

Shakespeare Festival To Present 'Macbeth' In Vermillion June 11-14

VERMILLION — The 2015 South Dakota Shakespeare Festival will present William Shakespeare's, "Macbeth," June 11-14, beginning at 7 p.m. each night in Prentis Park in Vermillion. All activities are open and free to the public.

The production will feature professional actors and actresses hired from competitive national and regional markets, theater faculty and younger specialists drawn from USD's theater program. Along with the full length-production, SDSF will feature live music and food and beverage vendors in the park beginning at 6 p.m. each night. In addition, various workshops and educational training sessions for all ages will be offered throughout the four days of the event.

In conjunction with the South Dakota Shakespeare Festival production of the play, USD's College of Arts & Sciences will also host three Shakespeare scholars for a roundtable discussion of "Macbeth." That event will take place in the afternoon at Prentis Park before Sunday's final performance. The scholars, Kevin Quarmby, Brett Gamboa and Darlene Farabee, will discuss previous enactments of "Macbeth" and particular acts to watch for in Sunday evening's performance. The roundtable discussion will give audience members a chance to engage in the production and ask questions regarding the play's history and identity.

The South Dakota Shakespeare Festival mission is to increase the cultural, artistic and educational offerings of the state of South Dakota and the Great Plains region. In doing so, the festival provides professional Shakespeare performances and arts education events. The performances are under the leadership of artistic director Chaya Gordon-Bland, executive director Greg Huckabee, production manager Scott Mollman and education director Tim Pyles.

For more information, visit www.sdsdshakespearefestival.org.

Bike Yankton Event Set For June 23

Bike Yankton is sponsoring the first-ever "Blessing of the Bicycles" event, to be held at the south lawn of the Territorial Capitol replica building at Riverside Park on Tuesday, June 23, at 6 p.m.

Participants will gather as a community to celebrate and observe "Bike to Work — Bike to Play Month" in Yankton and to kick off the summer biking season. They will gather to pray, bless and give thanks for the bicycles and tricycles and their riders, acknowledging the blessing that bikes, trikes and their riders are in maintaining friendly and healthy neighborhoods and communities.

All are welcome, the young and not-so-young, to bring your bike or trike for a short prayer and blessing. The City of Yankton's "Pedal to the Parks" ride will begin at 6:30 p.m., following the Blessing.

Registration Open For Garden Workshops

This summer, SDSU Extension is hosting Garden Educator Workshops for teachers and other youth educators in Sioux Falls.

This training will provide hands-on lesson plan ideas and nutrition resources for the garden, information on growing vegetables, tools for evaluation of garden programs, and stories from area garden projects.

The program is designed for PreK through middle school teachers, after-school program leaders, school administrators, garden-focused educators, Master Gardeners, and wellness committees.

Presenters will share lessons that feature specific fruit and vegetable crops to enhance food and garden education programs. The class will participate in a hands-on activity involving produce preparation and discuss resources available to promote children's consumption of fruits and vegetables. Participants will identify tools to use for evaluating garden programs at their school or organization.

A local educator will share their experiences and stories of developing and utilizing educational gardens. Participants will hear about how 2nd graders were empowered to develop the Baltic School Community Garden.

The training will be held at the Sioux Falls Regional Extension Center, 2001 E. 8th St., August 4, from 9:30 a.m. - 3:45 p.m. CDT. An additional workshop will also be held in Rapid City, S.D. June 23.

The cost of the training is \$25/person, and includes lunch and handouts. Pre-registration and payment is due July 31. A partial Continuing Education Credit (.5 CEU) is also available for \$5.

Registration forms are available under the date of the event at iGrow.org/events. Completed registration forms should be emailed to christina.zdorovtsov@sdstate.edu or printed and mailed to Chris Zdorovtsov, SDSU Extension, 2001 E. 8th St., Sioux Falls, SD 57103. For questions, contact Chris, 605-782-3290, christina.zdorovtsov@sdstate.edu.

Learn The Warning Signs Of Elder Abuse

LINCOLN, Neb. — The 10th observance of World Elder Abuse Awareness Day on June 15 is a call-to-action for individuals, organizations, and communities in the state to raise their awareness about elder abuse, neglect and financial exploitation, said Courtney Phillips, CEO of the Nebraska Department of Health and Human Services.

The observance is a collaborative effort of Adult Protective Services in the Children and Family Services Division and State Unit on Aging in the Medicaid and Long-Term Care Division. Its purpose is to raise awareness of warning signs of abuse that older and vulnerable Nebraskans experience, and to encourage Nebraskans to call the Adult and Child Abuse and Neglect Hotline (1-800-652-1999) or law enforcement.

Every year about one in 10 older Americans are victims of elder abuse, neglect or exploitation. It's estimated that for every report of elder abuse or neglect, as many as 23.5 cases go unreported.

"With the number of older Americans expected to grow to 20 percent of our population before 2030, elder abuse must be an ever-present concern," Phillips said. "They are likely to live longer, but not necessarily better as cognitive and physical abilities decline. We must be there for them and learn the warning signs."

The warning signs of abuse, neglect and financial exploitation include:

- Sudden changes in behavior or finances.
- Physical injuries, dehydration or malnourishment.
- Extreme withdrawal, depression or anxiety.
- Absence of basic care or necessities.
- Kept away from others.
- Unsanitary living conditions.
- Personal items missing.

Information about elder abuse and neglect is available from Adult Protective Services, domestic violence programs and local Area Agencies on Aging. The Adult Protective Services website is http://dhhs.ne.gov/children_family_services/Pages/nea_aps_apsindex.aspx, and the National Center on Elder Abuse website is www.ncea.aoa.gov.

MILITARY

AUSTIN DRUIN

U.S. Air National Guard Airman 1st Class Austin D. Druin 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, physi-

cal 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.

Druin is the son of Chris and Wade Druin of Vermillion. Austin is a 2014 graduate of Vermillion High School, Vermillion.

We Can Learn A Lot From Babies, Human And Animal

BY DR. MIKE ROSMANN

Sponsored by Lewis & Clark Behavioral Health



Dr. Mike ROSMANN

Another grandchild was born on May 29. Ana Bea (family names of ancestors) came into the world with some amniotic fluid in her lungs, but after it was suctioned out, she quickly became strong, healthy, breathed on her own and is doing well.

Yup, Marilyn and I have four grandchildren now. We, as well as the parents of all our grandchildren, couldn't be prouder of the thriving youngsters, who range from three years old to two-week old Ana.

Observing Ana bond with her mother and father was a highlight of an emotion-packed weekend that made me think about how parent-child recognition occurs. When either parent held her, Ana opened her eyes and stared intently at the parent holding her and they "connected," for her heart rate slowed from fast to normal.

When someone else held Ana, her pulse quickened and remained rapid even though the "stranger" cooed and exhibited the same external behaviors as Ana's parents. How did Ana know who were her parents and who wasn't?

The scientific study of behavior began about a century ago. Psychology, the science of behavior and therapeutic changes in behavior, is today where physics and chemistry were a hundred years ago.

Psychology is still defining the basic elements of behavior. Just as physical particles have characteristics that are measurable, such as size, weight, color, electrical charge and temperature, behavior has measurable characteristics such as frequency, intensity, duration and effect.

Behavioral epigenetics, a field even newer than psychology, seeks to explain how behaviors become encoded in our DNA. The minute molecules that comprise our genes may be the most basic structures of physical and behavioral life, for they contain the

inherited instincts, and learned behaviors, that enhance or detract from our survival.

Psychology has determined that the parent-child bonding, such as occurred between Ana and each of her parents, are instinctual behavior patterns for both the child and the

parent. Ana recognized her mother because she became familiar with her mother's heart rate, her vocalizations and patterns of behavior while in utero.

As Ana was separated from her mother when the umbilical cord was cut, she associated the familiar cues of her mother with comfort and protection and with her mother's smell, voice and appearance after she was born.

How did Ana recognize her father? Research suggests that infants recognize their fathers from familiar vocalizations, sounds and behavior patterns like the father touching the mother while still in the mother's uterus.

Ana picked up cues regarding her father through her mother's body, for babies can hear and feel while in utero, and she also detected her mother's reaction to the activities of Ana's dad. After being born, Ana may also have recognized familiar olfactory cues because of her father's close physical contact with her mother.

Parental behaviors, like those of Ana's parents with their baby, were also partly determined by instincts they inherited from multiple preceding generations, as well as from learning. Seeing their baby, touching and smelling her, and looking into Ana's eyes triggered a flood of endorphins, including oxytocin, that encouraged her mom and dad to reciprocate with smiles, soft words and touches.

Bonding between a newborn infant

and the parents stimulates parental care-giving, emotional warmth and approval. These caretaker responses are so strong that the hearts of even the most emotionally cold caretakers usually melt, but what really happens is that their genetic code is releasing the expression of behaviors that enhance the likelihood of survival of the infant.

Ask anyone who raises animals how important sight, sound and smells are to bonding between a mother and her offspring. Ranchers, for example, know how excitedly the mother cow and her newborn calf sniff each other.

The cow usually moos softly and the calf raises its head as best it can when they first "greet" after parturition. Thereafter they instantly recognize each other.

How important it is for the baby to have a safe environment and loving parents, both before and after birth! Trauma experienced by the mother, such as physical or emotional abuse or severe stress of any kind, affects the developing fetus to the degree that the newborn baby can be born overly sensitized to the sounds and feelings that alarmed the pregnant mother; the infant may react with fear, exhibit health problems and have difficulty bonding and adjusting.

A threatening world after birth also heightens distress in the infant that takes a toll on the baby's immune system and can deter normal physical development, emotions and learning.

As Ana learns she can count on her parents to provide her safe nurturing care, she will become even more attached to them. Positive attachment to at least one parent facilitates her capacity to bond and attach to others in her life, like siblings, grandparents, other family members and later on, teachers, playmates and a host of other people, as long as no one mistreats her.

Dr. Mike and his wife live on a farm near Harlan, Iowa. Contact him at: www.agbehavioralhealth.com.

SCHOLASTICS

MOUNT MARTY COLLEGE

Mount Marty College has released the Spring 2015 Dean's List Honorees. The Dean's List at Mount Marty College is defined as a full time undergraduate student completing a full time load of graded course work with a minimum term grade point average of 3.5.

Colin Linde, Sierra Vista, Arizona
 Dakota Kirkman, Exeter, California
 Sara Sterck, Berthoud, Colorado
 Anthony Stransky, Denver, Colorado
 Mykaela Hughes, Fort Collins, Colorado
 Caleb Wilson, Gunnison, Colorado
 Vanessa Mitchell, Trinidad, Colorado
 Patrick Ciganovic, Semaphore — Australia FO
 Laura Cattle, West Wyalong — Australia FO
 Sara Means, Granville, Iowa
 Megan Meister, Kingsley, Iowa

Catherine Pratt, Le Mars, Iowa
 Gabrielle McHugh, Logan, Iowa
 Alexander Olson, Long Grove, Iowa
 Erica Dreckman, Marcus, Iowa
 Jennifer Vondrak, Merrill, Iowa
 Gabriel Goehring, Milford, Iowa
 Brittini Bormann, Merville, Iowa
 Alexander Bayse, Polk City, Iowa
 Lauren Janssen, Sioux City, Iowa
 Robert Neswick, Sioux City, Iowa
 Megan Turner, Sioux City, Iowa

Anna Kollasch, Whittemore, Iowa
 Katherine Adam, Hope, Michigan
 Shaina Lonneman, Adrian, Minnesota
 Janaya Lewis, Andover, Minnesota
 Amelia Berning, Comfrey, Minnesota
 Allison Berry, Cottage Grove, Minnesota
 Ryan Oye, Luverne, Minnesota
 Quinn Koenen, Robbinsdale, Minnesota
 Kristie Tessmer, St Michael, Minnesota
 Cassidy Janicek, Columbia, Missouri
 Abraham Griffith, Great Falls, Montana
 William Lawrence, Columbus, Nebraska
 Emily Boyle, Creighton, Nebraska
 Erik Ausk, Crofton, Nebraska
 Sarah Furrow, Crofton, Nebraska
 Holly Hegge, Crofton, Nebraska
 Sarah Donovan, Gretna, Nebraska
 Carissa Koeppel, Hadar, Nebraska
 Philip Vornhagen, Kearney, Nebraska

Kelsey Kalkowski, Lynch, Nebraska
 Emily Schmit, McLean, Nebraska
 Lauren Heyden, Newport, Nebraska
 Kristen Boyle, Norfolk, Nebraska
 Lauren Orwig, Norfolk, Nebraska
 Kaitlyn Westcott, Norfolk, Nebraska
 Jennifer Mitera, Omaha, Nebraska
 Morgan Moore, Omaha, Nebraska
 Olivia Rodriguez, Omaha, Nebraska
 Jamie Thelen, Omaha, Nebraska
 Kelsey Van Osdel, Omaha, Nebraska
 Derek Blumenstock, O'Neill, Nebraska
 Erin Boyle, O'Neill, Nebraska
 Luke Loecker, O'Neill, Nebraska
 Jean Zakrzewski, O'Neill, Nebraska
 Amber Krause, Tekamah, Nebraska
 Rebecca Zimmerman, Utica, Nebraska
 Elisa Robinson, Wayne, Nebraska
 Collin Matthews, Winnebago, Nebraska
 Bailey Kuchta, Wynot, Nebraska
 Donatha Gunda, Mendham, New Jersey
 Melvin Gabel, Edmond, Oklahoma

Jordan Johnson, Avon
 James Reeves, Avon
 Brooke Becker, Brandon
 Alissa Krause, Brandt
 Samantha Blake, Centerville
 Rachel Reiff, Chester
 Rachel Shippy, Colome
 Emily Pillatzki, Corona
 Rebecca Bryan, Draper
 Kelsey Abbey, Elk Point
 Caitlin Davis, Elk Point
 Cassidy Gebhart, Elkton
 Allyson Roth, Freeman
 Nicole Saarie, Freeman
 Vanessa Ryken, Gayville
 Christopher Fieber, Goodwin

Samuel Voigt, Gregory
 Brittany Healy, Harrisburg
 Cody Willett, Harrisburg
 Margaret McMahon, Hartford
 Kelsey Popham, Hayti
 Emily Troske, Hayti
 Cindy Gartner, Irene
 Jamie Healy, Irene

Reilly Biel, Java
 Kellie Winckler, Lake Andes
 Ellen Renz, Lennox
 Amanda Bernard, Madison
 Elisa Bainbridge, Menno
 Geri Blachford, Miller
 Courtney Miller, Mitchell
 Berkley Rietveld, Mitchell
 Michael Sadler, Mitchell
 Jared Schmidt, Mitchell
 Kelsey Thury, Mitchell
 Deric Denning, Mount Vernon

Amber Dysthe, Parker
 Morgan Hay, Parker
 Jalen Hurley, Parkston
 Nick Kummer, Parkston
 Krista Radke, Parkston
 Logan Wagner, Parkston
 Abby Keffeler, Piedmont
 Kami Meyerink, Platte
 Jennifer Swanson, Pukwana
 Elliot Bierwagen, Sioux Falls
 Gage Blaschke, Sioux Falls
 Brittni Boes, Sioux Falls
 Dustin Haffeman, Sioux Falls
 Denae Veldkamp, Sioux Falls
 Jordan Houdek, Spearfish
 Hannah Buchholz, Springfield
 Gina Ludens, Springfield
 Kelsey Mesman, Springfield

Olivia DeWaard, Stickney
 Justine Kummer, Tabor
 Laura Slama, Tabor
 Raquel Sutura, Tabor
 Karlee Kozak, Tyndall
 Vanessa Navratil, Tyndall
 Jessica Crossman, Utica
 Taylor Wingert, Valley Springs
 Collin Bertram, Vermillion
 Ellen Hanson, Vermillion
 Elly Miiller, Vermillion
 Neal Seppanen, Vienna
 Jenece Holzbauer, Wagner
 Bobbi Soukup, Wagner
 Angel Johnston, Wakonda
 Dyantha Benthin, Watertown
 Jill Burczek, Watertown
 Lori Cleveland, Watertown
 Deserae Emmett, Watertown

Candice Hill, Watertown
 David Jacobson, Watertown
 Trevor Jutting, Watertown
 Heather Maag, Watertown
 Nicole Mack, Watertown
 Lindsay Martin, Watertown
 Rachel Reih, Watertown
 Broderik Ries, Watertown
 Chandler Rydberg, Water-

town
 Cora Sorensen, Watertown
 Ashley TeBeest, Watertown
 Ashlea West, Watertown
 Shannon Drake, Waubay
 Rebecca Schmidt, Willow Lake
 Heather Prisinger, Wilmot
 Mollie Bolzer, Winner
 Brittany Ament, Yankton
 Paige Anderson, Yankton
 Sahara Barrett, Yankton
 Margaret Bisgard, Yankton
 Christin Broscha, Yankton
 John Christian, Yankton
 Oscar Del Valle, Yankton
 Antoinette Dewberry, Yankton

Brenda Durst, Yankton
 Jessica Erickson, Yankton
 Amber Faulk, Yankton
 Devan Fink, Yankton
 Jacob Fokken, Yankton
 Katelyn Greenaway, Yankton
 Michael Grimme, Yankton
 Natalie Gross, Yankton
 Haylie Haney, Yankton
 Haley Haro, Yankton
 Ashley Hatch, Yankton
 Sara Hensley, Yankton
 Neil Hohenthaner, Yankton
 Shawn Hrabal, Yankton
 Rodney Jackson, Yankton
 Wendy Jungemann, Yankton
 Kendra Karstens, Yankton
 Katie Kotschegarow, Yankton
 Benjamin Laudert, Yankton

Shawn McCardell, Yankton
 Joshua Monson, Yankton
 Alex Mueller, Yankton
 Caitlyn Oien, Yankton
 Mario Perez, Yankton
 Cassandra Rezac, Yankton
 Ashley Riibe, Yankton
 Vanessa Rockne, Yankton
 Michael Schorn, Yankton
 Lillie Tacke, Yankton
 Joshua Teichroew, Yankton
 Tanner Termansen, Yankton
 Mike Tritch, Yankton
 Logan Ulmer, Yankton
 Melissa Weberg, Yankton
 Rodolfo Zambrano, Yankton

Samantha Bischoff, West Haven, Utah
 Jericho Osborne, Newport News, Virginia
 Austin Miller, Port Orchard, Washington
 Raegan Layher, Douglas, Wyoming

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