

'Step Outside Event' Is June 2

On Saturday, June 2, Yankton area youth will have a chance to participate in the fourth annual Yankton Step Outside event.

The event will take place at the Izaak Walton's trap range east of Yankton on Highway 50 and will run from 10 a.m. to 3 p.m. There will be a free lunch provided.

Youth attending the event will be able to shoot shotguns,

.22 rifles, BB guns, bow and arrow, learn how to fillet a fish (demonstrated to them) and learn how to call a turkey.

The event is free and open to youth 8 years old and older. All youth must be accompanied by an adult.

Anyone interested must pre-register by calling the Lewis and Clark Recreation Area at (605) 668-2985.

Visiting Hours

Be On Guard Against Hearing Loss

BY MATTHEW RUMSEY
AuD, CCC-A

Twenty eight million Americans suffer from hearing loss, including 10 million who suffer from preventable, irreversible noise-induced hearing loss. Another 30 million more are exposed to dangerous noise levels each day. One of the most common ways children and teenagers can acquire noise-induced hearing loss is listening to loud music.

Avera Medical Group — Ear Nose and Throat (ENT) Yankton has designated May as Better Hearing and Speech Month, promoting hearing conservation to reduce noise-induced hearing impairment.

Although I am proud to help those who have experienced a hearing loss, it is much more gratifying to protect a patient's hearing. There is no replacement for our hearing sense. Every day I focus on preserving hearing by educating patients about dangerous sounds, selecting hearing protectors that best fit the individual and proper use of hearing protectors.

Activities that put your hearing at risk include: playing with noisy toys, band instruments and video games; listening to personal music players and stereos at high volumes; attending concerts and movies; operating lawn mowers, leaf blowers, chainsaws, firearms, fireworks and riding off-road vehicles. As a rule, noise may damage your hearing if you are at arm's length from it, or if you have to shout to make yourself heard.

Two factors that determine risk levels are the overall sound pressure level and duration of exposure. OSHA considers 85 decibels (common lawn mower engine) safe for eight hours. If you are exposed to 90 decibels, your hearing could potentially become damaged in four hours. At 100 decibels, you are safe for only about an hour. When the noise reaches 110 decibels, damage can occur after 15 minutes of exposure. To put it in perspective, sports arenas have been measured at levels exceeding 130 decibels and some firearms exceed 160 decibels.

At Avera Medical Group/ENT Yankton, we recommend patients practice the following

hearing conservation strategies to protect themselves and their families from noise-induced hearing loss:

- Turn it to the left — In other words, turn the volume down. If others can hear music from headphones or you have to shout to be heard it is too loud.
- Be safe not sorry — Utilize hearing protectors every time you are involved in loud activities.
- Walk away — Limit your time in noisy environments when hearing protection is not available.

Humans are highly social and rely on communication to keep us connected to friends and family. Hearing loss interrupts communication and interferes with those relationships, which can result in depression, withdrawal, reduced self-esteem and self-worth. By practicing hearing conservation strategies diligently, you can prevent these negative outcomes of noise-induced hearing impairment. So, do yourself a favor. Turn it to the left! Be safe not sorry! Walk away from noise!

Recognizing And Dealing With Depression

BY DR. MIKE ROSMANN

After reading previous columns about depression and suicide among farmers, several readers asked, "How do I know when someone is depressed or suicidal and what can I do?"

While all persons and situations differ, there often are observable signs of excessive stress, depression and suicide.

- Verbalizations about hopelessness such as "It's no use, nothing I do is working" or "I feel like giving up."
- Verbalizations about loss of interest or pleasure in everything such as "I don't care about anything anymore" or "I haven't laughed in a long time."
- Dramatic statements and threats such as "I feel like shooting every animal on the farm" or "I'm going to get that jerk if it's the last thing I do."
- Avoiding social or public events such as church or kids' sports, especially when the person usually attends these activities.
- Persistent flat mood, isolation and retreating behavior.
- Deterioration in appearance of the livestock or farm, too high somatic cell counts in dairy animals' milk, equipment and fences in worsening state of disrepair.
- Decline in personal appearance from the usual.
- Too many stressors occurring simultaneously such as inability to make payments on time, losses of loved ones, natural disasters like tornados. Note: Most of us can handle two major stressors at a time and sometimes even three temporarily, but seldom more without help.
- Persistent trouble falling or staying asleep or sleeping too much.
- Near tears, such as the "lump in the throat" phenomenon, but without actually crying.
- Emotional paralysis, such as inability to make a decision or go about working.



Dr. Mike ROSMANN

the course can be found through an online search of "agricultural medicine."

AgriSafe Clinics (www.agrisafe.org) also are able to help interested persons learn about this specialized training and can help farm people with health issues, including behavioral health screening and personal protective equipment.

Sometimes seriously depressed persons experience a rebound after beginning antidepressant medication and are at higher than usual risk for self harm. Robert Lincoln of Sydney, Australia, described this situation:

When they start a new medication their [energy level] returns before they start feeling better and that is when they are in the danger zone. The problem is

that doctors, counselors and pharmacists fail to educate patients and their families what the road to recovery entails. Almost always, these events are complex and multi-faceted. In the end we can better understand the contributors but never fully understand what was going through a person's mind when things like [suicide] happen.

Prevention of exposure to harmful chemicals is best. Dr. Paul Gunderson, Director of the Center for Technology-Optimized Agriculture in North Dakota, strongly urges chemical applicators to minimize exposure to crop protection products by wearing nitrile gloves, goggles, and aprons when mixing/handling products or adjusting spray nozzles. Applicators should use respirators when entering active spray paths and routinely wash hands. To insure good respirator fit, rid faces of beards and don't wear caps or long hair.

What helps us when we feel depressed? We can help ourselves and our loved ones with tips and support. Behaviors that increase our own production of serotonin and norepinephrine, the essential body chemicals needed to "feel normal," include:

- Enjoyable physical work or play.
- Hearty laughter.
- Deep sleep with active dreaming.
- Meaningful prayer and meditation.
- Vigorous physical exercise.
- Talking to, writing, texting persons you trust.
- Physical/sexual intimacy with a loving partner.
- Receiving comforting touches.
- Interacting positively with pets.

The more we know about stress and depression, the better able we are to farm smarter and healthier.

Thank you to all who let me know what you want to read about.

Dr. Rosmann farmed for many years and is a licensed psychologist. He has devoted his professional life to improving the behavioral health of farm people. He teaches the agricultural behavioral health section of several Agricultural Medicine courses around the country. Learn more about Dr. Rosmann from his book, "Excellent Joy: Fishing, Farming Hunting and Psychology," available at www.icecubeypress.com.

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SCHOLASTICS

SOUTH DAKOTA STATE UNIVERSITY

BROOKINGS — The following students have been named to the dean's list for academic excellence during the Spring 2012 semester at South Dakota State University. To earn dean's list distinctions in SDSU's eight colleges, students must have completed a minimum of 12 credits and must have earned at least a 3.5 grade point average on a 4.0 scale. Students with an asterisk received a perfect 4.0 grade point average.

Kauth, Morgan Joseph*, Bloomfield, Neb., College of Agriculture & Biological Sciences

Poppe, Travis Alan*, Crofton, Neb., College of Agriculture & Biological Sciences

Merkel, Dana M.*, Crofton, Neb., College of Pharmacy

Schiferl, Megan Marie, Fordyce, Neb., College of Arts & Science

Zach, Tanner Jordan, Niobrara, Neb., College of Agriculture & Biological Sciences

Kleinschmit, Brett Frank, Saint Helena, Neb., College of Agriculture & Biological Sciences

Merrick, Alex Conrad, Alcester, College of Agriculture & Biological Sciences

Osterloh, Dominic Joseph*, Alcester, College of Arts & Science

Schempp, Mallory Kay, Alcester, College of Nursing

Bosma, Matthew Alvin*, Armour, College of Education & Human Sciences

Groeneweg, Andrew James*, Armour, College of Engineering

Preheim, Michael Donald, Armour, College of Engineering

Weber, Ashley Jean, Armour, College of Pharmacy

Johnson, Robin R., Avon, College of Engineering

Cihak, Sean P., Avon, College of Nursing

Martin, Taylor Ashley, Beresford, College of Agriculture & Biological Sciences

Mochel, Jonathan Taylor*, Beresford, College of Agriculture & Biological Sciences

Mohr, Christopher Michael*, Beresford, College of Education & Human Sciences

Peterson, Keesha Marie, Beresford, College of Education & Human Sciences

Hanson, Stephanie Karen*, Beresford, College of Pharmacy

Jensen, Taylor Matthew*, Burbank, College of Agriculture & Biological Sciences

Jensen, Anthony Joseph, Burbank, College of Arts & Science

Auch, Matthew Isaac, Centerville, College of Engineering

Aadahl, Alison Jeane*, Centerville, College of Nursing

Clayton, Katherine Marie, Centerville, College of Nursing

Klock, Allyson Emma*, Chancellor, College of Arts & Science

Olson, Benjamin Warren, Chancellor, College of Engineering

Wipf, Emily Dawn, Chancellor, College of Nursing

Olson, Mark Daniel, Chancellor, University College

Neff, Matthew Todd*, Dakota Dunes, College of Education & Human Sciences

Fredrikson, Meagan Colette*, Dakota Dunes, College of Nursing

Krcil, Andrew Joseph*, Dante, College of Agriculture & Biological Sciences

Roth, Bryce Michael, Delmont, College of Arts & Science

Hanson, Angela Marie, Delmont,

College of Nursing

Donnelly, Troy Johnathon, Elk Point, College of Agriculture & Biological Sciences

Klinkhammer, Mackenzie Marie*, Elk Point, College of Agriculture & Biological Sciences

Dennison, Casson Alexander, Elk Point, College of Arts & Science

Chicoine, Amanda Lynn*, Elk Point, College of Education & Human Sciences

Schuh, Elizabeth Rose, Elk Point, College of Education & Human Sciences

Lawler, Allison Marie, Elk Point, College of Nursing

Murphy, Allyson Leigh, Elk Point, College of Nursing

Donnelly, Jenna Nicole*, Elk Point, College of Pharmacy

Wurtz, Kimberly Ann, Elk Point, College of Pharmacy

Langle, Trisha Marie, Freeman, College of Agriculture & Biological Sciences

Gering, Daniel Joe, Freeman, College of Arts & Science

Gering, September Rose, Freeman, College of Arts & Science

Ruml, Sarah Elizabeth, Freeman, College of Arts & Science

Waltner, Taylor Leigh, Freeman, College of Arts & Science

Windish, Jacob Lee, Freeman, College of Arts & Science

Boese, Aaron Cameron*, Freeman, College of Engineering

Hofer, Patrick Michael, Freeman, College of Engineering

Waltner, Drew John*, Freeman, College of Engineering

Hofer, Laura Elizabeth, Freeman, College of Nursing

Uecker, Leah Shae*, Freeman, College of Nursing

Gullikson, Bailey Shea, Gayville, College of Agriculture & Biological Sciences

Erickson, Morgan Carol, Gayville, College of Arts & Science

Severson, Adam Thomas, Gayville, College of Engineering

Porter, Jenetta Leigh*, Geddes, College of Agriculture & Biological Sciences

Dyk, Anthony Evan, Geddes, College of Arts & Science

Meyerink, Denielle Jo*, Geddes, College of Arts & Science

Mushitz, Luke Allen*, Geddes, College of Engineering

Ihnen, Cierra Michelle, Hurley, College of Arts & Science

Benson, Maria Theresa, Hurley, College of Education & Human Sciences

Ebbesen, Abby Jo, Hurley, College of Nursing

Chicoine, Wyatt Anthony, Jefferson, College of Engineering

Frankl, Johnathon Mark, Jefferson, College of Engineering

Walder, Danielle Patricia*, Lake Andes, College of Education & Human Sciences

Syrovatka, Cindy Marie, Lesterville, College of Education & Human Sciences

Wilson, Erin Marie, Marion, College of Agriculture & Biological Sciences

Raville, Cacey Nicole, Marion, College of Education & Human Sciences

Jepsen, Shannon Marie*, Meckling, College of Agriculture & Biological Sciences

Guthmiller, Jenna Jean, Menno, College of Agriculture & Biological Sciences

Neuharth, Michelle Marie, Menno, College of Nursing

Flynn, Eric A.*, North Sioux City, College of Agriculture & Biological Sciences

Stapleton, Michael Eugene,

Parker, College of Agriculture & Biological Sciences

Hanson, Andrew Arthur, Parker, College of Arts & Science

Begeman, Keith Evan*, Parker, College of Nursing

Kroeger, Brett Jacob*, Parkston, College of Arts & Science

Pickett, Kala Charmaine, Parkston, College of Arts & Science

Tiede, Jacob William*, Parkston, College of Arts & Science

Werning, Kara Lynn*, Parkston, College of Arts & Science

Fiegen, Kelli Lynn, Parkston, College of Education & Human Sciences

Kummer, Kelsey Ann*, Parkston, College of Education & Human Sciences

Lantero, Gianna Marie, Parkston, College of Education & Human Sciences

Nolz, Amy Christine, Parkston, College of Education & Human Sciences

Heisinger, Cassie Lynn*, Parkston, College of Pharmacy

Naasz, Rebecca Ashley, Platte, College of Agriculture & Biological Sciences

Fernholz, Erin Elizabeth*, Platte, College of Arts & Science

Nepodal, Joseph Hugh*, Platte, College of Arts & Science

Sprick, Cassi Jo, Platte, College of Arts & Science

Gukeisen, Christopher Bradley, Platte, College of Engineering

Soulek, Bryant Thomas, Ravinia, College of Agriculture & Biological Sciences

Simons, Jessica Rae, Springfield, College of Agriculture & Biological Sciences

Ruppelt, Elizabeth Rachael, Springfield, College of Education & Human Sciences

Ruppelt, Michael Scott, Springfield, College of Education & Human Sciences

Frank, Zachary Lawrence*, Springfield, College of Engineering

Ramsdell, Taylor Helen, Springfield, College of Pharmacy

Kokes, Janelle Kay*, Tabor, College of Nursing

Bentzen, Sara Ann, Tabor, College of Pharmacy

Leischner, Luke William, Tripp, College of Agriculture & Biological Sciences

Stoebner, Hannah Lea, Tripp, College of Agriculture & Biological Sciences

Suess, Tanner Jaye, Tripp, College of Agriculture & Biological Sciences

Kniffen, Marshall Douglas, Tyndall, College of Agriculture & Biological Sciences

Stoebner, Dylan Mark*, Tyndall, College of Pharmacy

Hicks, Elizabeth Anne, Utica, College of Agriculture & Biological Sciences

Rolfs, Ryan Page*, Utica, College of Arts & Science

Hawley, Rebecca Lynn, Vermillion, College of Agriculture & Biological Sciences

Amundson, Daniel Martin, Vermillion, College of Arts & Science

Wagner, Tyler Jordan*, Vermillion, College of Arts & Science

Carlson, Casey Dean*, Vermillion, College of Education & Human Sciences

Schaack, Alexander Davis, Vermillion, College of Engineering

Schaffer, William Augustus, Vermillion, College of Engineering

Flint, Jamie Lynn, Viborg, College of Agriculture & Biological Sciences

Larsen, Troy Richard*, Viborg, College of Agriculture & Biological Sciences

Wunder, Jordan Jacob, Wagner, College of Agriculture & Biological Sciences

Anderson, Anthony James, Wagner, College of Engineering

Eggers, Brandon Thomas*, Wagner, College of Engineering

Schroeder, Austin Wayne, Wagner, College of Engineering

Eggers, Jennifer Jean, Wagner, College of Nursing

Schroeder, Kara Leigh*, Wagner, College of Nursing

Schmidt, Alan Michael*, Yankton, College of Agriculture & Biological Sciences

Young, Elizabeth Marie*, Yankton, College of Agriculture & Biological Sciences

Bailey, Trevor Ray, Yankton, College of Arts & Science

Davis, Molly Ann, Yankton, College of Arts & Science

Garrity, Samuel Robert*, Yankton, College of Arts & Science

Hicks, Caitlin Anne, Yankton, College of Arts & Science

Hubbs, Christopher Eric, Yankton, College of Arts & Science

Kathol, Maria Lynn*, Yankton, College of Arts & Science

McDonald, Sean Francis, Yankton, College of Arts & Science

Stenstrom, Hannah Christine*, Yankton, College of Education & Human Sciences

Wendt, Kristen Sue, Yankton, College of Education & Human Sciences

Willard, Aaric Alan, Yankton, College of Education & Human Sciences

Schurman, Brett Daniel, Yankton, College of Engineering

Andrus, Ciara Lynn, Yankton, College of Nursing

Bodenstedt, Lindsay Creswick, Yankton, College of Nursing

Kolda, Sarah Jean, Yankton, College of Nursing

Olson, Heidi Autumn*, Yankton, College of Nursing

Quinlivan, Michael Dennis, Yankton, College of Nursing

Sieben, Brian Scott, Yankton, College of Nursing

Eilers, Traci Marie, Yankton, College of Pharmacy

Livingston, Kimberly Dawn, Yankton, College of Pharmacy

Svanda, Mitchell Joseph, Yankton, University College

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