

Technology Allows Early Detection Of Hearing Loss In Children

BY MATTHEW RUMSEY, AUD., CCC-A
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Hearing is crucial to our well-being.

It keeps us safe by warning us of potential dangers, and it keeps us connected to the people that matter most. Therefore, early detection of hearing loss is essential in allowing children to develop appropriate speech and language for effective communication.

Our knowledge of hearing, how to evaluate it, and how to manage the loss of it has continually expanded over the last 60 years. Since 1990, universal newborn hearing screening programs have been used in hospitals to test infants prior to discharge. The goal of these programs is to identify hearing impairment prior to three months of age and to intervene prior to six months of age. Studies show that hearing-impaired children who receive amplification prior to six months of age have a greater chance of developing normal speech and language than those who do not.

Current technology, such as otoacoustic emissions (OAEs) and auditory brainstem response testing (sometimes called ABR test or BAER test), allow us to identify hearing loss and begin appropriate intervention plans prior to the three months of age benchmark. Locally, Avera has developed a comprehensive protocol involving both of these measures to insure every effort is made to identify those children who are hearing impaired and begin the intervention process in a timely and effective manner.

Many things can cause hearing loss in a child. Hearing loss at birth is called congenital hearing loss and is often caused by some combination of genetic factors; however, it also can be caused by acute infection during pregnancy, prematurity, injury at birth or several other health conditions.

Hearing loss that happens after birth is called acquired hearing loss, resulting from complications due to frequent ear infections, viral and bacterial infections (i.e. meningitis or measles), a head injury or exposure to very loud noises. It is this wide range of potential causes that make monitoring very important.

Children who pass their newborn hearing screening and show no indication of hearing loss through childhood should still be screened prior to kindergarten, every other year during elementary school ages, once in middle school and at least once during high school. Children with other known health or learning needs, speech and language delays or a family history of hearing loss may require more frequent hearing screenings.

Although hearing loss in children is relatively rare, affecting less than 2 percent of children, it is important that parents pay attention to how their children respond to sound and be on the lookout for signs their child is not hearing like they should. These warning signs include:

- Delays in speech and language compared to peers.
- Difficulty with paying attention and behaving.
- Difficulty with academic performance.
- Sitting very close to the TV when the volume is loud enough for others.
- Increasing volume on the TV or radio to unreasonably loud levels.
- Difficulty hearing on the phone.
- Becoming startled by sudden, loud noises.
- Unable to accurately locate sound.

If you or your family has concerns for your child's hearing, please communicate those concerns with your pediatrician or contact your local audiologist.



Rumsey

Roles Of The U.S. Government In Agriculture Conservation Programs

BY DR. MIKE ROSMANN

The federal government has a long history of involvement in U.S. agriculture conservation programs, as well as other facets of production agriculture. Congress and various presidents, Republicans and Democrats, have had about equal say in the formation of the farmland conservation legislation and other agricultural programs that have gradually evolved into what exists today.

Abraham Lincoln established the Department of Agriculture—but without cabinet status—in 1862, setting the precedent that the regulation of agriculture was a federal government responsibility. That same year the Morrill Act established land grant universities to undertake scientific research and educate people in agriculture, home economics, mechanical arts and related professions to improve the quality of life in rural areas.

The Hatch Act of 1887 was approved by a Republican-leaning Congress, and the first Democratic president after the Civil War, Grover Cleveland, to establish federally-funded agricultural experiment stations in each state. Cleveland also signed legislation in 1889 elevating the Department of Agriculture to the same status as other federal departments, such as the Departments of War, Treasury, State and Interior.

The Cooperative Extension was created by Congress through the Smith-Lever Act in 1914. The purpose was, and mostly still is, to set up partnerships between the USDA and land grant agricultural colleges to share knowledge about improving



Dr. Mike ROSMANN

agricultural production with farmers, their families and rural communities. The Great Depression of the 1930s led to the first federal purchases of agricultural goods to improve market demand for agricultural products, commodity storage loans and federally funded food and nutrition programs for undernourished people. Both consumers and farmers who were struggling with insufficient income benefitted.

The concept of removing farmland from crop production and placing it into reserve status with cover crops, along with some form of federal payment to not farm the land, also was initiated during the Great Depression by the Franklin Delano Roosevelt administration and Congress to reduce soil erosion and improve farm crop prices. Farming practices such as the installation of terraces to reduce erosion, and the authorization of wetlands and other protected wildlife and habitat areas, began during this Democratic era.

Since then, the USDA programs have continued under mostly Republican administrations and congresses that expanded earlier versions of these measures, but with new names. The Soil Bank Program operated during the 1950s and early 1960s and the present-day Conservation Reserve Program (CRP)

began in 1985 in response to the Farm Crisis of the 1980s.

Most present-day USDA programs, like beginning farmer loans, placing grain in storage with loan guarantees, school lunch and child nutrition programs, and underwriting agricultural enterprise and rural community development with federal funds, trace to earlier farm legislation from the 1930s and the 1980s farm crisis eras. When the farm economy is booming the programs are cut back, only to be renewed when the farm economy sinks.

Why do we keep doing this over and over again, some farmers ask. A September 21, 2011 High Country News article answered the question this way: "When farm crop prices rise, farmers plant fencerow to fencerow, even on marginal land where the soil washes off or blows away. When prices inevitably drop, many farmers enroll some of their less-valuable land in federal conservation programs, removing it from production."

Megan Stubbs of the Congressional Research Service says "the 2014 Farm Bill reauthorized, repealed, consolidated and amended a number of conservation programs," but basically kept most earlier programs in some form, although both nutrition and conservation measures were reduced. The 2014 Farm Bill, which was enacted when most crop prices were still relatively high compared to today's much lower prices, decreased conservation funding by \$4 billion over ten years.

CRP acreage enrollment was reduced from the previous 32 million acres to 24

million acres in FY2018, but now some commentators say setting aside farmland is needed again. Critics of the current Farm Bill note the bill strengthened crop insurance provisions but may have actually weakened protections of the important resources for farming: land, water and air.

Will Congress strengthen farmland set-aside and resource conservation programs when needed now? It's doubtful, because the current congress is politically hamstrung.

Farmers themselves can voluntarily replant filter strips and hilly land and find creative ways to earn income from them, such as leasing hunting rights. But it is unlikely farmers will undertake these practices without better incentives.

Several groups have recommended that state governments and private organizations step into the gap to pay farmers for multiple uses of their land, such as for conservation, hunting, fishing, hiking and camping. Some add that it is hypocritical for states that have budget surpluses and corporations that have accrued large profits to not protect the land and other resources from which they benefit.

Adequate farming income and conservation of resources are both necessary. Common sense solutions are needed at state and private levels and then federal programs that were cut back won't have to be adjusted again.

Readers may contact the Dr. Rosmann at: www.agbehavioralhealth.com.

SCHOLASTICS

MORNINGSIDE COLLEGE

SIoux CITY, Iowa — Morningside College Provost Dr. William C. Deeds recently announced the students who were named to the Dean's List for the spring semester of the 2014-15 academic year.

The Dean's List recognizes students who achieve a 3.67 grade point average or better and complete at least 12 credits of coursework with no grade below a "C."

Morningside College, located in Sioux City, Iowa, is a private, coeducational, four-year liberal arts college with a total enrollment of more than 2,800 students. *U.S. News and World Report* has designated Morningside as one of the Midwest's "Best Regional Colleges" every year since 2005. *The Princeton Review* has named Morningside a "Best Midwestern College" since 2003.

Area students include:
• Alcester — Nathan C. Johnson, senior, nursing
• Dakota Dunes — Ellie Y. Freebern, sophomore, biology; Jared M. Jochum, sophomore, biology, chemistry; Megan E. Lohry, junior, elementary education

teaching, special education teaching; Blake S. Van Ginkel, junior, business administration.

PHI KAPPA PHI

BATON ROUGE, La. — The following people recently were initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

• Jerrica Huber of Yankton was initiated at South Dakota State University;
• Stacy Solko of Armour was initiated at South Dakota State University;
• Alexis Fokken of Yankton was initiated at South Dakota State University.

These residents are among approximately 32,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of

juniors, having at least 72 semester hours, are eligible for membership. Graduate students in the top 10 percent of the number of candidates for gradu-

ate degrees may also qualify, as do faculty, professional staff, and alumni who have achieved scholarly distinction.

Founded in 1897 at the University of Maine and headquartered in Baton Rouge, La., Phi Kappa Phi is the nation's oldest and most selective all-discipline honor society. The Society has chapters on more than 300 college and university campuses in North America and the Philippines. Its mission is: "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

CONCORDIA UNIVERSITY

SEWARD, Neb. — Concordia University, Nebraska named 230 students to its honors list for the spring 2015 semester.

The list of students includes: Ryan Olson, a sophomore from Yankton.

The top 25 percent of all undergraduate students who complete at least 12 credit hours qualify for the honors list.

MILITARY

MITCHELL BORGMANN

Air Force Airman 1st Class Mitchell R. Borgmann graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Borgmann is the son of Doug and Nyla M. Borgmann of Creighton, Nebraska. He is a 2014 graduate of Creighton Public High School, Creighton.

Elder Watch

Sleeping Well: Tips For Getting A Good Night's Rest

BY BILL KERR

For the Press & Dakotan

It is estimated (by "Consumers Reports on Health," May 2015) that 25 percent of Americans occasionally struggle with sleep, and 10 percent suffer insomnia, which is defined as trouble with falling or staying asleep at least three nights a week for at least a month. And the same journal says that the newer drugs are not very effective and the older drugs are risky.

The newer drugs help one fall asleep only 8 to 20 minutes faster than with a placebo. Those newer drugs are: Lunesta, Rozerem, Sonata, Ambien, Edluar and Zolpidem. This same group of drugs only adds from 3 to 34 minutes to total sleep time and are no longer recommended as first choice treatment by the American Academy of Sleep Medicine.

A 2013 government report noted a 220 percent jump in ER visits for adverse reactions to Zolpidem between 2005 and

2010, and that 21 percent of these visits were by patients 65 or older.

The older drugs that are FDA approved for insomnia — Estazolam, Dalmane, Doral and Restoril — are generally no more effective than the newer drugs and have a higher risk of day-after sleepiness and grogginess, dependency and rebound insomnia. A recent study by JAMA Psychiatry found that "older adults are more likely to take them for far longer than recommended. ... Ambien and Lunesta, for example, can cause dependency, daytime drowsiness and dizziness and may cause sleep problems if you stop taking them after regular use. And in rare cases, people have reported sleep driving, sleep eating, amnesia and hallucinations."

And the older you are, the more intense the sleep inducing effects and side effects may be.

So then, what are we elders to do about sleeping problems? One solution may



William KERR

be to first try the sleeping tips presented in "Consumers Reports on Health":

1. Keep a regular sleep schedule, go to bed and get up at the same time daily.
2. Blot out noise and outside light in our bedroom, remove the TV set and make sure the mattress and temperature are comfortable.
3. Avoid or minimize alcohol, caffeine and nicotine, which can affect sleep; and don't eat heavily after supper.
4. Exercise regularly, but not just before bedtime.
5. Get natural light. A Uni-

versity of Illinois study found that people exposed to natural light at work slept better and longer.

6. Turn off e-readers and other devices two hours before bedtime.

7. Reduce stress by meditation, yoga and/or tai chi. The American Geriatrics Society found that six months of tai chi three times per week helped elders fall asleep faster and sleep longer.

8. See your doctor. Some medications and health problems can disrupt sleep.

As a second option, use our own brain-produced hormone Melatonin. When I began to have sleeping problems associated with my Myasthenia Gravis affliction, a nurse practitioner recommended that I try Melatonin and it worked. Recently I quit taking it, just to see if I would have any negative results, but I am still sleeping like a baby! Go figure!

According to the label on one bottle of this hormone, our brain-produced Melatonin is reduced to about 50 percent by the time we reach age 45, and by age 80, it is just a trickle. That could explain the sleeping problems of many of us elders. Therefore it would seem to me that using the manufactured Melatonin to supplement that loss could solve our sleeping problems. My son, who is a doctor, says that some people, after using it for a long time, don't want to give it up. One could

ask how bad that would be to be, even if we were to become addicted to a natural hormone that is manufactured by our brains that makes a good night's sleep possible every night for the cost of 6.17 cents/tablet, or 6.17 cents/day!

Anyway, be sure to check with your own doctor before using this over-the-counter hormone, just in case it might conflict with some drug you are taking, or some rare disease or physical condition you have, just to be safe.

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40th Anniversary Celebration



Mr. and Mrs. Joslin

Ron and Karen Joslin of Fordyce, NE, will celebrate their 40th wedding anniversary on June 7, 2015 at Trinity Lutheran Church, 403 Broadway St., Yankton, SD. Open house is from 2 - 4 p.m. All friends and family are invited to attend.

Ron Joslin and Karen Moffatt were married at the United Methodist Church in Akron, IA, on June 7, 1975. The couple has three children: Nathan (Laurie) Joslin of Omaha, NE; Quincy (Dawn) Joslin of Fordyce, NE; and Joshua (Michelle) Joslin of Bellevue, NE. They have eight grandchildren.

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