Dr. Mike Rosmann

Caring For Children And Farmland Have Commonalities

BY DR. MIKE ROSMANN

Sponsored by L&C Behavioral Health

Immediate Past President of the American Academy of Pediatrics, Dr. Robert Block, recently said, "Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today." That got me thinking about how caring for children has commonalities with caring for

One could also say, "Adverse treatments of farmland are the single greatest unaddressed threat facing the wellbeing of our nation's agriculture."

When we nurture our children and our land, both flourish. When we mistreat children and land, both suffer and we threaten the future of our world.

What happens to children? A series of studies led by Kaiser Permanente and the Center for Disease Control reported on the health outcomes of adults who completed histories of exposure to traumatic events called "adverse childhood experiences" (ACEs) while they were children. More than 30 scientific articles reported the ACE findings.

The ACEs examined were the following: emotional, physical or sexual abuse, physical or emotional neglect, and five types of dysfunction within the household: witnessing domestic violence, sub-

stance abuse by one or more persons in the household, mental illness of someone in the household, parental separation or divorce, and incarceration of a household member.

Dr. Mike

ROSMANN

The researchers found that ACEs were common for the adults who were followed. Of the 17,000+ persons evaluated, 63.9 percent had experienced at least one ACE; 12.6 percent of the sample had indicated four or more ACEs.

As the number of ACEs increased, the risks for serious health disorders during later childhood and throughout adult-

Health disorders that increased were the following: alcohol abuse, chronic obstructive pulmonary disease (COPD), depression, fetal death, illicit drug use, ischemic heart disease, liver disease, risk for intimate partner violence, multiple sexual partners, sexually transmitted diseases, smoking, suicide

attempts and unintended pregnancies.

The greater the number of adverse childhood experiences, the greater the risk for one or more negative health issues. For example, persons with an ACE score of four were 2.5 times more likely to develop COPD and hepatitis than persons with

Persons with just one ACE were two times more likely to experience depression and to attempt suicide later in life.

The conclusion of this valuable series of longitudinal studies is that children need to grow up in an environment that is free of disruptions and exposures to toxic social-behavioral

What happens to farmland? When farmland is mistreated, it loses its capacity to produce optimally and may eventually play out entirely.

Just like we should prevent adverse childhood experiences to people, we should prevent abuse and misuse of farmland.

We are largely in control of our farming practices, much as we are largely in control of how we raise children. Here are just a few of the practices that have been demonstrated by research to maximize long-term benefits to farmland and which are sometimes ignored in favor of maximizing production in the short term:

- Maintain perennial grasses and forbs on waterways, terraces and along streams to reduce runoff from sloping
- Alternate strips of crops that protect the soil surface, such as hay, with crops that allow the soil to be vulnerable to erosion, like corn and soybeans, until they grow sufficiently to cover the soil
- Apply just enough crop nutrients, such as nitrogen, and monitor uptake through surveillance and/or tissue analyses and utilize soil mapping and timely applications to minimize excessive fertilizer leaching and runoff
- Curtail or eliminate use of toxic herbicides and insecticides so that beneficial biota are not unintentionally eliminated from the soil
- Rotate crops so that greater biodiversity is fostered than occurs with continuous production of the same crop or alternating just two crops, such as corn and soybeans, every
- Plant quick-growing and cold-tolerant cover crops such as radishes, turnips, vetch and other legumes or grasses such as rye after harvesting the main crop to minimize erosion, restore nutrients and break up compacted soil; for example, rye might follow soybeans
- Maintain residue in fields after harvest, such as corn stalks, instead of removing the residue for feed, bedding or sale as a byproduct
- Allow livestock to clean up fields after harvest so as to utilize grain or plant material left in the fields and to recycle the remaining grain and fodder as manure
- Maintain crops and livestock/poultry on farms and use their manure to replace nutrients removed by the crops and to improve biodiversity and organic matter
- Balance production with stewardship by distributing large confined animal/poultry operations instead of consolidating them, thereby dispersing their manure and odors

Just as we should invest in the good care of our children so they become healthy, competent and productive adults, we should invest in the good care of our agricultural land so it will produce healthy food for people today and for succeeding generations. The larger community of all people shares in these responsibilities for children and the land.

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

Yankton Teams Reign At Science Olympiad

YHS Brings Home Top Honors At State Competition

The Yankton High School Science Olympiad team won the 31st annual South Dakota Science Olympiad State Tournament held on the campus of the University of South Dakota in Vermillion on Saturday, March 21.
The 15-member team and one alter-

nate competed in the 23 science events in the C division of the Olympiad and won first place in 11 of the events, second place in 9 events, third place in two, and fourth place in one of the

The YHS teams have won first place in 28 of the 30 C Division Science Olympiads held in South Dakota. The very first Olympiad was not open to the C division.

Winning first place gold medals in the following events were:

- Sam Gusso and Jon Barkl in Bridge Building
- Heather Hauer and Ben Rust in Bungee Drop
- Ben Rust and Kim Cap in Compound Machines
- Alexa Bryan and Kim Cap in Dis-• Cody Perakslis and Alexa Bryan in
- Forensics • Kim Cap and Story Lesher in
- Heather Hauer and Alexa Bryan in It's About Time • Cody Perakslis, Lauryn Perk, and
- Kelsey Westerman in Protein Modeling • Šam Gusso and Broc Mauch in Scrambler
- Heather Hauer and Jon Barkl in
- Kelsey Westerman and Sophie McKee in Write It Do It

Winning second place silver medals in the following events were:

• Jon Barkl and Cody Perakslis in Air

• Garrett Adam and Story Lesher in Anatomy & Physiology

SUBMITTED PHOTO

YHS Science Olympiad Team, from left: front row: Ben Rust, Lauryn Perk, Sophie McKee, Katie Schaeffer, Kelsey Westerman; middle row: Cody Perakslis, Ted Anders, Sam Gusso, Joe Zoeller (Alternate); back row: Coach Bob Medeck, Story Lesher, Heather Hauer, Broc Mauch, John Barkl, Garrett Adam, Coach Brooks Schild, Alexa Bryan and Kim Cap.

- Garrett Adam and Cody Perakslis in Astronomy
- Broc Mauch and Garrett Adam in Dynamic Planet
- Broc Mauch, Ted Anders, and Katie Schaeffer in Experimental Design
- Ted Anders and Katie Schaeffer in Geologic Mapping

 • Ben Rust and Kelsey Westerman in
- **Green Generation**
- Sam Gusso and Story Lesher in Mission Possible
- Ted Anders and Sophie McKee in Technical Problem Solving

Winning third place bronze medals in the following events were:

- Alexa Bryan and Garrett Adam in Cell Biology
- Jon Barkl and Broc Mauch in Entomology

Winning fourth place was:

• Sophie McKee and Lauryn Perk in Chemistry Lab.

The YHS team won with a low score of 39 points, followed by Brookings High School with 51, and Spearfish High School with 92. A total of eight high schools participated in the Science Olympiad C Division.

The team was coached by Robert Medeck and Brooks Schild. From last November through the Olympiad. The team has been assisted by many parents, community mentors and district

The team is invited to represent the State of South Dakota at the Science Olympiad National Tournament hosted by the University of Nebraska in Lincoln, Nebraska on May 15-16.

YMS Continues Dominance At State

The Yankton Middle School Science Olympiad team won the 31st annual South Dakota Science Olympiad State Tournament held on the campus of the University of South Dakota in Vermillion on Saturday,

The 15-member team and five alternates competed in the 23 science events in the B division of the Olympiad and won first place in 14 of the events, second place in

The YMS teams have won first place in the B Division each of the 31 years the event has been held.

Winning first place gold medals in the following events were:

- Air Trajectory: Erin Knight & Katie Hammond
- Anatomy & Physiology:
- Alex Palacek & Leola Felton • Bottle Rockets: Price
- Jensen & Jacob Paulsen • Bridge Building: Cole
- Miller & Katie Hammond
- Crime Busters: Alex Palacek & Leola Felton
- Disease Detectives: Katie Hammond & Lauren
- Entomology: Skyler Brockmoller & Ryan Knight • Experimental Design: Alex Palacek, Lauren Schild,
- Sam Herrboldt • Green Generation: Erin
- Knight & Ryan Knight • Road Scholar: Price Jensen & Leah Waid
- Paulsen & Price Jensen • Simple Machines: Sam Herrboldt Skyler Brockmoller

• Robo-Cross: Jacob

• Solar System: Ella Mulder & Brianna Lemberg



SUBMITTED PHOTO

Knight & Ella Mulder

The Yankton Middle School Science Olympiad team took top honors again at the state meet held in Vermillion last weekend. Wheeled Vehicle: Cole • Dynamic Planet: Erin

Miller & Jacob Paulsen Winning second place sil-

ver medals in the following events were: • Bio-Process Lab: Alex

- Palacek & Lauren Schild • Crave the Wave: Cole Miller & Leah Waid
- Elastic Launched Glider: Leola Felton & Sarah Stoddard
- Fossils: Sarah Stoddard & Ryan Knight • Picture This: Sarah
- Stoddard, Ryan Knight & Sam Herrboldt • Write It/Do It: Skyler Brockmoller & Brianna Lem-
- berg Winning third place bronze medals in the follow-

ing events were: • Can't Judge a Powder: Lauren Schild & Sam Herrboldt

www.yankton.net

dle schools participated in the Science Olympiad B Divi-The team was coached by Tom Merrill, Cheryl Schaef-

fer and Brooks Schild, From last November through the Olympiad. The team has been assisted by many parents, community mentors, The team is invited to

The YMS team won with a

low score of 40 points, fol-

lowed by Sacred Heart with

60 points, and Dakota Valley

with 111. A total of eight Mid-

represent the State of South Dakota at the Science Olympiad National Tournament hosted by the University of Nebraska in Lincoln, Nebraska on May 15-16.

Southeastern SD Singing Convo Meets Sunday

VERMILLION — The Southeastern South Dakota Gospel Singing Convention will hold its quarterly songfest at the First Baptist Church, located at 101 East Main St. in Vermillion, on Sunday, March 29, at 2 p.m.

The event is free and open to all who want to join in singing the old time hymns and Southern Gospel style

For more information, you may contact the church at (605) 624-4658 or the Singing Convention Secretary at:(605) 212-9011.

YOU'RE NEWS! The Press & Dakotan

ATTENTION TAXPAYERS: NOTICE OF PROPERTY TAX INCREASE OF \$45,000 RESOLUTION FOR OPT OUT

THE GOVERNING BOARD OF Utica Township North do state that the above said board is unable to operate under the tax limitation measure currently in statute. We therefore OPT OUT of such tax limitation in the amount of \$45,000 starting with calendar year 2015 taxes payable in the calendar year 2016. This opt out will be for 3 years, which will be through taxes payable in the calendar year 2018. This action has been taken by the board and approved by at least a two-thirds vote of the board.

This decision may be referred to a vote of the people upon a petition signed by at least five percent of the registered voters in the district and filed with the governing body within twenty days of the first publication of this decision.

Unless this action is referred to a vote of the people and reversed by such vote, this resolution authorizes the county auditor to spread an excess levy to raise tax dollars in the above stated amount.

