychologist and farm owner. He can be contacted at: www.agbehavioralhealth.com.

Vermillion

Cultural Group To Renovate Theaters

VERMILLION — A non-profit association formed this year to invest in growing Vermillion's downtown cultural attractions and relationship with the University of South Dakota and broader community has purchased the Coyote Twin and Vermillion Theaters on Main Street.

The group, the Vermillion Downtown Cultural Association, worked with community and University of South Dakota leadership to acquire these historic locations. The group plans to raise funds in the community to accelerate renovations and to enhance the cinema experience in Vermillion.

"The project started with an idea and a belief that the theaters are a critical draw to downtown Vermillion," says Bill Anderson, Vermillion Downtown Cultural Association Board President. "The theaters were on the market for several months and a small group of us were concerned that if they weren't purchased, they would be at risk for closing. That wasn't an option that we believed the community could or should consider."

The group worked to secure a set of investors and financing from First Bank & Trust to accelerate the acquisition effort. Support from the Vermillion Chamber and Development Corporation and the University of South Dakota were spurred by the belief that not only could the theaters be acquired and maintained, but improved.

"What we found when we began reaching out to partners such as the University of South Dakota and the Vermillion Chamber and Development Corporation (VCDC) was that everyone realized how important the theaters were for tying together this community," says Ted Muenster, Vermillion Downtown Cultural Association Director. "Investing in purchasing the theaters and raising funds for renovation made sense

to community leaders and helped us build momentum toward the purchase and — we hope, soon — a complete reimagining of the movie experience in Vermillion."

The Vermillion Chamber and Development Corporation was an early and critical supporter of and investor in the theater acquisition effort. "The VCDC Board of directors was ecstatic when this project was brought to them," says Nate Welch, Executive Director of the VCDC. "The potential that the theaters have to help with a vibrant, entertaining downtown and how that can draw students, community members, and visitors to downtown will create opportunities for other business to thrive. This is an investment not only in the health and well-being of our business community, but an investment in the future of downtown. This is spot on with goals and objectives in our Vermillion NOW!2 efforts. The VCDC was eager to support that effort and will continue to champion this collaborative work between the Vermillion Downtown Cultural Association, the VCDC and the University."

The theaters changed hands on July 1 after being owned by March Films, Inc. for more than 40 years.

"Jack March and his team built a strong business in our community and dedicated themselves to keeping cinema in Vermillion," notes Michelle Maloney, Vermillion Downtown Cultural Association Vice President. "His team was passionate about movies and worked hard to maintain this amazing resource for us. We are excited to continue the legacy of cinema in Vermillion and to reimagine how it can look for new generations of movie-goers."

In the near term, theatergoers will see small changes that indicate bigger things to come.

"We will be focusing first on caring for the staff and

leadership at the theater and providing them a sense of stability during this transition, says Maloney. "Our goal in the next month is to help the staff build new systems to improve the theater experience and invest some operating dollars to do some cleaning and make small repairs that we think will make a big difference. We also will be focusing our attention on media and marketing so that people around the region know about the transition in ownership and approach."

The group has bigger plans for the coming months.

"We are going to spend the next three months planning and then rolling out a fundraising campaign intended to help us completely reimagine the cinema experience in Vermillion," says Anderson. "We are bringing together experts in historical preservation and renovation, movie theater renovation and programming, and theater operations to make sure that the theater experience in Vermillion is great. We also will bring together stakeholders from the University — students, faculty, staff, and leadership — and community members to tell us how the cinema experience should be in Vermillion. In the longer-term, we see movie theaters that are fun to go to, cost-effective to run and attend, and with programming that captures the community's imagination."

The Coyote Twin Theater will be the group's first priority.

"The Coyote Twin already is operating as a successful first-run movie theater and we want to keep it that way," says Greg Redlin, Vermillion Downtown Cultural Association Secretary/Treasurer. "We want to focus our first work on that theater so that we can enhance the experience there. A successful effort at the Coyote Twin will allow investment in the Vermillion Theater, where we will need new projection and sound equipment and some major building repairs in

order to re-start operations." Coyote Twin improvements will likely begin later this summer and continue through the fall.

The group has been excited but not surprised by the outpouring of enthusiasm for the purchase and improvement plans. "Even though many of us now enjoy movies from the comfort of our home and on-demand purchases of any movies we want, there's something still magical about the movie experience," notes Redlin. Muenster agrees: "We believe that people want to enjoy a night in downtown Vermillion, have a great meal and a take in a movie. It's a pretty core part of life whether you live in the big city or a smaller college town like Vermillion." Notes Maloney, "The movie theater ties together Vermillion in small and big ways — it's a place where everyone in town can find a common ground and enjoy a great experience. And it's a place that draws people to downtown to experience what Vermillion has to offer."

The group wants people to follow along and support the journey. Notes Anderson, "We will be asking the community to watch this work unfold. We will need volunteers, donors, and focus group participants to help us build the next face of the Coyote Twin and Vermillion Theaters. And, more than that, we need people to keep coming to the movies and supporting the day-to-day showings. That, more than anything, will ensure that we can help make the dream of an amazing movie experience a reality in Vermillion."

For more information about the Vermillion Theaters effort, visit their Facebook page at <https://www.facebook.com/vermilliontheaters>, follow them on Twitter @theaters_v or contact them at vermilliontheaters@gmail.com.

SD Community Foundation Awards \$5,000 To ABS

PIERRE — The South Dakota Community Foundation selected Ability Building Services to receive a \$5,000 grant for its technology needs. This grant was presented through the South Dakota Community Foundation's South Dakota Fund grant program.

Ability Building Services (ABS) provides community-based supports for people with developmental disabilities in the Yankton area. The organization currently has an open access computer

lab with five desktop computers. ABS plans to upgrade the technology available for use by individuals receiving its services. These computers are used for a variety of reasons, including job searches, continuing education, staying in contact with family and friends, researching areas of interest and developing new skills. They also have plans to create a "Mobile Computer Lab" to provide better technical assistance. This would include four iPads that could be

checked out from the computer lab. "These computers and iPads will also help improve cognitive skills, increase memory and provide sensory stimulation therapy," says Ginger Niemann, program officer at the South Dakota Community Foundation. "The South Dakota Community Foundation is pleased to be a partner on this important project."

BIRTHDAYS

MARY UHRICH



Uhrich

The family of Mary Uhrich is requesting a card shower to celebrate her 75th birthday on July 18. Greeting can be mailed to 1505 College St., Yankton, SD 57078.

Wyman is turning 90!

Drop by and say hello!

Saturday, July 18, 10-11:30 am.
Coffee and rolls at Yesterday's Cafe.
Sunday, July 19, 3-6 pm
Birthday cake at Fleg's Riverside Road House
Mission Hill, SD
No gifts please—your company is the best gift.