

VISITING HOURS

Thinking Inside The Lunch Box

BY RACHEL SCHRAM

Nutrition Services, Avera Sacred Heart Hospital

If you plan to pack school lunches for the coming school year, you should know this: One out of every four children throws or trades his or her lunch away. How can you ensure that your nutritious sack lunch will not end up in the garbage? It's as easy as ABC.

ASK

Inviting your child to help plan and prepare his/her sack lunch is the best way to ensure that the lunch will not end up in the garbage. Sit down at the beginning of the week with the school menu. Decide what days he/she wants to eat the school lunch, and then plan lunch for the other days — together. Planning ahead (together!) will help you avoid arguments, prevent the morning panic routine and increase the likelihood that your youngster will eat his vegetables.

Remember, the "a" in "ask" also means to ask for your child's Assistance in preparing his/her lunch. Even young children can help wash fruit or pack vegetables.



Schram

BALANCE

Part of your job in providing your child with healthy meals is to teach him or her how to include less nutritious foods, too. Help your kids balance their high-calorie/fat favorites with more nutrient-rich foods by using these 3 strategies:

- Teach your child that there are "everyday foods" (protein, grains, fruits, vegetables, dairy) and "sometimes foods" (desserts, high-calorie/fat items).
- Pack only one "sometimes food" per day. For example, don't pack cookies on the same day you pack potato chips.
- Pack only a small portion of the "sometimes food." For example, instead of including a whole candy bar, send a mini-size bar. A small treat will be enough for your child to enjoy, but not enough to make him too full to enjoy his fruit cup.

CONSIDER

Remember that the lunch you prepare needs to be appealing to your child so that

he/she will actually eat it. This means you need to consider your child's needs.

- Kids like ready-to-eat things — a peeled and segmented orange is more likely to get eaten than a whole orange
 - Kids like small things — use cookie cutters to cut up sandwiches or bake muffins in a mini-muffin pan
 - Kids like dip — use small containers to create combinations like pretzels and peanut butter, salsa with chips, or vegetables with dressing
 - Kids like crunchy — provide a lunch with raw vegetables, pretzels or nuts
- And remember that kids like fun things. An apple may be easy to pack, but it is also easy to throw in the garbage can. Instead, consider making fruit skewers or sending a fruit and Jell-O cup. Instead of packing a plain container of yogurt, consider buying Go-gurts or drinkable yogurts that may be more fun for kids.

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.

Tereshinski Named Vice President For Academic Affairs At Mount Marty

Mount Marty College President Joseph N. Benoit has named Robert Tereshinski the college's next Vice President and Dean of Academic Affairs. Tereshinski has served as Interim Vice President and Dean of Academic Affairs at Mount Marty since July 2009. He will have responsibility and oversight of academic affairs on Mount Marty campuses in Yankton, Watertown, and Sioux Falls. Tereshinski began his 25 year career at Mount Marty in 1986 serving first as an admissions counselor and coach, then later as a faculty member. He most recently served as Assistant Professor of Physical Education and Recreation. Tereshinski holds a bachelor's degree from Yankton College and a master's degree from the University of South Dakota.



Tereshinski

academic affairs division and pleased that Bob is willing to serve as Vice President," said Benoit. "His knowledge of the campus and community, as well as his long-standing commitment to Mount Marty College will be essential as we look to the future."

A long-time Yankton resident, businessman, and educator, Tereshinski is a past president of the Yankton Chamber of Commerce, Yankton Sertoma Club, and Yankton Library Board. He is widely recognized for his contributions to college and Legion baseball in the area and has received many honors recognizing his accomplishments.

Tereshinski and his wife, Judy, have two grown children, Ann and Matt, along with daughter-in-law, Renee, and three granddaughters.

Mount Marty College, a Catholic Benedictine liberal arts college, has three South Dakota campuses and is a premier regional college offering associates, bachelor's, and master's degrees. Currently Mount Marty offers 27 majors, 10 pre-professional programs of study, and several graduate degrees.

In 2007 he was chosen by his peers as Mount Marty's Teacher of the Year. The year before, he was inducted into the MMC Athletic Hall of Fame for his contributions as baseball coach and in 2004 was inducted into the Yankton College Athletic Hall of Fame for his contributions there. "I am confident in Mr. Tereshinski's ability to lead our

SCHOLASTICS

Schurman Awarded Scholarship At SDSU

BROOKINGS — Brett Schurman of Yankton was awarded the Maurice D. and Vivian E. Ruch Scholarship in Engineering for the 2011-2012 academic year at South Dakota State University.

Schurman is a senior majoring in mechanical engineering at SDSU, where he is active in the American Society of Mechanical Engineers and serves at the Harvest Table. He is the son of Dan and Kathy Schurman of Yankton and is a 2008 graduate of the Yankton High School.

Otto Ulrich Trust Creates USD Scholarship Fund

VERMILLION — The University of South Dakota Foundation announces the creation of The Otto Ullrich Scholarship Endowment. In accordance with the wishes of Otto Ullrich, a long-time resident of Yankton, S.D., as stated in his will, the trustees of the Otto Ullrich Trust have established a scholarship with the School of Education at the University of South Dakota. Students who are graduates of Yankton High School and are declared secondary education majors are eligible. Preference will be given first to students majoring in math or science, second to students majoring in foreign languages or special education, and third to students in other fields of study critical to a secondary school curriculum.

This year's recipient is USD senior Maggie Downing. Downing is a secondary education major specializing in English education who hopes to teach high school British literature and drama after graduation. She credits her interest in education as a career to transformative teachers she had during her years in the Yankton school system. Downing will graduate in the spring of 2012 and hopes to enter the Teach for America program during the 2012 school year.

Ulrich's intention, according to his will, was to benefit his hometown of Yankton and improving schools with highly qualified teachers like Maggie Downing is one way to accomplish his goal.

Judge

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apartment in Lincoln County and registered to vote there, complying with legal requirements that she live in the Supreme Court district she represents.

Wilbur praised Meierhenry as a trailblazer with wisdom and experience.

"I hope I can do half as good a job as Justice Meierhenry," Wilbur told The Associated Press.

Wilbur said she loved working as a circuit judge and hadn't thought much about moving to the Supreme Court until some people encouraged her to consider it. She said she was humbled that the governor chose her from a pool of candidates who applied for the appointment.

"Each of us brings to our work, whatever that work is, our lifetime of experience and our values. In my experience, the people of this state expect courteous and prompt resolution of their disputes by judges and justices who apply the law fairly and impartially," Wilbur said.

Daugaard said he was struck by a comment Wilbur made when he interviewed her for the appointment.

"When I asked her why she would be a good justice, she told me that she lives by the same three rules that she asks her DUI defendants to follow: 'Show up, try hard and be honest.' That is a simple and eloquent statement of the values that make South Dakota great," the governor said.

Wilbur said she will continue to follow those three rules.

"I plan to be dedicated and work hard at this job because it's an awesome responsibility to the citizens of this state," she said.

Finding An Appreciation For Rural Life

BY VAL FARMER

www.valfarmer.com

Rural folks understand and appreciate community life. Not only does it take a village to raise a child, it takes a village to sustain people and families. A village contributes to a high quality of life. People pitch in to give support and leadership in order for vital community functions to continue to exist.

The importance of community with its institutions, celebrations and traditions helps define who people are and what they stand for. They cherish a common history and look forward with hope to a future together. They understand and support community events and traditions that make a community a community.

Rural leaders. I stand in awe of community-minded local leaders who are unselfish, visionary, inclusive and skillful at organizing themselves. They have a gift of social and political skills to balance the interests of those who depend on each other over a lifetime.

They trust each other. They cooperate. They put in long hours behind the scenes. Their example of civic responsibility inspires subsequent generations of leaders who know how to work together for the good of the whole.

Rural leaders cut through obstacles and red tape with a "can do" attitude. In the process, they enjoy light-hearted fun, friendships and camaraderie. They do it because it needs to be done and their hands are needed. They are the glue, the vision and the life-blood for the community.

Why do they do it? Why do they give of themselves so freely and unselfishly? People get a sense of significance when they

see the how their contributions directly affect others. They can and do make a difference. They understand and take responsibility for how their actions affect others.

Entrepreneurship.

Whether it is family farms and ranches, agribusiness, main street merchants, local professions, educators or service providers, the towns and countryside are full of entrepreneurs.

I've seen multiple examples of ingenious entrepreneurs who see needs and produce quality products and service. They serve their customers so well that their businesses grow and become sources of employment and livelihood for other community members.

I admire the staying power of merchants, teachers, public servants, technicians, health care professionals, business owners and others who choose to make their living in small communities despite economic pressures. Many reach the leading edge of their professions and prove that occupational success isn't limited by location and is, in many cases, enhanced by it.

Family farming and ranching. I can't say enough about families who choose to make their living through agriculture. The hours are long, the pressures great, the markets uncertain, and weather is a huge factor in success or failure. Only persistence and optimism see people through the challenges they face.

I admire the work ethic, knowledge base, skills, financial know-how and dedication that is

needed to be a farmer. I admire the partnerships between husband and wife as they work together as a family for common dreams and a family life second to none.

I see children being reared with wholesome values, the work ethic and a huge dose of family fun thrown in.

I admire the relationship and management skills that go into families farming together in multi-family farms. Considerable sacrifices are made as the dream of passing on the farm from one generation to another takes place. These sacrifices are not only in conserving an asset base but also in selflessly sharing management in order to groom the next generation of leaders.

The people. Rural people enjoy true life-long friendships and genuine affection with their extended families, neighbors, friends and associates. I see the amount of fun, light-heartedness and teasing in social occasions. They enjoy each other in unhurried conversations and sharing of activities such as hunting, fishing and other hobbies.

I see the power of the extended family in the commitment and relationships grandparents have with grandchildren, aunts and uncles have with nieces and nephews and cousins have with each other. I see the effort in getting together to celebrate life through family events, holidays, community gatherings, baptisms, graduations, confirmations, weddings and other special occasions.

I appreciate the down-to-

earth, common sense, religious values, service and perspective on life that keep rural people grounded in sound living and happiness. Local wisdom keeps people from getting carried away by fads, popular culture, materialism or personal pride.

I admire the genuine caring and help that is given to families facing tragedy and disaster. I have felt the warmth of hospitality and graciousness of rural people to each other and to strangers who are off the road or have any kind of problem.

I respect the tolerance and acceptance rural people show to those with disabilities, the amount of loving care and value given to the aged and a huge commitment to the young. They are all included and made to feel a part of the community.

I see children in the limelight. Children are valued and supported in their activities whether it be in drama, music, athletics, church groups, 4-H, FFA or other extra-curricular activities.

Rural people share the excitement and cheer at activities and sporting events for their children, grandchildren, nieces and nephews and other people's children they have come to love as dearly as their own. Children have meaningful interactions with adults of all ages and walks of life. They feel like they belong when they sense that the community is proud of them and cares about them.

For more information on rural life, visit Val Farmer's website at www.valfarmer.com.

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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Obama

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The political backdrop was the same rural state where Obama's first run for the presidency took flight. On an official bus tour through the Midwest that in every way felt like a re-election campaign trip, the president was crossing Minnesota, Iowa and Illinois over three days before heading on a summer vacation.

In terms not heard from Obama in some time, he sounded nostalgic, and thankful for the escape.

"You're what gives me strength," the president said.

"As I was driving (through) those little towns in my big bus, we slowed down and I'm standing in the front and I'm waving. I'm seeing little kids with American flags, grandparents in their lawn chairs ... and passing churches and cemeteries, corner stores and farms," he said. "I'm reminded about why I wanted to get into public service in the first place."

Earlier, opening the forum, he took another shot at Republicans

in Congress for what he called a harmful practice of putting party above country.

The presidential campaign, meanwhile, continued to shadow the trip.

Just down the road in Dubuque, Texas Gov. Rick Perry, who has jumped into the Republican race to oust Obama, said the president's bus tour was a folly.

"We know what the problem is: we're being over-taxed, over-regulated and over-litigated," said Perry, having lunch with voters at a riverfront brewery.

Obama, for his part, sought to identify with the work ethic and community pride of the picturesque region. He said a big American comeback won't be driven by Washington.

"It is going to be driven by folks here in Iowa. It's going to begin in the classrooms of community colleges like this one," Obama said. "It's going to start on the ranchlands and farms of the Midwest, the workshops of basement inventors, and storefronts of small business owners."

Obama's second day on the road once again took him into the rolling northwestern section of Iowa, a carpet of green corn and occasional sunflower fields that

ultimately broke into the Mississippi River. He stopped for breakfast in Guttenberg with five business owners then drove through Dyersville, home of the Field of Dreams of baseball movie fame. The motorcade passed groups of onlookers, most curious residents displaying neither signs of protest or support.

Obama is offering signals of both his governing approach for the remainder of his term and the evolution of a campaign message for his re-election bid.

He is determined to use the reach of his office to build public pressure on Republicans to move his way on economic and fiscal policies, to counterpunch against the GOP presidential field, and to argue for his presidency with independent voters and rekindle enthusiasm among Democrats.

But the measures are targeted, such as making it easier for rural businesses to get access to capital, and far more modest than the ambitious \$821 billion stimulus package he pushed through Congress in 2009 when unemployment was rising but still below the current 9.1 percent level.

Obama's economic message illustrates his current dilemma.

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