

## VISITING HOURS:

# Packing School Lunches And Keeping Your Kids Healthy

BY HEATHER STOEKLEN

Dietetic Intern, Avera Sacred Heart Hospital

With school starting, many parents are concerned about keeping their kids healthy throughout the school year. Being aware and active in your child's food choices will play a big part in keeping your child healthy and happy. Here are a few tips to immediately improve your child's health:

**INCREASE FRUITS AND VEGETABLES**

Children (ages 4-13) need 1.5-2 cups of vegetables and 1-1.5 cups of fruit a day. Fruits and vegetables are an important source of many nutrients needed to keep your child healthy, including: fiber and vitamin C. Increasing fruits and vegetables in your child's diet may also reduce their risk for developing obesity, heart disease, diabetes and other diseases.

Try buying fresh fruits and

vegetables that are in season; these will cost less and will be at their peak flavor. Also, try buying pre-packaged fruit and vegetables (like celery or fruit cups with light syrup and no added sugar). This will make it easy to pack in lunches and also decrease the time spent of preparing lunches.

**INCREASE WHOLE GRAINS**

Whole grains provide many nutrients that regular white bread does not. It is important to make at least half of your grain choices whole grain choices. Whole grains can improve digestion health, help with weight management and reduce risk of developing heart disease.

Try substituting 100% whole wheat bread for regular white bread. It will be easier to substitute the whole grain product instead of trying to add it to your child's lunch. Some other ideas to increasing whole grains in your child's

lunch is to add whole grain flour or oatmeal to any baked goods like cookies or bars and packing whole grain snack chips like baked tortilla chips.

When shopping for whole grains look for labels that say "Whole Wheat" or "100% Whole Wheat," "Whole Grain" and "Whole Rye." Other examples of whole grain choices include: brown rice, buckwheat, cracked wheat (bulgur), oatmeal, amaranth, millet, quinoa, sorghum, triticale and popcorn (prepared with little or no added salt or butter).

**INCREASE WATER**

Staying hydrated is very important for every child. Drinking enough water can improve brain function and memory, improve digestion, improve performance in sports and other activities and help with weight management.

Increasing water intake may seem difficult, but there are things you can do to get your kids to drink more water. If you

can, let your child pick out their own inexpensive water bottle, this will both get them excited to use their new water bottle, as well as make it more likely that they will continue to use it to increase hydration.

The typical school lunch includes a sandwich, potato chips, and a dessert with a pop or juice to drink. By changing some items to include a more balanced lunch, you will improve the health of your child's diet.

**VARIATION ON THE TYPICAL PACKED LUNCH:**

- Instead of the original peanut butter and jelly sandwich serve a tuna sandwich on whole wheat bread with light mayonnaise, lettuce, and tomatoes.
- Instead of the original potato chips serve individual pre-packaged baby carrots.
- Instead of the original brownie serve Sliced apples with peanut butter and yogurt dip (recipe below).

• Instead of the original can of pop serve skim, 1% or 2% milk or pack a frozen water bottle (this will keep the cold lunch cold, and by the time your child has lunch it will be thawed enough for drinking).

**PEANUT BUTTER AND YOGURT DIP**

8oz no sugar added vanilla yogurt  
1 tsp vanilla  
1/2 cup creamy peanut butter

Sources:  
1. MyPyramid.gov: United States Department of Agriculture. 18 August 2009. <http://www.mypyramid.gov/index.html>  
2. Children's Home Society. "Great Chefs Healthy Snacks Cookbook". Panther Graphics, Inc., 2008.  
3. <http://www.utextension.utk.edu/publications/spfiles/sp527.pdf>

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

## SCHOLASTICS

### UNL NONRESIDENT, TRANSFER SCHOLARSHIPS AWARDED

Lincoln, Neb. — The University of Nebraska-Lincoln has awarded scholarships to nonresident students who will enroll in the 2010-11 academic year, which begins Aug. 23. The scholarship winners are from 37 states.

The nonresident scholarship programs were created in 1995 to identify and reward the most talented students from states other than Nebraska who attend UNL. The scholarships are awarded based on transfer grade-point averages for transfer students, or on academic accomplishments in high school and admissions test scores for 2010 high school graduates.

CHANCELLOR'S SCHOLARSHIPS pay full tuition for up to four years and provide an additional \$2,000 per year in additional scholarship support. New this year and funded in part by the Cooper Foundation, the total value of this award is \$83,350 over four years for nonresidents if the student meets renewal criteria.

Three of the scholarships were named to honor prominent UNL alumni.

GEORGE BEADLE SCHOLARSHIPS are scholarships covering the full differential between resident and nonresident tuition. They were named in honor of the 1926 graduate who shared the 1958 Nobel Prize in physiology for his work in plant genetics. A Beadle Scholarship will be worth more than \$50,000 over four years if the student meets renewal criteria.

RUTH LEVERTON SCHOLARSHIPS, covering 66 percent of the tuition differential, were named in honor of the pioneering nutritionist (class of 1928). A Leverton Scholarship will be worth more than \$33,000 over four years if the student meets renewal criteria.

AARON DOUGLAS SCHOLARSHIPS, covering 25 percent of the tuition differential, were named in honor of the 1922 graduate who has been described as the father of African-American art and was a leader of the Harlem Renaissance movement. A Douglas Scholarship will be worth more than \$12,500 over four years if the student meets renewal criteria.

NEBRASKA LEGACY SCHOLARSHIPS reward academically qualified students who are children of University of Nebraska graduates residing in states other than Nebraska. This academic scholarship is awarded in recognition of the student's transfer grade-point average or high school academic record and admission test scores, as well as the alumni relationship of his or her parent or parents with the University of Nebraska. The scholarship is awarded at two levels, covering all or 50 percent of the tuition differential between resident and nonresident tuition. Provided students meet renewal criteria, the value of full awards over four years is more than \$50,000, that of 50 percent awards is more than \$25,000.

MIDWEST STUDENT EXCHANGE PROGRAM SCHOLARSHIPS are awarded to students from Kansas, Michigan, Minnesota, Missouri, North Dakota or Wisconsin who exhibit superior academic performance. A student

with a scholarship from the program pays 150 percent of the institution's regular resident tuition. The value of the award is more than \$37,250 over four years if the student meets renewal criteria.

DAVID DISTINGUISHED SCHOLAR awards offer full-time students \$1,000 annually for up to four years if they meet renewal requirements. David Distinguished Scholarships are funded from a trust established in 1973 by the late Adrian H. David, a former Minneapolis attorney, in honor of his parents. Adrian David was a 1908 graduate of the NU College of Law. The trust also funds faculty research projects, placing a special emphasis on cancer research.

JAMES CANFIELD SCHOLARSHIPS, named for the chancellor who led the University of Nebraska to a position of national prominence in the 1890s, offer full-time students a one-year award of \$1,000.

Members of the CHANCELLOR'S LEADERSHIP CLASS are awarded one-year scholarships of \$1,000. The award was created to recognize and reward students who have excelled both academically and in leadership roles in school and community activities. Members must be full-time students and participate in scheduled Chancellor's Leadership Class activities.

Students admitted to the UNIVERSITY HONORS PROGRAM receive book scholarships that provide up to \$500 per year.

Following is a list of area scholarship winners including the student's high school, scholarship(s) awarded, college of enrollment and intended academic major.

Freeman: Megan Dawn Andersen, Ruth Leverton, Arts and Sciences, pre-physical therapy; Jennifer C. Weier, George Beadle, Fine and Performing Arts, music.

Lake Andes: Ryan Michael Cooney (Andes Central), Ruth Leverton, Education and Human Sciences, pre-physical therapy.

Parker: Derek Shawn Christensen, George Beadle, Honors Program, Engineering, electrical engineering.

Parkston: Samantha Grace Kollmann, Ruth Leverton, Arts and Sciences, biological sciences.

Vermillion: Sierra M. Allen, George Beadle, David, Honors Program, Arts and Sciences, pre-medicine; Laura Elizabeth Hansen, George Beadle, Honors Program, Arts and Sciences, mathematics; Kayla Marie Mungler, George Beadle, David, Honors Program, Arts and Sciences, pre-pharmacy.

Viborg: Chelsey Lea Larsen, George Beadle, David, Honors Program, Arts and Sciences, pre-nursing.

Yankton: Jacob Oliver Fokken, Ruth Leverton, General Studies, undeclared; Jenna Marie Kussman, Ruth Leverton, Architecture, pre-interior design; Dillon Bradley May, Ruth Leverton, Agricultural Sciences and Natural Resources, PGA golf management; Erik Nelson Spencer, Nebraska Legacy (50 percent waiver), Education and Human Sciences, athletic training.

## Husbands And Wives Air Their Common Complaints

BY VAL FARMER

At a marriage enrichment retreat, husbands and wives met in separate groups to discuss what they felt the opposite sex needed to learn about relationships. Most of the participants had been married for two to 12 years, were regular church attendees and had normal and healthy marriages.

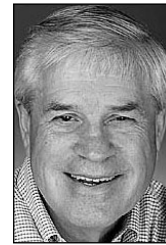
The discussions were animated. Out of these small, same-sex discussion groups, lists of common issues were developed and reported to the retreat participants as a whole.

Each gender had ready well developed perspectives on improvements the other gender should make. The overall conclusions didn't reflect everyone's experience but there was enough consensus to make this an insightful experience for everyone involved.

**What men wished women would do differently.**

1. **Judge fairly.** There was a sense that they were often on the defensive and wrong just for voicing an opinion that did not match their wives' expectations. They wanted a feeling of teamwork, cooperation, partnership and legitimate discussion of issues in their marriage.

2. **Forget the past.** Husbands felt that some past hurts and blunders in the marriage weren't left alone. They felt that matters that had been resolved were brought up unfairly in fights. "Let the dead stay buried."



VAL FARMER

times work obligations take precedence over family needs. Some of their priorities are out of their control. "A man's got to do what a man's got to do."

4. **Verbalize needs.** These men didn't like being judged or criticized for not doing something they "should have known." There are times when they just "don't get it." They wanted their wives' expectations spelled out; the more detail, the better.

5. **Be a friend.** Men want a safe haven, a best friend where they can unburden themselves and be accepted for whom they are. They want to be able to share emotions and know their thoughts and feelings will be kept confidential. Companionship, affection and romance are important.

They want a friend who can take their side and be supportive of their struggles. They face performance pressures enough in society without being under the gun at home too.

6. **Understand the importance of free time.** Men wanted

acceptance for their occasional need to be alone or to pursue their personal interests.

**What women wished men would do differently.**

1. **Show emotions.** Women wanted men to know that expressing their emotions is OK. They want more emotional expression from their husbands.

2. **Don't give lip service.** Women didn't like their husbands agreeing or placating them and then not following through. They want their ideas and concerns taken seriously. Their feelings are real and their ideas have value.

Women didn't like being put in the position of repeatedly requesting something and then being expected to be grateful when their husbands finally honored their request. To them it feels like begging and being rewarded — as if they were some sort of troublesome pets.

3. **Recognize that differences in opinion are not fights.** Wives had trouble getting issues talked about because husbands would be too reactive or withdraw because of an emotional edge to the discussion. It is hard to get a legitimate discussion going about important issues.

4. **Give affection without sex.** Women in this group would like to share affection without feeling obligated to respond with sex. They appreciate holding, touching, cuddling and physical closeness that doesn't lead to the bedroom. They want understanding for the time it takes to

transition emotions. They want consideration of their moods and energy level when it comes to sexual interest.

They want to be loved, wanted and appreciated. They want their husbands to pay attention and care about them. A minority of the women expressed concern about the lack of physical affection and sexual interest their husbands paid to them. This was hard on them.

5. **Understand family obligations.** Women expressed concerns that their husbands be sympathetic and supportive of efforts to keep families with parents and siblings strong.

6. **Negotiate work and parenting responsibilities.** Fairness in family and household work is important. Resentments build easily if the workload in the family is one-sided. Women also wanted their marriages to be a partnership experience full of cooperation and teamwork.

Take this list and discuss it with your spouse. See how much of it rings true from his or her perspective. It should be an interesting discussion.

What is your perspective? Send an email to [val@valfarmer.com](mailto:val@valfarmer.com) or a letter labeled "Differences" to the Preston Connection, PO Box 1135, Orem UT 84059.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

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