

South Dakota Humanities Council Is Seeking 'One Book' Tour Applicants

BROOKINGS — If you've ever read a book and wished you could talk to the author afterwards, you're in luck. Cultural and community organizations throughout South Dakota have a unique opportunity to hear directly from the 2015 One Book South Dakota author this summer and fall.

William Kent Krueger, author of the 2015 One Book South Dakota, "Ordinary Grace," will tour the state in the months leading up to his appearance at the South Dakota Festival of Books (www.sdbookfestival.com). The South Dakota Humanities Council invites communities in South Dakota to host their own book discussion with the One Book author.

Krueger, a St. Paul, Minnesota, resident and past Festival of Books presenter, will visit at least 10 South Dakota communities across the state, beginning in June and culminating in his keynote appearance at the 2015 Festival of Books in Deadwood, Sept. 24-27.

In "Ordinary Grace," Krueger weaves an intricate tale revolving around New Bremen, Minnesota, in 1961. The book's content provides numerous opportunities for discussion of grace, wisdom and bridging the gap between adolescence and adulthood.

To bring Krueger to your community, please visit www.sdhumanities.org/onebooktours.htm and complete the application by April 15.

Who Can Host a One Book Tour Event?

SDHC invites libraries, historical societies, museums and other cultural or community organizations to host William Kent Krueger. At least 10 communities will be selected to host tour events. The selection of host communities will take into account

Krueger's schedule and travel requirements, as well as overall geographic balance and hosts' commitment to reaching the public.

Host Organization Responsibilities:

- Apply for and schedule a One Book South Dakota discussion prior to the author visit
- If selected for an author tour event, submit \$50 grant application fee to SDHC
- Host the tour event at a location that is open and accessible to the public
- If possible, arrange for a local bookstore to sell copies of Ordinary Grace during and after the event
- Identify at least one staff member or volunteer to serve as the local Project Coordinator
- Contribute in-kind support (volunteer time, supplies, publicity, etc.) valued at \$250 or more
- Work with the community to actively engage the public
- Promote the event within a 50-mile radius of the community
- Acknowledge funding from SDHC, an affiliate of the National Endowment for the Humanities
- Following the event, complete an evaluation, including attendance and in-kind contribution information

Selected Host Organizations Receive:

- 20 copies of "Ordinary Grace" to give away (at community events, sporting activities or gathering places, or through local media) or otherwise use to promote interest in and encourage attendance at the tour event
- Resource toolkit of promotional materials (sample news releases, posters, postcards, author photos, etc.)
- Krueger's travel, lodging and other expenses paid directly by the SDHC.

Food Fight: New Diet Guidelines

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.

Is coffee a health food? Are cholesterol-packed eggs OK? Could eating less red meat help the environment and your health? A top science panel's recent suggestions for America's ideal diet are sparking food fights and some wacky headlines (like "Coffee Addiction Not Bad for You").

The advisory panel's recommendations shape the U.S. Department of Agriculture's 2015 Dietary Guidelines for Americans — the nation's official healthy-diet blueprint that informs everything from school lunch menus to the dietary advice your doctor gives you. Food-industry critics have already slammed the panel's ideas, with the North American Meat Institute denouncing them as "flawed" and "nonsensical," and the American Beverage Association saying the group "went beyond its ... authority" by suggesting a tax on sweetened drinks and foods.

We think there's plenty to cheer about in the panel's suggestions, though we disagree on a few points. Here's our take on some recommendations in this important report.

No. 1: Our food choices affect the health of the planet. The advisory committee's guidelines suggest that an estimation of a food's quality include its sustainability — the idea that what we eat affects the environment. The panel recommends eating less red meat, not just because doing so lowers your risk for heart disease, colon cancer, diabetes and memory dysfunction, but also because producing most beef and other meats is not environmentally friendly. We don't think the recommendations go far enough. If you eat red meat, make sure it's raised without added hormones or antibiotics, and keep it to



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

under 4 ounces of beef or 6 ounces of pork per week.

No. 2: Cut back on sugar. North Americans consume, on average, 22 to 30 teaspoons of added sugars daily mostly from soda and other sweet drinks. The panel recommends cutting way back on sugar-sweetened drinks and consuming only 10 teaspoons of added sugar per day; we think that's nine teaspoons too many. The advisory committee also favors a new food-labeling rule that would call for clearly listing added sugars, something food industry groups have fought against. They don't want you to know about added sugars and syrups that pack on pounds, boost your risk for diabetes and cardiovascular disease, cancer, memory loss and more, but we do.

No. 3: Bring on the fruit, grains and veggies! The panel noted that most Americans are not getting enough of eight important nutrients: Vitamins A, C, D and E, plus folate, calcium, magnesium and fiber. Why? We don't eat enough fruit, veggies or 100 percent whole grains. Try reserving half of your plate for produce, and one-quarter for a whole grain.

No. 4: Worry less about eggs. The panel says you don't have to count mil-

ligrams of cholesterol in food or worry about high-cholesterol foods like eggs. We disagree. It's true that for most people cholesterol from food doesn't really affect blood cholesterol levels. But egg yolks contain lecithin, which boosts blood levels of compounds, such as trimethylamine; those compounds are linked to plaque buildup in arteries and lead to kidney failure more predictably than diabetes. Egg whites are OK; limit intake to one egg yolk weekly.

No. 5: Don't feel guilty about coffee. We agree, although for some of you, caffeine causes sleep problems, which can raise your risk for diabetes, heart disease and weight gain. However, around 88 percent of North Americans are fast metabolizers of caffeine, which means coffee doesn't cause migraine, an abnormal heartbeat, anxiety or gastric upset after a cup. Then, five cups a day won't hurt you and may lower your risk for Type 2 diabetes, depression, heart disease, Parkinson's and memory problems.

No. 6: Cut back on salt. The panel says most Americans should get no more than 2,500 milligrams of sodium daily. Most of us consume closer to 3,500 mg, often from processed food, fast food and restaurant meals. They recommend that you cut back by eating more fresh food. We agree, although most of you won't be hurt by eating more than 2,500 mg.

Those are delicious options everyone agrees on!

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Crofton Couple Visits Their Paris Family

CROFTON, Neb. — When Jim and Mary Ann Wortmann had three brothers from Paris stay in their home in 1976, 1981 and again in 1983, they never dreamed they would visit them in Paris years later.

But on March 14 of this year, they regrouped with the three brothers.

Mary Ann had kept a haphazard communication with Vincent Barbier over the years, but lost contact with the other two, except for information through Vincent.

Vincent was the first brother to visit in 1976. He still remembers showing a "brown calf" at the fair, baking bread in Mary Ann's kitchen and teaching the little ones some French words.

Martin came in 1981 and shared the same age in the same month's birthday with Jim and Mary Ann's son, Pat. He remembers going to school and teaching French to high school students and also the county fair activities in Bloomfield.

In 1983, three months after his mother's death, the youngest brother, Nicholas, came to stay with the Wortmanns. He too had many memories of activities spent with the family, especially the baseball games in which that Pat and Mike played.



LEFT: Jim and Nicholas have a laugh over an article the Crofton Journal did on the Wortmann's hosting the French youth. BELOW: From left to right is Vincent, Jim, Mary Ann and Martin reunited in Paris. (Submitted photos)

He shares the same day/age birthday as Mike.

The Barbier brothers were from a family of eight. There were a total of four boys and four girls. Their father was an attorney in Paris and their mother was a stay-at-home mom. In 1977 Mary Ann and her father, Albert Kohles, had an opportunity to stay with Barbier family for two days. Vincent and his mother took them on a personal tour of Paris and Versailles.

One of the surprises that Jim and Mary Ann had was that Nicholas, the youngest brother, kept the entire July 26, 1983, issue of the Crofton Journal that contained an article about his stay in the Wortmann home. He was so excited to share the article with them.



South Dakota Office Of Highway Safety Unveils A New Commercial About Seatbelt Safety

PIERRE — A new state Office of Highway Safety commercial that highlights how not wearing a seatbelt can bring unnecessary suffering and sorrow to a crash victim's loved ones began airing on South Dakota television stations recently.

The commercial features family and friends experiencing pain and anguish because a loved one did not wear a seat belt. Lee Axdahl, director of the state Office of Highway Safety, said not wearing a seat belt can hurt more than just that one person.

"Sadly, there are many folks in South Dakota and

across the United States who, for one reason or another, believe that seatbelts are still some sort of unproven safety science. They are not," he said. "These same people need to think of the pain and suffering they might place on family and friends by not buckling up. No one wakes up in the morning thinking 'today's my day.' But unbelted fatalities and injuries happen every week in our state."

Office of Highway Safety statistics indicate that on average, 60 percent of the vehicle fatalities each year were not wearing seatbelts. Two-thirds of those victims were either totally or partially ejected from their vehicles.

So far in 2015, that rate has increased. Almost 90 percent of those killed in fatal crashes this year were not wearing seatbelts.

"Time and time again, the numbers demonstrate that your odds of being killed or injured in a vehicle crash are cut in half when wearing a seatbelt," Axdahl said. "Many of these folks would have likely lived through the crash sequence had they

been wearing their safety restraint."

Funds for the commercial came from the National Highway Traffic Safety Administration. The Office of Highway Safety is part of the state Department of Public Safety.

To watch the commercial and find other facts about seatbelt use in South Dakota, visit <http://drivesafesd.com/buckleup/>.

Student Achievements To Be Celebrated At USD's Ideafest April 15-16

VERMILLION — IdeaFest, an annual celebration of academic research, intellectual imagination and creative scholarship, is scheduled for the University of South Dakota on April 15 and 16. 2015 marks the 23rd annual IdeaFest event.

USD undergraduate and graduate students in a wide array of disciplines will present their work in oral and poster presentations, live performances, readings, exhibits and displays. Most activities take place in the Muenster University Center.

The public is welcome to witness student presentations, and to learn about the passion and knowledge of USD students.

A highlight of IdeaFest is the keynote speech, delivered April 15 at 4 p.m. in the Muenster University Center. This year's speaker is Dr. Jacquelynn S. Eccles, a nationally recognized researcher. Her topic is "STEM and Gender: Understanding Young People's Career Choices."



Theiler-Hicks

Nate Hicks and Kristen Theiler became Mr. and Mrs. Hicks on August 16, 2014 beneath the Grand Teton Mountains in Victor, ID. Parents of the couple are Newt & Carol Hicks of Ulica, SD, and Matt & Tammy Theiler of Idaho Falls, ID.
A barn dance in Ulica was held as a second reception in their honor in September. The couple currently lives in Colorado, Nat working as a mechanical engineer for Springs Fabrication in Broomfield, and Kristen is a Creative Manager for Thais Foods in Boulder.

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Thank You

The family of Allan Sathe would like to thank Opshal-Kostel Funeral Home & Crematory for their services, Father Ken for the mass, the staff at hospice, Dr. Farver and the nurses who cared for Al, the choir, pianist Marilyn Kathol and solist Jodi Nielsen, the funeral committee for the lunch, the people who sent cards, memorials, flowers, plants, money, food to the house, words of sympathy and prayers. Ernest-Bowyer VFW Post #791 Honor Guard, South Dakota National Honor Guard, South Dakota Patriot Guard Riders, and the 2 who played taps, for the military rites.

Al was a great husband, father, and grandfather. He will be missed.

Mary Sathe
Jeff & Elaine Sathe, Oshay, Collin, Robbie,
Hayden and Mary Carole
Jack Sathe (David)
Jay & Wendi Sathe, Jake, Justin, Cyndal