

SDACDA Honor Choir



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Students Garrett Adam, Mikayla Trenhaile, Sophie Drotzmann, Reid Hunhoff, Amanda Gravholt, Jeryka Goble, and Joseph Kelly participated in the annual SDACDA Honor Choir this year.

Seven YHS Students Participate In Annual SDACDA Honor Choir

Seven Yankton High School choir students under the direction of Angela Larson participated in the 41st annual SDACDA honor choir in Sioux Falls this summer. Students were Garrett Adam, Mikayla Trenhaile, Sophie Drotzmann, Reid Hunhoff, Amanda Gravholt, Jeryka Goble and Joseph Kelly. They attended a week long camp on the campus of Augustana College and performed in a concert on Friday, August 1st at O'Gorman High School's performing arts center.

Area Retired School Personnel to Meet

The first meeting of the 2014-2015 Yankton Area Retired Teachers Association will be held on Thursday, Sept. 4, at Jo Deans Restaurant. It will begin at 11:30 a.m. After lunch, Dr. Jennifer Johnke, principal of Yankton High School, will give a presentation on current school topics. A short business meeting will follow the program. This event is open to all retired school personnel living in the Yankton and surrounding areas. If you have questions, call 665-7977.

Visiting Hours

Does The Caveman Diet Work?

BY SARA GERMAN, RD, LN AT
Avera Sacred Heart Hospital

Can eating like a caveman improve your health, strengthen your body and help you lose weight?

If you frequent food blogs, you have likely run into the paleo diet. (As a dietitian and someone who enjoys food in general, I fall into this category.) Or you may know friends who have gone on the "Whole 30" challenge, which involves following a strict paleo diet for a month.

Or maybe you aren't a dietitian with weird friends, and you have no idea what I'm talking about. What is the paleo diet, anyway?

The paleo diet starts with the idea that the first people ate a diet based on food they could hunt (meat) or gather (fruits and vegetables). Paleo enthusiasts believe that this "hunter-gatherer" diet still provides the best nutrition for the human body. They believe that the human body is not well-adapted to eating foods that were introduced later on in human civilization with the development of agriculture and the domestication of animals. These foods, they

argue, may even be the cause of many modern health problems.

With this concept in mind, the paleo diet is quite simple. It includes meat (including poultry and fish), eggs, nuts, fruits, vegetables and certain oils, like olive oil and coconut oil. Foods not included are grains, dairy products, legumes (including peanuts), sugar and vegetable oils (and probably white potatoes).

Is this healthy? Well...

The paleo diet cuts out two entire food groups. Whole grains contain a lot of beneficial nutrients and have been shown to have health benefits: think oatmeal and cholesterol. Cutting out dairy products increases the risk of not getting enough calcium and vitamin D. And while beans are rightly infamous for their "musical" qualities, they are nutritional powerhouses. (In beans' defense, there are also techniques to mitigate their side effects.)

On the other hand, there are definitely things to admire about the paleo diet, particularly its focus on whole, "real" foods over heavily processed foods. Limiting refined grains - found in foods like white bread and most baked

goods - and added sugar is a good idea for most people. The paleo diet is also heavy on fruits and vegetables, two food groups that almost everyone should eat more of.

From my perspective as a dietitian, the paleo diet is probably too restrictive for long term use, and has the potential to be deficient in essential nutrients. I also don't buy the argument that the human body can't handle foods like grains, dairy and legumes. However, for people wanting to reduce the amount of refined, processed foods in their diet, starting out with a few weeks of a paleo-type diet could be a great way to reset and start healthy habits. (And because so many foods are restricted, weight loss is a common side effect.) I will never discourage more fruits and vegetables!

Post script: If this article prompts you to further investigate the paleo diet, wonderful! Just be aware that websites by paleo enthusiasts can be ... well... extremely enthusiastic. It's almost enough to turn me paleo! Take everything with a grain of salt. The (grain and legume-loving) vegan diet can be healthy, too.

Silver Rose Service In Yankton Tonight

The Knights of Columbus of South Dakota will participate in a North American effort paying tribute to Our Lady of Guadalupe, Patroness of the Americas, through the Our Lady of Guadalupe Silver Rose — One Life, One Rose Program. It involves carrying six Silver Roses from Ontario through the U.S. to Monterrey, Mexico.

The Rose's journey through South Dakota ends tonight (Wednesday) in Yankton. There will be a service at 7 p.m. at Sacred Heart Catholic Church. The public is invited to attend.

The Our Lady of Guadalupe Silver Rose Program began in 1960 as a project



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ect of the Columbian Squires of North America to honor the Blessed Virgin under her title of Our Lady of

Guadalupe, Patroness of the Americas. The program has continued since then as a project of Squires circles,

councils and Fourth Degree assemblies in several jurisdictions. In 2001, Supreme Knight Carl A. Anderson expanded the program by beginning the "Running of the Rose" from the 119th Annual Meetings of the Supreme Council in Ontario. Today six Silver Roses travel from Canada to the United States to Monterrey, Mexico, arriving at the Basilica of Our Lady of Guadalupe there on Dec. 12, the Feast of Our Lady of Guadalupe.

Starting in April 2014, six roses began traveling simultaneously through 53 states and provinces before entering Mexico for the final leg of the pilgrimage to Monterrey.

C-SPAN

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"But it's still a huge honor to have the bus visit for these students (currently in school). Every kid who came out to the bus said there were interesting things and really neat stuff."

C-SPAN visited Freeman as one of five stops in South Dakota, Hansen said. The bus had visited Sioux Falls and Harrisburg, and it was headed for Pierre and the Black Hills.

During Tuesday's stop, about a dozen FHS students came aboard the bus for each presentation by C-SPAN marketing representatives — and twin sisters — Sara and Chellie Zou. The Zou sisters have worked for C-SPAN for 2 1/2 years, traveling with the bus since January.

The bus, valued at \$1 million because of its interactive technology, travels up to 11 months of the year. The vehicle has visited all 50 states during its 21-year history and is taken off the road only for maintenance and holidays.

The road has proven to be exciting without becoming tiring, Chellie said.

"So far, we have visited 35 states and Washington, D.C.," she said. "We are on the road for a week at a time, then we go back to work (at C-SPAN) for three weeks at a time."

The sisters are enjoying their visit to the Rushmore State, Chellie said. "It's been a couple of years since (the C-SPAN bus has) been to South Dakota," she said.

A LEARNING EXPERIENCE

After greeting the Freeman students, the Zous took the teenagers to a sitting area in the back of the bus. The sisters explained that the public affairs network,

which runs around the clock, consists of three channels. C-SPAN covers the U.S. House, C-SPAN2 covers the U.S. Senate and C-SPAN3 covers briefings, committee hearings and other events of interest.

That type of coverage makes the federal government accessible to millions of people who could never travel to the nation's capital or other spots, Chellie said.

"C-SPAN brings the world to Washington, so you see what your group of (elected) representatives is doing," she said, adding the networks provide gavel-to-gavel coverage.

The network takes no commercial breaks because it doesn't rely on advertising, Chellie said.

"All of our funding comes from cable (networks)," she said. "People think the government pays for us, but that's not so. We are non-partisan, which means we aren't affiliated with any political parties."

Chellie congratulated the Freeman district for placing in the StudentCam competition in its first try. She encouraged the school to enter this year's contest with the theme, "The Three Branches Of Government And You."

"The theme is pretty broad, but the more specific your entry, the better," she said. "Don't be afraid to throw in things that are not the standard way of doing a video."

The students will find C-SPAN as a good source not only their videos but for following the races in the November election, she said. The network has revamped its website in anticipation of upcoming coverage.

"The mid-term elections will be big for us. We will be

going to political events," she said. "South Dakota has a couple of big races."

BECOMING INFORMED

The FHS students appeared intrigued when they tried the interactive screens testing their political knowledge. The sites also contained videos with information.

FHS seniors Cailey Roth, Shelby Jensen and Levi Hintz said they learned a great deal even within the short five-minute time frame at the screens.

The students said they enjoyed watching a replay of Freeman's winning video, noting it heightened their interest in both C-SPAN and entering this year's StudentCam contest.

"When you think that we're the first South Dakota school to place in (the contest), and you have schools like Sioux Falls and Rapid City with a lot more money to spend on it — it's impressive," Roth said.

When it comes to making a video, creativity counts for a great deal, Hintz said.

"When you think outside the box, it catches (the judges') attention," he said.

Roth and Hintz won offices at their respective Girls State and Boys State sessions. While they don't necessarily plan a career in politics, they — and their fellow students — follow what's happening.

"During the (2012) presidential election, we were having play practice and watching (during our breaks) what was going on between (Mitt) Romney and (Barack) Obama," Roth said.

Sara Zou said such interest can be found among young people across the nation. The bus and the interactive technology plant a seed that grows as races heat up and students cast their first ballots, she noted. "Students are very receptive, wherever the bus goes," she said. "They might not be interested right now (in particular races), but

they will later look up candidates or their representatives in Washington."

Sage, the FHS economics and social studies teacher, said he expects to see even more excitement among his students thanks to the school's award-winning video and Tuesday's bus visit.

"It's been a great motivator," he said. "The students (who were on the bus) came back to class and were really excited about creating this year's video. They said, 'Let's get started!'"

Sage admits a special pride in knowing his school — with one of the smallest enrollments and budgets in the competition — became South Dakota's first StudentCam winner and went toe to toe with the nation's top schools.

"I don't think it's the technology use that's necessarily the most important," he said. "We had kids who came up with something unique and truly believed in themselves. They were an exceptional group."

However, he's not selling short this year's FHS students.

"As we get closer to the mid-term elections, these students will get into it," he said. "We'll be watching the debates both locally and on C-SPAN."

Tuesday's bus stop reinforced C-SPAN's importance in making the federal government more accessible to all citizens, including the younger generation, Sage said.

"C-SPAN has brought Washington to Freeman," he said.

Each winning C-SPAN video is available at <http://www.studentcam.org> and may be used in a broadcast with attribution to C-SPAN.

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf. Discuss this story at www.yankton.net.

Yankton Medical Alliance Packs 3,240 For Kids In Need



SUBMITTED PHOTO

The Yankton Medical Alliance and families recently packed over 3,000 meals for children in need of our care. If you would like to learn how you can make a difference, please visit www.kahyankton.org.

USD Noon Forum To Address Terrorism

VERMILLION — The University of South Dakota will host its first International Forum of the new school year at noon on Monday, Sept. 8. The topic is, "Ready for Another 9/11?"

The beheading of U.S. journalist James Foley by members of the recently established "Islamic State," which also has executed, in Iraq, thousands of fellow Muslims and Christians within the past two months, much concern has been expressed about the likelihood of another 9/11 type of assault on the U.S.

Of special concern is the fact that many of these jihadists hold U.S. or European passports, making it much easier to enter the U.S. (as they don't require U.S. visas). Although Texas Gov. Rick Perry suggested that even others already have entered the U.S. via the U.S.-Mexican border.

Would the U.S. be ready to fight these jihadist right here? On the other hand, due to the recent "clashes" (involving military type of vehicles) in Missouri (after an unarmed black teenager was shot to death by police) it has been suggested that local police departments of been already excessively militarized. So what can be done to protect us?

These and other issues will be discussed by Chief Matt Betzen (Vermillion Police Department) and Lt.Col. Ross Nelson, (head of the USD Military Science Department).

The moderator is Dr. Benno Wymar (Economics).

The event is sponsored by the (USD) Beacom School of Business and is open to the public at no charge.

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