

Lessons From Raising Cattle

BY DR. MIKE ROSMANN

I have always enjoyed working with cattle. Cattle won't eat you if you have a misfortune while you are in their pen and can't get outside the enclosure, whereas pigs are happy to devour your carcass.

After sheep and goats, cattle were the next livestock to be domesticated some seventy-five centuries ago in southwest Asia.



Dr. Mike ROSMANN

I don't dislike pigs. My family raised them while I was growing up and I like good pork on the grill and in other cooked fashions. I raised only one pig while farming.

I found a half-grown animal as I was walking in my fields. I placed a "Lost and Found" advertisement in the local newspaper and questioned my neighbors, but nobody claimed the animal, so I kept it until it was at the age to turn it into pork chops and sundry other edible cuts.

Actually, I am a fairly good judge of pigs and other farm animals like sheep, horses and dairy cows, as well as cattle. About 50 years ago I was a member of the winning county 4H livestock judging team at the Iowa State Fair.

I can't tell anyone riding with me on the highway the make, model and year of most motorized vehicles we pass on the road. But if I spot a bovine a quarter mile away in a field while cruising the highway, I can offer a reasonably accurate estimate of its breed, sex, weight, body condition score, and-most importantly to me-its quality as a meat producer.

Please don't tell my wife and children about this, because I have been successfully faking for many years that I know something about cars and trucks.

I learned a lot about trust and mutual appreciation from a first-calf heifer that had never been previously roped or cinched. I wrote about the experience in my book, *Excellent Joy: Fishing, Farming, Hunting and Psychology*.

This young animal allowed me to perform an epiotomy to help deliver her calf and to suture her without being tied up in the 20 by 20 foot calving pen. I felt humbled and realized that not only did I care about my cattle, they trusted me.

Other lessons have also been humbling, and in different ways.

I learned to be a fairly good roper and could lasso a cow from a horse or from my ATV.

A number of years ago during a very wet April day I needed to treat a 250 pound

bull calf that had a navel infection. I strode in foot-deep mud and manure with my lariat in hand into a fenced area of the pasture and cornered the calf that needed a dose of antibiotics.

The calf grew skittish as I moved ever closer. It bolted when I got within 15 feet. As the animal sprung along the fence in front of me, I quickly threw a loop ahead of the desperately fleeing calf and lassoed it.

Throwing my feet ahead of me I prepared for the rope to become taut, and it did as the calf raced past me. It had enough

momentum to thrust me head over heels into the muck.

I hung onto the rope, though I ate a lot of crap and was covered from head to toe with slop, but I prided myself with being able to capture the calf on a head-long run. I gave it the antibiotic shot it needed. I thought I was a decent roper.

A few years later one of my registered Simmental calves developed pinkeye from the hordes of summer flies that usually hang around cows and calves. I rode my 4-wheeler to the pasture where the animal was kept, with my veterinary kit and a lariat.

The herd was standing on a hilltop to catch any flowing breeze on this hot day. After parking the ATV, I cautiously walked toward the herd and waited until the calf I wanted to treat was within roping distance, some 20 feet away.

As I lunged the loop, it circled a 1,200 lb. cow next to the calf I was seeking. I lassoed her perfectly! She ran and I couldn't hold her.

Eventually I caught and treated the suffering calf, but for the next several days I tried without success to grab the rope trailing behind the now cautious animal as she came to drink water or to eat grain from a bunk from which I tempted her and her herd-mates to get close to me.

A week passed before I was able to grab the rope the cow was dragging as she approached water. I wrapped the lariat around a nearby post. Gradually I cinched the cow ever closer until I could unhook the clasp on the loop to free her.

I was surely glad the cow did not have to drag the rope anymore. I reappraised my roping ability.

That's how cattle are. They can teach us lessons we need.

Dr. Rosmann no longer raises cattle. Dr. Rosmann is a Harlan, Iowa, farmer and psychologist, available at: www.agbehavioralhealth.com.

Sponsored By Lewis & Clark Behavioral Health

Visiting Hours

The Role of the Athletic Trainer

BY ANGIE O'CONNOR

Avera Sacred Heart Hospital Community Wellness Coordinator

The Athletic Trainer plays a quiet role diligently over the course of the athletic seasons and beyond, sometimes without notice until an injury or event occurs. They then come off of the sidelines and to the rescue of the athlete in need. But they play a larger role than most know. The responsibility of the athletic trainer is vast and includes preventing, diagnosing and treating muscle and bone injuries and illnesses. They can work with people of all ages and skill levels, from young children to professional athletes.

Athletic Trainer Trevor Woods, certified by the National Athletic Training Association Board of Certification, licensed by the South Dakota Board of Osteopathic Examiners and employee of Avera Sacred Heart, provides services to the Yankton School District athletes. For the last twelve years he has been a part of each and every season.

One of his most important responsibilities is to help keep the athletes safe and healthy. Preventative exercise, pre/post practice event treatment and advice are provided throughout the course of the seasons to keep these athletes from getting hurt. Coverage is provided at all high school varsity and sub varsity school sponsored events, where on most occasions, the athletic trainer is the first one in the training room and the last one to leave. Should an athlete get injured during a practice or event, the trainer is there to provide immediate care and direction. He works with the athletes, their parents, coaches, therapists and physicians to provide a continuum of care throughout the entire process, including post injury care and treatment to get them back out playing again as soon as possible.

Unfortunately, an estimated 4-5 million head injuries occur on the playing field each year. That is why every fall season, Trevor works to evaluate local athletes through the "ImpACT" (Immediate Post-Concussion Assessment and

Cognitive Testing) program, something which he played a leading role in implementing. This program evaluates healthy athletes pre-season to provide a baseline test of cognitive abilities. If an athlete suffers a concussion, they are retested through the program. The results play a large part in determining when it is safe for an athlete to return to play.

When the school year is over, the role of the athletic trainer doesn't end. Locally, Trevor provides a summer program for athletes to hone in on their skills, improve their abilities and reduce their risk for injury during the season. The Intensive Challenge Program and Junior Challenge program offered through Avera Sacred Heart Wellness Center helps athletes improve agility, coordination, speed, strength, flexibility and more.

Even though you may not have noticed the Athletic Trainer on the sidelines, hopefully you know now the very important role they play in protecting the athletes playing the game.

NIH Conf. Set Oct. 28-30

SIOUX FALLS — Small businesses who want to conduct and commercialize health-related research will connect with national experts and programs Oct. 28-30 in Sioux Falls. Close to 500 are expected to attend the National Institutes of Health's (NIH) 15th annual Small Business Innovation Research (SBIR) and Small Business Technology Transfer (STTR) Conference held at the Sioux Falls Convention Center.

NIH awards more than \$700 million annually to small businesses to perform research and development through its innovation and technology transfer programs. "South Dakota and the surrounding states have growing medical industries," says Matthew Portnoy, NIH SBIR/STTR Program Coordinator. "We look forward to sharing how NIH can partner with small businesses to bring new prod-

ucts and technologies to market."

This year's conference, "How to Be Competitive in a World of Change: Opportunities Through SBIR/STTR Awards," will offer presentations from experts, one-on-one meetings with staff representing most NIH institutes and centers, a poster session providing examples of NIH-funded projects, and a "Pitch to Investors" panel to educate attendees about investor expectations. The conference is hosted by the University of South Dakota Research Park.

"This is a significant opportunity for South Dakota to highlight its growing medical research capacity and great economic climate to companies from across the United States," says USD President James W. Abbott. "These are exactly the types of activities we want to foster and support through the USD Re-

search Park."

SBIR and STTR are programs that provide research funding to small businesses interested in commercializing new technologies. The South Dakota SBIR office helps the state's small businesses seek SBIR and STTR funding from various federal agencies for technological innovation and to foster university-private sector partnerships. "This is a great opportunity for regional business to gain first-hand knowledge of the SBIR/STTR funding process," says Gary Archambault, South Dakota SBIR Director.

For more information about the conference, or to register, visit www.usdresearchpark.com. The early-bird registration discount ends Sept. 30 and a discounted student rate is also available. This project will not be funded in whole or in part with federal funds from NIH.

Team Hope Poker Run Set For Sept. 28

The second annual Team Hope Cancer Benefit Poker Run will be held Saturday, Sept. 28, beginning at Joe's Substation south of Lesterville. Registration takes places from noon-1 p.m.

The route for the poker run will continue through Tabor, Tyndall, Scotland, Menno and ending at Trev's Corner in Lesterville. There will be a meal and a street dance (open to the public) afterwards.

Proceeds will be used to carry on the Team Hope mission: to continue supporting area families afflicted by cancer.

All vehicles are welcome. The event will be held rain or shine.

For more information, contact Karen Edler at 605-857-0133 or teamHOPErucks@yahoo.com/.

Pleasant Valley WELCA Soup Supper Oct. 2

VERMILLION — The Pleasant Valley WELCA will be holding its annual Soup Supper on Wednesday, Oct. 2, in the church basement, serving from 4-7:30 p.m. Pleasant Valley Church is located at 45918 308th St., rural Vermillion.

The menu includes: chicken and dumpling soup, vegetable beef soup, chili, taverns, ham sandwiches, pie, ice cream and beverages for a free-will offering.



• US taxpayers give Israel over \$8 million per day – \$3 billion every year – even as our schools are closed, emergency services cut, and children go hungry.

• The US has given more money to Israel than to any other nation, more than we have given to all the countries in sub-Saharan Africa, Latin America, and the Caribbean put together.

• On average, Israelis receive 7,000 times more US aid per capita than other people throughout the world, even though Israel is a well-off nation.

• Plus, special arrangements and perks for Israel cost Americans millions more each day and many thousands of jobs. A top economist reports that Israel cost Americans \$1.6 trillion from 1973 to 2003 alone.

• And then there are the truly priceless costs: loss of US standing in the world, escalating hostility to Americans, and our involvement and losses in Middle East wars.

LEARN MORE: South Dakota Events

"Israel-Palestine: What Every American Needs to Know"

- Sept 25, 12 PM, Vermillion: University of S.D.
- Sept 25, 7 PM, Brookings: 515 3rd St
- Sept 27, 12 PM, Sioux Falls: 3601 S Minnesota

More details, events and information online!

Paid for by *If Americans Knew* and *Council for the National Interest*

STOP The Blank Check.org



Introducing Dr. Pietz Family Medicine Physician



Yankton Medical Clinic, P.C. is pleased to announce the association of Carrissa Pietz, MD, Board Certified Family Medicine Physician.

Dr. Pietz is originally from Lesterville, SD and completed her undergraduate degree at Mount Marty College. She is a graduate of Sanford School of Medicine of The University of South Dakota, Vermillion, SD. Dr. Pietz completed her family medicine residency at Sioux Falls Family Medicine Residency, Sioux Falls, SD.

Dr. Pietz joins Drs. David Barnes, McKenzie Hanson, Scott Weber, and Certified Nurse Practitioner, Jennifer McGinnis, in providing family care.

Please join us in welcoming Dr. Pietz, her husband, Aaron, and their children, Noah and Carson, to Yankton.

Dr. Pietz began seeing patients at the Yankton Medical Clinic, P.C. September 9, 2013.

Appointments can be made by calling 605-665-8910.

YANKTON MEDICAL CLINIC, P.C.
1104 West 8th Street • Yankton, SD 57078
www.YanktonMedicalClinic.com