

Ag Safety, Health Centers Benefit Farmers

BY DR. MIKE ROSMANN

As the US Congress undertakes deliberations on the FY 2015 federal budget, the National Institute for Occupational Safety and Health (NIOSH) is faced with threats of reduced funding or elimination, for the third year in a row. NIOSH is the primary US agency responsible for conducting research and making recommendations for the prevention of work-related illnesses, injuries and fatalities.



Dr. Mike ROSMANN

Ten regional Agricultural Safety and Health Centers and related programs serving all 50 states utilize a small portion of the \$332.86 million FY 2014 NIOSH budget to undertake research, education and information dissemination about agricultural safety and health. The Centers were established as part of a Center for Disease Control and Prevention/NIOSH Agricultural Health and Safety Initiative in 1990.

Farmers, ranchers, agricultural workers — indeed, anyone with concerns about health and safety issues in agriculture, fishing and forestry — may contact any of the ten regional Centers, which are available by conducting an online search of the name of a Center as listed below:

- High Plains Intermountain Center for Agricultural Health and Safety at Colorado State University
- National Children's Center for Rural and Agricultural Health and Safety at Marshfield, Wisconsin
- New York Center for Agricultural Medicine and Health (Northeast Center) at Cooperstown, New York
- Western Center for Agricultural Health and Safety at the University of California, Davis
- Great Plains Center for Agricultural Health at the University of Iowa
- Southeast Center for Agricultural Health and Injury Prevention at the University of Kentucky
- Upper Midwest Agricultural Safety and Health Center at the University of Minnesota
- Central States Center for Agricultural Safety and Health at the University of Nebraska Medical Center
- Southwest Center for Agricultural Health, Injury Prevention and Education at the University of Texas, Tyler
- Pacific Northwest Agricultural Safety and Health Center at the University of Washington

The Centers work with individual producers as well as organizations, businesses, manufacturers and groups involved in the agriculture industry. While they have produced a lot of "bang for the buck," their continuation is uncertain.

NIOSH funds are mainly responsible for the development of agricultural medicine training for physicians, nurses and persons in many related occupations in ten locales. The training helps healthcare providers and educators know how to manage the unique health issues of persons involved in agriculture, such as nicotine poisoning among people working in tobacco fields, respiratory health concerns due to agricultural dust and hearing loss due to agricultural noise.

The combined efforts of the Agricultural Safety and Health Centers with the agriculture industry as a whole

have contributed to significant reductions of work-related perils, such as far fewer deaths due to tractor rollovers and half as many injuries and fatalities to children working on the farm as two decades ago. More is now known about how antibiotics in animal feedstuffs affect human consumers, among the many health issues which are now better understood.

Many more agriculture issues need solutions, such as clearer knowledge about the health and environmental effects of long term use of glyphosate, how certain pesticides influence the rates of cancer, Parkinson's disease and other maladies of the people who contact these substances and how to certify farms as safe places to work, among many other issues.

All the Centers offer pilot grants up to \$20,000 on a competitive basis for emerging issues research and demonstration projects that are proposed by individuals or groups who want to examine a particular issue or disseminate information that improves the health and safety of the agricultural population and environment.

The Centers are seeking to fund innovative projects that examine new issues or apply scientific findings to the agriculture industry. Among recently funded projects are teaching life-saving ways to extract persons trapped in grain bins, development of webinars to cope with farm stress, reducing the spread of methicillin resistant staphylococcus aureus by workers in livestock operations and developing standards for the safe use of all-terrain vehicles like 4-wheelers, to name but a few.

The upcoming conference of the International Society for Agricultural Safety and Health (ISASH) will be held in Omaha on June 22-26 this year. The Central States Center at the University of Nebraska Medical Center is hosting the conference.

This annual event dates back to 1942 when the first Farm and Home Safety Conference was sponsored by the National Safety Council. The National Institute for Farm Safety emerged as its own organization in 1962 and fairly recently became ISASH.

The ISASH conference is open to anyone. Information about the conference is available on their website: www.ISASH.org, as well as the Central States Center for Agricultural Safety and Health website: www.unmc.edu/publichealth/cscash.

Federal funding for agricultural safety and health through NIOSH for the upcoming year likely will be decided this summer. Persons can register their opinions about whether this money is well spent by contacting their elected officials, all of whom have websites and invite input from constituents.

Dr. Rosmann lives at Harlan, Iowa. He is an ISASH member and will participate in their upcoming conference. He serves on the Regional Advisory Committee for the Great Plains Center. To contact him, see the website: www.agbehavioral-health.com.

Sponsored by Lewis and Clark Behavioral Health



PHOTOS: ALLYSON TRENHAILE
Yankton Science Olympiad 2014 team: front row left to right: Ryan Knight, Cole Miller, Skylar Brockmoller, Sam Herrboldt, Allyson Trenhaile, Mikayla Trenhaile, Callie Pospishil, Alexa Bryan, Story Lesher, Kim Cap, Heather Hauer, second row: Khye Rowe, Leah Waid, Lauryn Perk, Kelsey Westerman, Joseph Kelly, Layne Droppers, Ted Anders, Ben Rust, Katie Hammond, Lauren Schild, Katie Schaeffer, Leola Felton, Jacob Paulsen, Price Jensen, Coach Bob Medeck third row: Coach Brooks Schild, Javier Lopez, Sam Gusso, Hunter Lippert, Kierra Schieffer, Sophie McKee, Alex Palecek, Alyss Schild, Amber Livingston, Jon Barkl, Broc, Mauch, Garrett Adam and Cody Perakslis not pictured: Coaches Tom Merrill and Cheryl Schaeffer

Yankton

Science Olympians Shine At Nationals

BY ALLYSON TRENHAILE

YMS Science Olympiad Photojournalist



Three Yankton school entries were place winners at the 30th annual National Science Olympiad, held in Orlando, Florida. ABOVE: Fourth place finishers in Division B (middle school) event "Airjectory": Katie Hammond and Leola Felton pictured with Coach Brooks Schild. BELOW: Third place medal winners in Division B (middle school) event "Robocross": Price Jensen and Jacob Paulsen with Coach Brooks Schild.



ORLANDO, Fla. — The 35 members of the Yankton Middle School and Yankton High School Science Olympiad teams participated in the 30th annual National Science Olympiad Tournament at University of Central Florida in Orlando, Florida, May 16-17.

The National Science Olympiad competition is the pinnacle of science competitions in the United States. The Yankton Middle and High school teams competed in 23 events and two trial events in Division B and C in all STEM disciplines (science, technology, engineering and math). There were 120 teams (60 in each division) representing each state and a global ambassador team from Japan also participated. Each team was invited to the National Competition after winning at their state competition. Medals are presented to the top six place finishers in the individual events and the top 10 for the team awards. For more information about the National Tournament, visit the National Science Olympiad tournament website at: www.Scienceolympiad2014.com.

The Yankton Middle School team comprised of 15 members, three alternates and one photojournalist. The team finished 40th in points.

Seventh graders Price Jensen and Jacob Paulsen received medals for placing third in the Robocross event. Katie Hammond and Leola Felton placed fourth in the trial event of Airjectory.

Other students showing strong performances finishing in the top 50 percent of Division B were: Boomilever: Cole Miller and Jacob Paulsen (23rd place), Helicopters: Jacob Paulsen and Price Jensen (11th place), Road Scholar:



Fifth place in the Division C (high school) event "Scrambler": Layne Droppers and Sam Gusso.

Hunter Lippert and Leah Waid (25th place), Simple Machines: Sam Herrboldt and Ben Rust (27th), Wheeled Vehicle: Cole Miller and Price Jensen (25th place), Write it Do It: Lauryn Perk and Hunter Lippert (19th place), Bridges: Skylar Brockmoller and Katie Hammond (11th place).

The Yankton High School team comprised of 15 members and 2 alternates finished in 53rd place in the Division C Competition. Senior Layne Droppers and Sophomore Sam Gusso received a 5th place medal in the Scrambler event. Other students placing in the top 50 percent in Division C were: Boomilever: Sam Gusso and Layne Droppers (30th place), Bungee Drop: Mikayla Trenhaile and Heather Hauer (17th place), Mission Possible: Joseph Kelly and Layne Droppers (27th place), Hydrogeology: Garrett Adam and Sophie McKee (28th place), and Game On: Kierra Schaeffer and Callie Pospishil (8th place).

The Yankton teams returned the afternoon of Monday, May 19. The members and coaches would like to thank the individuals, businesses and groups for their donations that made this trip possible.

Visiting Hours

Tinnitus: Not Exactly Music To The Ears

BY MATTHEW D. RUMSEY, AUD, CCC-A
Avera Medical Group

Most of us have probably experienced it—that annoying ringing, buzzing, humming or cricket chirping in our ears. In fact, in the United States, nearly 50 million adults suffer from this perception of sound called tinnitus. Tinnitus occurs when sound is perceived without an external source. Sometimes tinnitus is created in the middle ear, area right behind the eardrum, or somewhere else in the sensorineural auditory system. Some of the most common causes of tinnitus include noise exposure, aging, earwax impaction, head injuries or even as a side effect to certain medications; however, several causes of tinnitus remain unknown. Frequently, tinnitus is associated with hearing loss. In other cases, sensitivity to loud sounds, called hyperacusis, may also coincide with tinnitus.

Regardless of the possible cause, tinnitus could potentially play a role in a person's sleep patterns, concentration, overall hearing performance

or even thoughts and emotions. For an individual experiencing tinnitus, he or she may appear annoyed or bothered. Some individuals may even find themselves depressed or angry because all that is focused on is the ringing in the ears. When tinnitus is in one of its more severe cases, it can result in sleep disturbance or even prevent a person from completing routine everyday tasks. In other cases, the perception of tinnitus could act as a masker to important environmental sounds or even speech.

At this time, there is no specific cure for tinnitus; however, as more and more research is completed, treatments have become available to help individuals adjust to their tinnitus. Treatments for tinnitus tend to fall into two broad categories: counseling and sound therapy. Counseling can play a key role in learning how to cope with the disruptions tinnitus causes in daily life. Through counseling, individuals can learn to change their reactions and behaviors when tinnitus is present. Just like any other obstacle an individual may en-

counter, attitude matters and an effective support system can help manage life with tinnitus.

Sound therapy can be completed in a number of ways. As many tinnitus sufferers have reported, the presence of some form of surrounding environmental noise may reduce the perception of tinnitus. This can be accomplished by using objects you may already have in your home. These objects could include having a low level fan running, soft music playing or even low-level radio static. In other cases, using a wearable device could prove beneficial. These devices work by generating a "shh noise," music, or other sounds to attempt to mask the tinnitus. Using hearing aids has also been shown to improve overall communication,

lessen the stress of exhaustive listening and act as a masker for tinnitus. Different hearing aid companies have introduced tinnitus programs that can be built directly into the hearing aid to not only provide you amplification as needed but to also provide masking for the tinnitus. These are just some of the many options available in working to overcome the effects of tinnitus.

If you or someone you know are having difficulties with that bothersome ringing or buzzing, remember you are not alone. Call (605) 655-1220 to speak with the doctors at Avera Medical Group Ear, Nose & Throat Yankton for more information.

REUNIONS

CONRAD GUENTHER REUNION

The 2014 Conrad Guenther reunion will be held Sunday, June 8, at the Gavins Point Dam picnic shelter house

(near Visitors Center) at 12:30 p.m. Potluck dinner. Table service will be provided. For more information, call 605-260-0479.

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