

Commission For State's 125th Anniv. Announced

PIERRE — Gov. Dennis Daugaard has appointed a nine-person commission to generate ideas for celebrating South Dakota's 125th anniversary of statehood in 2014.

The group will seek ideas from the public between now and Oct. 1 on how to promote South Dakota's history, increase tourism during the special year and encourage state and local events, such as all-school reunions. Its first meeting will be at 10 a.m. Wednesday, Aug. 14, at the Visitors' Center next to Capital Lake in Pierre.



Hunhoff

"It is important that we know our history," said Daugaard. "As we prepare for this significant milestone for South Dakota, I hope the commission's efforts will inspire citizens to reflect on that history and how far we have come as a state."

In addition to the commission hearing ideas from citizens, the public can suggest ideas for the celebration by visiting the 125th Anniversary of South Dakota Statehood website at www.125.sd.gov. People can also send ideas to 125info@state.sd.us.

The South Dakota 125th Anniversary of Statehood Commission is comprised of the following members:

- Jay Vogt, Pierre, current director of the State Historical Society;
- Dr. Brad Tennant, Aberdeen, associate professor of history at Presentation College and current president of the South Dakota Historical Society;
- Dr. David Wolff, Spearfish, Black Hills State University dean of the College of Liberal Arts, Western history specialist and author of "Seth Bullock: Black Hills Lawman";
- Joyce Whiting, Porcupine, Oglala Sioux tribal historic preservation specialist;
- Rep. Bernie Hunhoff, Yankton, publisher of *South Dakota Magazine* and member of the South Dakota House of Representatives;
- Rep. Leslie Heine-mann, Flandreau, dentist and member of the South Dakota House of Representatives;
- Yvonne Taylor, Presho, executive director of the South Dakota Municipal League;
- Jim Larson, Sioux Falls, former executive director of the 1989 Centennial Office;
- Shelley Stingley, Sioux Falls, former chair of the 1989 Centennial Commission.

Gov. Daugaard does not expect to ask the 2014 Legislature for any funding or staffing for anniversary activities.

Any needed funds will be raised by licensing the commercial use of the South Dakota 125th Anniversary logo recently created by Ashley McCloud of the Department of Tourism. Licensing guidelines and applications for using the logo are available at www.125.sd.gov or from the Bureau of Administration at 605-773-3688.

Media and other groups that want to use the logo for non-commercial promotion of South Dakota will not be charged a fee, but need to receive the proper art materials from the Bureau of Administration.

Staff from the Bureau of Administration and the Governor's Office will work with the commission and local communities, organizations and individuals interested in holding events, promoting history and sponsoring 125th statehood anniversary activities.

Visiting Hours

Time To Use Backpack Safety

BY TAMMI ADAM, MS,OTR/L,CLT,CPAM
Avera Sacred Heart Hospital

Most likely you have begun your back-to-school shopping. Half the fun and excitement of the new school year is selecting new supplies and clothes, including a new backpack or bag.

In the United States, it is estimated that more than 79 million students carry backpacks. In 2007, more than 2000 backpack-related injuries were reported to be treated in medical facilities. The American Occupational Therapy Association celebrates National School Backpack Awareness Day on the third Wednesday of each September. With school starting soon, now seems like a good time to educate on what to look for and how to wear a backpack or bag to keep your child safe. However, with people of all ages carrying heavy backpacks, bags, and purses, this can be an important lesson for those of all ages.

Carrying too much weight or wearing a backpack the wrong way can lead to health problems, such as pain and strain. Wearing a heavy school backpack can lead to tingling arms, aching back and shoulders, stooped posture and weakened muscles.

HOW TO LOAD A BACKPACK:

- Arrange books and materials so they do not slide around in the bag.
- Load the heaviest items closest to the child's back (the back of the pack).
- The loaded backpack should not weigh more than 10% of the child's body weight. For a student weighing 100 pounds, this means the backpack should weigh no more than 10 pounds (5 pounds for someone weighing 50 pounds). About 55% of students wear a pack that is heavier than 10% of their body weight.
- On days when the backpack may become overloaded, it is recommended to have your child "hand carry" an extra book or other item.
- If your child's backpack is consistently overweight, you may want to choose a book bag on wheels.
- Check your child's bag daily to



see what they carry to and from school. Make sure that the contents are necessary for the day's activities. Remove those items that are not.

HOW TO WEAR A BACKPACK:

- Students should wear their backpacks so that the bottom of the pack rests at the curve of the low back. It should never rest more than four inches below the child's waistline. Studies have shown that students wearing their backpacks at the curve of the low back are actually enhancing the body's center of gravity and having the least adverse effect on their posture.
- Distribute weight evenly by wearing both shoulder straps. A common problem with backpacks is the habit of slinging the pack over one shoulder. The natural response of the body is to compensate by leaning to the side that is not carrying the burden, curving the spine

and causing pain and discomfort.

- Adjust the shoulder straps so that the pack fits snugly to your child's back. If the pack hangs loosely from the back, it can pull the child backwards and strain muscles. Have your child wear the waist belt if the backpack has one to help distribute the backpack's weight more evenly.
- Choose a backpack that has well-padded straps. Because of the many blood vessels and nerves at the neck and shoulders, a thin, unpadded strap can place too much pressure on these structures and cause tingling and pain in the neck, arms and hands. A padded back is also beneficial (those made for a laptop are usually padded very well).
- The backpack should also fit well for the student. A common misconception is that a young child "will grow into it." School bags come in

different sizes for different ages. Also, choose a pack with enough room for necessary items.

RECOMMENDATIONS FOR MESSENGER BAGS, PURSES, BRIEFCASES:

- For those with shoulder straps, place the strap diagonally across the opposite shoulder to help distribute weight more evenly across the back. Straps should also be wide and adjustable.
- Alternate shoulders (bags with a strap) or hands (bags with handles) by switching from side to side to prevent the strain from being on one side of the body all the time. Consider briefcases, bags or luggage with wheels (and if able, push in front of you or to your right or left side, instead of pulling behind you).
- Eliminate unnecessary items and weight from the bag. Coins can easily increase the weight of a purse, and some items might be better left in the car to access. You might also decide to have varied-size options, such as a smaller purse for errands and a small backpack for long errands. Leather also weighs more, so lighter materials such as microfiber or fabric would decrease strain. Check daily to remove any unnecessary items that add additional weight.
- Select purses or bags with individual compartments to distribute weight more evenly.

(Sources: The American Occupational Therapy Association, Inc. — www.aota.org)

Please take the time to select your child's backpack and your next bag. Check for proper fit and weight, and remember to incorporate good body mechanics and habits. A bit of prevention can help to promote a healthy and safe lifestyle for our children and ourselves. Have an exciting and healthy school year!

Tammi Adam, MS, OTR/L, is an occupational therapist at the Avera Sacred Heart Hospital Physical Medicine Department.

Local Foods And Variety Benefit Consumers

BY DR. MIKE ROSMANN

Most of us don't like to eat the same foods day after day. That people like variety is valuable for agricultural producers to know.

It is a reason why community supported agriculture (CSA) is a rapidly growing agricultural enterprise.

People who affiliate with CSA producers like seasonal variation in the vegetables and fruits available to them. Not having certain foods throughout the year builds expectations-even cravings—for seasonal delights.

We relish fresh greens and vegetables like asparagus in the spring because they are high in vitamin C and iron. These nutrients were less available to people in bygone eras when foods had to be stored for consumption during winter.

Most foods lose vitamins in storage. Now, growing fresh produce in hothouses and rapid methods of transportation make these items available year-round in grocery stores.

Livestock that graze also relish the first green shoots of grass each spring, which are rich in the nutrients they need. In the fall and winter many animals, especially those that hibernate, seek carbohydrate-rich foods to accumulate a reserve of fat to supply energy as temperatures drop.

Many people also like "heavier" foods during cold weather, for many of the same reasons as animals. Appetites for certain foods had survival value for the human species in past times and remain with us yet today.

There is a downside to craving variety in our foods. In their June 29, 2011 review of dietary research in *The American Journal of Clinical Nutrition*, Drs. Nicole Avena and Mark Gold concluded that people eat more when their foods have variety, leading to a greater risk of obesity.

The authors also noted when people had to consume the same food for every meal over several weeks, they habituated to it and ate less. Obese people habituated more slowly,



Dr. Mike ROSMANN

where they do business.

Purchasing locally grown food also helps cut costs. Retail chains can often reduce or eliminate wholesale marketing and packaging expenses as well as save on transportation costs.

Eighty percent of food costs can be attributed to processing expenses, shipping/transportation, marketing and advertising, according to a CBS News Report that was cited in *Money Watch* on February 23, 2011. That means only 20 percent of the retail price goes to the producer.

Most agricultural producers are aware—as the report says—only 8 cents of an 18-ounce box of cereal which sells for \$4.39 is paid to the grain producer. About \$1.30 of a \$3.99 price for a gallon of milk is paid to the dairy producer.

Costs for shipping food items to their final destination contribute about 10 percent to the retail price, according to Iowa State University Extension economist Chad Hart, in a 2012 interview for the *Waterloo Courier*. Of course, shipping distances, methods of transportation and fuel costs vary considerably.

A 2009 article in *World Watch Magazine* cited research undertaken by the Leopold Center at Iowa State University which indicated the average dis-

tribution was 1,500 miles.

Such long-distance transportation creates a "carbon footprint," contributing about four percent of the food system's greenhouse gas emissions. Eighty percent of greenhouse gas emissions occur on farms where the food was raised, with animal production and related products (e.g., eggs, milk) contributing the greatest share of the "carbon footprint."

We should buy locally for the reasons I've identified, preferably from local producers directly at farmers' markets, CSAs or stores operated by farm producers. They willingly explain how their food was raised and form partnerships with customers.

These producer/marketers cut out the "middleman" entirely, which increases their profits. Their home-grown profits stay in the community.

Most local producers spend a good portion of their income, time and energy contributing to the local community. The workers they hire usually are local residents who also benefit their communities.

Probably the main reason chain food stores buy locally is they know consumers like seasonal variety and will buy more food, not because it contributes to the local economy, but because it makes a larger profit for their corporations. That food consumers like seasonal variety gets us back to the obesity issue.

What we eat and how much, are behaviors under our control. We can obtain the variety of foods we crave and enjoy, but we can cut back on portion sizes.

It's a "win-win" if we buy food locally, especially when we purchase it directly from producers in our communities. Happy eating!

Dr. Rosmann is a Harlan, Iowa, psychologist who farmed and sold meat and grain locally for many years when possible, but also used traditional markets when necessary. Contact him at: www.agbehavioralhealth.com.

Sponsored by Lewis and Clark Behavioral Health

'No Parking' Tow Zone For RibFest Set

Historic Downtown Yankton, Inc., will hold the seventh annual Rockin' Ribfest on Saturday, Aug. 31, in downtown Yankton. This event is considered Yankton's biggest block party with something for everyone. Savory ribs, classic rock bands, free kid's play area and inflatables, and an amateur rib contest.

Historic Downtown Yankton, Inc. will establish a "no parking" area for Saturday, Aug. 31, on Third St. from the alley between Broadway and Cedar Street on the west end

to Douglas Avenue on the east end, and on Walnut from the midpoint between Second and Third streets on the south end to the southern edge of the old Post Office building between Third and Fourth streets on the north end. The established times for the "no parking" area are from 3 a.m.-11:49 p.m. on Aug. 31.

"No parking" signs will be posted 48 hours in advance of the event in the designated area. These signs will state the date and time of the "no parking" and tow

area. Vehicles in the signed area on the morning of Aug. 31 will be towed, at the owner's expense, to allow for the set-up of the Rockin' Ribfest event.

Any questions about the "no parking" area, call Historic Downtown Yankton, Inc. at 605-665-2263. The Yankton Police Department phone number is 605-668-5210. Remember to follow Historic Downtown Yankton, Inc., on its webpage www.downtownyankton.com or on its Facebook page.

SCHOLARSHIPS

UNIVERSITY OF NEBRASKA-LINCOLN

LINCOLN, Neb. — The University of Nebraska-Lincoln has awarded more than 1,600 scholarships to 2013 Nebraska high school graduates who will enroll at UNL this month. The total potential value of the scholarships is approximately \$15.3 million.

The scholarship winners include:

- Randolph: Ashley Schmit, Randolph Public High School, James Canfield, College of Agricultural Sciences and Natural Resources, a pre-veterinary medicine major.
- Fordyce: Katelyn Dickes, Hartington Cedar Catholic High School, Regents, Ne-

braska Top Scholar and Honors Program Textbook, Explore Center, an undeclared major.

• Saint Helena: Carrie Wiepen, Wynot Public High School, James Canfield, Explore Center, an undeclared major.

The total awards include 27 Chancellor's Scholarships, 387 Regents Scholarships (including 54 Nebraska Top Scholars), 98 Nebraska Achievement Scholarships, 149 David Distinguished Scholarships, 379 James H. Canfield Scholarships, 75 Chancellor's Leadership Class scholarships and 378 University Honors Program textbook scholarships.

REUNIONS

EDELMAN REUNION

The Edelman family reunion will be held at noon on Sunday, Aug. 11, 2013, at JoDean's Steak House and Lounge, 2809 Broadway St., Yankton, with a buffet meal. This includes all descendants of Jacob Sr., Jacob Jr.,

Andrew, George, Peter, Henry, John Edelman, Margaret (Edelman) Kost, and Johanna (Edelman) Bender.

For more information, contact Sharlen Krause at 925-7698 or shkrause@hotmail.com, or Gene Danielsen (425-2844).

50th Anniversary Celebration



Mr. & Mrs. Don Thompson

Don and Mary Fran Thompson will be celebrating their 50th wedding anniversary on August 10, 2013.

The couple was married at Zion Lutheran in Volin, SD on August 10, 1963. Mary Fran's two children, Dec and Larry, were their attendants joined by family and friends from the community. They farmed in the Volin area until they retired to Yankton, SD in 1998.

They have four children, Todd (Debbie) Thompson of Ethan, SD; Deb (Doug) Lillie of Yankton, SD; Larry (Cheryl) Cook of Nevada City, CA and Dec (Bob) Roach of Blue Springs, MO.

The couple love and enjoy their ten grandchildren, 14 great grandchildren and three great grandsons.

Greetings may be sent to 2209 Burleigh, Apt 201, Yankton, SD 57078.