

Bon Homme Democrats Meet Thursday

TYNDALL — The Bon Homme Democrats will meet 8 p.m. Thursday, April 23, at 8 p.m. at the Bon Homme County Courthouse in Tyndall.

Discussion and possible resolution of support for the current wind project and future projects in Bon Homme County, discussion on the successful McGovern Day event April 18, possible voter registration drive and elections will be held.

Yankton Co. Farmers Union To Meet

The Yankton County Farmers Union will meet at 7 p.m. Thursday, April 23, at Sunrise Apartments, Yankton. Everyone is welcome to attend.

Post 12 Fun Night Set For Saturday

Roy Anderson Post No. 12's annual Fun Night will be held Saturday, April 25, at the Yankton VFW, 209 Cedar St. Yankton. Doors open at 6:30 p.m.

There will be a cover charge at the door for those who wish to eat and don't have a ticket.

Proceeds will benefit the Legion Baseball Team and Boys State program.

Speaker, Author To Present In Yankton

What would the value of your business be if you could "Add one customer for life, each day?" International speaker, trainer and author David K. Aaker, IOM will provide simple solutions with measurable results during his presentations in Yankton on May 4.

The Yankton Convention and Visitors Bureau are hosting Aaker, who will be speaking on Customer Service Training at Minerva's Convention Center, 1607 East Highway 50.

Two sessions are offered; "Turning Service into Sales" — an interactive and lively two-hour workshop from 9-11 a.m., and "Leadership for Business Success" — keynote address includes luncheon from noon-1:30 p.m.

Attendees may register for the morning workshop or luncheon and keynote address, or both. Small team, large team and corporate packages are also available.

Aaker's book, "Success Simplified: Simple Solutions Measurable Results," is a compilation of ideas from numerous experts, including Dr. Stephen Covey, David K. Aaker, IOM, Dr. Tony Alessandra and Patricia Fripp is also available for purchase.

For cost and additional information on this and other events, contact the Yankton Convention and Visitors Bureau at 605-665-3636 or visit their website at www.yanktonsd.com/seminars.

Support Key To Fighting Abuse

Anything you do to support kids and parents in your family and community helps to reduce the likelihood of child abuse and neglect. Be kind and supportive, especially to new parents and children. Be a mentor.

April is Child Abuse Prevention Month. Do something positive for a child today.

This message brought to you by the Yankton County Child Protection Team.

YHS Marching Band To Perform At Russell Athletic Bowl

WorldStrides Heritage Performance has invited the marching band from Yankton High School to perform at the Russell Athletic Bowl, set for Dec. 29 in Orlando, Florida.

The YHS band will join marching bands from across the country in the halftime show finale of this major college bowl game. An invitation to perform at the Russell Athletic Bowl is an honor reserved only for the most talented student performers from across the nation.

Under the direction of Todd Carr, the Yankton High School marching band will travel to Orlando, where they will rehearse with the mass band and learn from nationally acclaimed adjudicators. In their free time, they will take in the sights of Orlando.

Carr says, "The Yankton High School Marching Corps prides itself on its student leadership. Students are actively involved in the organization, planning and execution of the entire marching season."



COURTESY PHOTO

Todd Carr has been teaching for 23 years and will be personally leading the Yankton High School group of 114 students to Orlando.

Carr says, "The members of the Yankton High School Marching Corps have a variety of fundraisers that assist

their efforts. One campaign that lasts the entire year is band discount cards, which are available at any time from students. The band will work for the dairy association at our local Riverboat Days event, held on Aug. 21-23 this year as well as others

during the school year."

To learn how you can help Yankton High School's fundraising efforts, contact Dan Rafferty at 661-0676 or drafferty@iw.net.

SD SHRAB Offers Grant Opportunities

PIERRE — The South Dakota State Historical Records Advisory Board (SD SHRAB) is offering four site visit opportunities, with grant funds from the National Historical Publications and Records Commission of the National Archives and Records Administration.

"With grant support, the South Dakota SHRAB will be able to offer four site visits this summer to local repositories, organizations and historical societies in order to provide advice regarding archival collections," said Chelle Somsen, SD SHRAB chair and state archivist with the South Dakota

State Historical Society at the Cultural Heritage Center in Pierre.

The purpose of the site visits, conducted by State Historical Society archivists, is to address increased access to archival collections and identification of important historical records that are at risk. The visit is at no charge to the applying historical organization. Applications must be received by May 8. The selections will be on a competitive basis and will target small-to mid-sized organizations with archival collections. The four organizations selected will also receive \$100 worth of archival

processing supplies.

The SD SHRAB advocates for the preservation of historical records, educates the public and records caretakers about the importance of the historical record, and leads the historical community in preserving, promoting and providing access to the state's documentary heritage.

For information on the guidelines for the grant and the application, see <http://history.sd.gov/Archives/SHRAB/shrabactivity.aspx> or call (605) 773-3804.

OBITUARIES

Justin Uthe

Justin William Uthe, age 36, of Volin, South Dakota, died Saturday, April 18, 2015, at Avera McKennan Hospital in Sioux Falls, South Dakota.

Funeral services will be 10:30 a.m. on Thursday, April 23, 2015 at the Wintz & Ray Funeral Home in Yankton, South Dakota.

Visitation is from 5:00 to 8:00 p.m. at the Wintz & Ray Funeral Home with a video tribute and time of sharing at 7:00 p.m.

Justin William Uthe was born December 25, 1978 to William and Valon (Rice) Uthe. He grew up in Yankton, South Dakota and later Rapid City, South Dakota, where he attended school. After he finished school he moved back to Yankton and worked for various companies, most recently for Karl's TV and Appliance as the warehouse manager. He married Barbara DeJaeger on June 3, 2005 in Rapid City. In December of



Uthe

2014, Justin graduated with honors from STI in Sioux Falls, with a degree in applied science for computer program-

ming. Justin enjoyed playing on the computer, riding his Harley, camping, fishing, hunting, listening to music, and collecting knives, swords and guns. He especially loved spoiling his family with whatever they needed. He was a very loving man who always made sure his family was cared for and would do anything for anyone.

Survivors include his wife, Barb Uthe of Yankton; father, William (Sheryl) Uthe of Rapid City, South Dakota; mother, Valon (Roland) Uthe Pochop of Yankton; two step-daughters: Sarra and Mishelle Dukich; step-son, Mikel Dukich;

grandson, Madix Murry; brother, Jason Uthe of Yankton; three half-brothers: Darin (Patricia) Ernster of Clinton, Utah; Duane (Kathy) Ernster of Yankton; William Ray (Cody) Gregg of Rapid City; two half-sisters: Wanda (Wes) Walter of Albany, Oregon and Brenda Scheetz of Yankton; and several step-siblings, nieces and nephews.

He was preceded in death by his grandparents.

To send an online message to the family, please visit www.wintzrayfuneralhome.com.

Yankton Press & Dakotan
April 22, 2015

WINTZ & RAY
FUNERAL HOME and CREMATION SERVICE
Online condolences at: www.wintzrayfuneralhome.com

Mildred Jensen

Mildred O. Jensen passed away Sunday April 19, 2015 in the Lord's house Spring Valley Lutheran Church during Sunday service surrounded by family and friends at the age of 86 years.



Jensen

Funeral services will be 10:00 a.m., Thursday, April 23, 2015 at Spring Valley Lutheran Church with Pastor Richard Steffen officiating. Burial will follow in Spring Valley Cemetery.

Visitation will be from 5-7 p.m., Wednesday, April 22, 2015 with a prayer service beginning at 7:00 p.m. at Spring Valley Lutheran Church.

Pallbearers will be Bob Dangel, Clint Dangel, Rodney Sletten, Isaac Sletten, Van Bursell and Wayne Eli. Honorary Pallbearers: Spring Valley and Our Saviors Church Family, organist Annette Kroppenske and soloist Andrea Baer, ushers Wayne Larsen and Kelly Sorensen. Darlene Jensen and Ethel Sorensen will be at the guest book.

Mildred O. Jensen was born October 23, 1928, in rural Yankton County. Her parents were Oscar and Inanda (Bak) Sletten. She was baptized and confirmed

at Meldal Lutheran Church, attended rural Irene Sletten and Lone Star grade schools, and Augustana Academy in Canton, SD.

Mildred was married to Robert Kenneth Jensen, September 2, 1948 at Meldal. She loyally served her past and present parishes. She was an active farm wife, a housekeeper at Pioneer Memorial, a caregiver to the ill, a loving Mother and Grandma.

Millie was preceded in death by her parents Oscar and Inanda Sletten, husband Robert K. Jensen, brother Carrol Sletten, father and mother in laws Lawrence and Ida Jensen, stepmother Violet Jensen and in laws Everett and Lois Jensen and Newton and Cookie Jensen.

She is survived by one son, Kenneth Jensen (Gail); one daughter, Sandra (Michael) Swensen, three grandchildren; Jeremy (Michelle) Jensen and family Cameron, Brayden and Isabella, Erika Jensen and family Madison, Dora and Wyatt Johnke and Robert E. Jensen. One brother Dennis (Marilyn) Sletten, nieces, nephews, many relatives and friends and Best Friend her pet dog Molly.

For obituary and online condolences visit hansenfuneralhome.com.

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Richard French

Richard "Rick" French, 62, of Wagner passed away Wednesday, April 15, 2015, at St. Luke's Hospital in Sioux City, Iowa, surrounded by family after a brief battle with cancer.

A memorial service will be held on Saturday, April 25, at noon at All Tribes Fellowship Church in Wagner.

Crosby-Jaeger Funeral Home in Wagner is in charge of arrangements.

Wilma Rahn

Wilma L. Rahn, 88, of Yankton passed away Tuesday, April 21, 2015, at her daughter's home in Omaha, Nebraska.

Arrangements are pending with the Wintz & Ray Funeral Home and Cremation Service in Yankton.

Public Comments Accepted On 2015 Dietary Guidelines

BROOKINGS — Recommendations that Americans limit their intake of red meat are included in the Scientific Report of the 2015 Dietary Guidelines presented by the Dietary Guidelines Advisory Committee to the Secretaries of the USDA and Health and Human Services (HHS).

While not the final Guideline, the report, issued Feb. 19, 2015, is used as the foundation for developing the Dietary Guidelines for Americans — 2015, which will be released later this year. This advisory report is intended to provide current, scientific data related to diet, nutrition and health.

The public is encouraged to weigh in with their thoughts during the comment period, now through May 8. Written public comments can be submitted at: <http://www.health.gov/dietaryguidelines/dga2015/comments/>.

HOW DIETARY GUIDELINES IMPACT AMERICANS?

The Dietary Guidelines for Americans is a set of recommendations intended to guide the food and physical activity choices of Americans leading to decisions that promote good health. These recommendations are the basis for all federal nutrition education and program activities such as food assistance programs and the school lunch program.

When the report references red meat intake, it specifically states, "dietary patterns with positive health benefits are described as high in vegetables, fruit, whole grains, seafood, legumes and nuts; moderate in low- and non-fat dairy products; lower in red and processed meat; and low in sugar-sweetened foods and beverages and refined grains."

There is concern that the Advisory Committee has not

fully considered the body of evidence pertaining to red meat, especially lean cuts, such as beef, as a nutrient rich food providing a good or excellent source of 10 essential nutrients, explained Amanda Blair, SDSU Extension Meat Science Specialist & SDSU Associate Professor.

"There are more than 30 cuts of beef that qualify as 'lean' according to the USDA nutrient database," Blair said.

She explained that these lean beef cuts have less than 10 grams of total fat and 4.5 grams or less of saturated fat per serving.

Blair noted that the American Heart Association recommends aiming for a dietary pattern that achieves 5 percent to 6 percent of calories from saturated fat, which is about 13 grams of saturated fats a day for a 2000 calorie diet. "Research supports that not all proteins are created equal, and that animal proteins are considered a source of 'high quality protein' based on the amount and proportion of the amino acids they contain," Blair said.

"In addition, they are highly regarded for their iron content, a key nutrient that is often a shortfall nutrient for women, especially among adolescent girls and pregnant women."

Blair, her colleagues throughout the meat industry are concerned that the Advisory Committee has extended the scope of their directive to include topics such as sustainability.

The report specifically states, "The major findings regarding sustainable diets

were that a diet higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods is more health promoting and is associated with less environmental impact than is the current U.S. diet."

"This claim, coupled with recommendations concerning lean red meat in a healthy dietary pattern, has prompted strong responses from the meat industry," Blair said.

Comment period open now through May 8, 2015.

This report is currently available for review, and the public is encouraged to provide written comments.

As a result of these and other concerns, the comment period has been extended 30 days and will now end on May 8.

Additionally, a public hearing was held in Bethesda, Maryland, March 24, 2015. Groups in support and opposition of the report provided testimony at this hearing.

The full Scientific Report of the 2015 Dietary Guidelines can be accessed at: <http://www.health.gov/dietaryguidelines/2015-scientific-report/>.

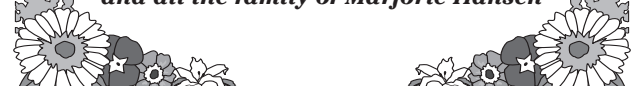
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The family of **Marjorie Hansen** would like to thank everyone who sent cards, memorials, statues, flowers, and food at the time of her death. Our thanks to Rev. Molly Carlson and Rev. Paul Opsahl for your visits to Aunt Marge over the years and for your comforting words at her funeral service. Thank you to Kevin Opsahl and Ted Powell for the beautiful music. Thank you to Kevin and Tami and the Opsahl-Kostel Funeral Home staff for your care and guidance. Thanks to the ladies of the Yankton United Church of Christ-Congregational for serving the luncheon.

We truly appreciate the staff at Walnut Village in Yankton and Park View Haven in Coleridge for the care and kindness they showed Aunt Marge. Thank you to Kathi, Megan, and Chaplain Dennis from Avera Hospice for their support. We extend our gratitude to her many cherished friends who stayed in touch with her through the years with their visits, calls, and letters and cards.

Jim and Betty Jo Leapley and family
and all the family of Marjorie Hansen



IN REMEMBRANCE

Robert "Bob" L. Burcham 10:30 AM, Wednesday Faith Lutheran Church Maskell	Gordon David Mischke 2:30 PM, Wednesday Wintz Funeral Home Crofton
Irene Evelyn Bart 10:30 AM, Wednesday St. Rose of Lima Catholic Church, Crofton	Justin William Uthe 10:30 AM, Thursday Wintz & Ray Funeral Home, Yankton

WINTZ & RAY FUNERAL HOME and CREMATION SERVICE
Yankton
605-665-3644 www.wintzrayfuneralhome.com 402-254-6547

WINTZ FUNERAL HOME INC.
Harrington, Coleridge, Crofton