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UCC Adult Choir To Perform ‘The Winter Rose’

The 35-voice Yankton UCC Adult Choir will offer Joseph M. Martin’s “The Winter Rose” as the centerpiece of the church’s Advent service this Sunday, December 13, accompanied by narration and a chamber ensemble, all under the leadership of Jennifer and Ted Powell, the church’s directors of music.

Everyone not worshipping elsewhere at the time is invited to be a part of this special event which begins at 10 a.m. in the historic sanctuary of the Yankton United Church of Christ (Congregational) at 5th & Walnut.

The choir and other church members will be providing homemade refreshments in Pilgrim Hall following the service. (The church is fully accessible via elevator.)

Narrator for the cantata will be Nancy Sternquist. Choir director Jennifer Powell noted, “Nancy helped us out as one of the narrators in a past Easter Cantata and has a lovely voice and beautiful style. We are honored to have her join us on Sunday.”

Instrumentalists providing the choir’s accompaniment include

- Stephanie Kocher, flute — adjunct instructor, music, University of South Dakota (USD)
- Becky Rider, flute — Vermillion Middle School band director
- Dr. Deborah Check

Reeves, clarinet — curator of education and curator of woodwind instruments, National Music Museum; associate professor of music, USD

- Laura Nelson, clarinet — junior, Gayville-Volin High School; past member of both South Dakota Middle School and High School All-State Bands; student of Dr. Deborah Check Reeves
- Sheila Wipf, oboe — Freeman Public Schools band director
- Loretta Thomas, bassoon — adjunct instructor, music, USD
- Todd Carr, bass — Yankton High School band director
- Ted Powell, piano — Yankton UCC organist and director of music

Much of the cantata is based on Christmas favorites, though Joseph Martin’s powerful arrangements may encourage worshipers to hear the familiar carols in a new and more meaningful way. He and his wife, Pamela — author of the narration — have written, “It is our sincerest prayer that as Christ, the Rose of Sharon, opens before you this Christmas, your spirit will be encouraged by the beauty of God’s greatest gifts.”

The public is invited; a freewill offering will be gathered. For more information, contact the church office (uccoffice@midconetwork.com; 605-665-7320) or visit the Yankton UCC website (www.yanktonucc.org).

Visiting Hours

Cold Cuts And Cancer?

BY SARA GERMAN , RD, LN
 Avera Sacred Heart Hospital

Recently, meat has been in the news for all the wrong reasons. “Bacon Causes Cancer!” is a compelling headline, right up there with “Kim Kardashian Does Something ELSE!” But is it true?

Well, yes. And no. Let me explain.

After reviewing multiple studies, researchers came to the conclusion that processed meat definitely causes cancer, in the same way that smoking causes cancer. They also found the eating red meat likely causes cancer. (Processed meat includes things like bacon, hot dogs, ham, sausages, deli meat and beef jerky. Red meat includes beef, lamb, and pork.) If you eat processed meat, you are more likely to get colorectal cancer, just like if you smoke you are more likely to get lung cancer. This is the stuff that’s making news headlines.

However, there are several B-I-G differences between eating bacon and smoking. Smoking causes almost 90 percent of lung cancer cases, and almost 1 million cancer deaths each year worldwide. Processed meat and red meat, on the other hand, likely cause just about 20 percent of colorectal cancers and 80,000 cancer deaths each year.

In other words, all other things being equal, a smoking vegetarian is much more likely to get cancer and die than a non-smoking steak-lover.

In the U.S. the lifetime risk of developing colorectal cancer is about 5 percent (1 in 20). If you want to knock that number down to 4 percent (1 in 25), stop eating processed meat and red meat. For most people, one percentage point is not a big

enough incentive to change their eating habits.

The good news is you can eat things that help decrease your risk of getting colorectal cancer. People who eat fish regularly have a lower risk of developing colorectal cancer. (Poultry doesn’t influence cancer risk one way or another.) Foods that naturally contain fiber — fruits, vegetables and whole grains — also seem to protect against cancer.

The way meat is prepared can affect its carcinogenic — that is, cancer-causing — properties. Cooking, especially frying and grilling, can create carcinogens. While the charred bits on our bacon and steaks may taste delicious, they aren’t healthful. To avoid those compounds, boil, braise, steam or stew your meat. Using these methods will put you less at risk.

As a dietitian, what do I think about processed and red meats? I’ve said it before, but I’ll say it again: I believe that a plant-based diet, with moderate amounts of meat, is the way to go. The more processed and red meat you eat, the higher your risk for colorectal cancer. Again, the overall risk is quite low, but it seems reasonable to watch your portions of those foods — and I have a family history of colon cancer, so I might as well!

A good rule of thumb is to limit processed meats to no more than an ounce a day (that’s about one slice of bacon or one small sausage link) and red meat to no more than 3 ounces a day (the size of a deck of cards). That’s not going to stop me from eating the occasional bacon cheeseburger, but then I can stick with chicken or going vegetarian the rest of the week.

Everything in moderation.

Outdoor Activities And Good Eating Make Winter Fun

BY DR. MIKE ROSMANN
 Sponsored by Lewis & Clark Behavioral Health

Winter can be a drag for some people unless we make it enjoyable. I found winters to be long during my college and graduate school years until I took up skiing, winter camping, ice-fishing and cooking good food.

Long nights and gray days contribute to seasonal affective disorder in people prone to the blues, but outdoor activities can reduce winter’s dreary effects. Probably that’s why outdoor winter chores on the farm diminished my occasional melancholy.

Winters were somber during my first three years at Conception College in Northwest Missouri except when I played guitar and sang in a musical group that toured the Midwest. There were few opportunities for outdoor activities.

While attending the University of Colorado at Boulder during my last year of college I began downhill skiing on nearby slopes. I relished outings to ski resorts in Utah and Wyoming during six years of graduate school at the University of Utah.

After Marilyn and I met during my third winter in Utah we took up cross country skiing. It became a favorite winter activity that we continued as a family while I taught at the University of Virginia and after 1979 when farming in Iowa until my knees became too decrepit to ski well.

We carried drinks and dinners of hamburger, potatoes and veggies wrapped in foil in our backpacks for day-trips to trek up and down snowy hills in nearby parks and on our farm. At mid-day we built a bonfire and roasted our dinners on hot coals.

Winter weekend stays at state recreation areas and visits to ice-fishing lakes also have become much anticipated activities. We usually plan one or



Dr. Mike
ROSMANN

better after hours of vigorous skiing, snowshoeing, ice-fishing and hunting waterfowl or upland game that are still in season.

We have concocted really good recipes. Our son Jon makes the best quail, pheasant or grouse breast rolls. Here is his recipe.

Cut a pound of gamebird breasts into strips about a half inch wide by two inches long. Pat the strips dry with paper towels and rub in a mixture of brown sugar, onion powder, garlic salt and fresh ground black peppercorns. While the meat absorbs the spices, cut three dozen thin slices of fresh jalapeño peppers about two inches long.

Press enough cream cheese onto two or three jalapeño strips and one or two strips of breast meat to form a roll about the size of a farm man’s thumb. To hold these ingredients together, wrap the roll with a strip of bacon about six inches long and stick a toothpick through the entire roll to keep the bacon from unwinding.

Roast the rolls on a medium hot smoky grill for about 10-12 minutes, turning them at least once, until the bacon has cooked sufficiently to be almost crispy. Add a touch of pepper jelly or sriracha chili sauce to the roll and munch. Yum!

One of my favorite dishes is chili

made with goose breasts or venison. Soak about a cup and a half of kidney or black beans in a large cast-iron Dutch oven or stainless steel pan overnight and pour off the unabsorbed water—it contains much of the volatile methane that can interfere with good relations.

Cut two pounds of fresh or thawed goose breast or venison into inch cubes and fry in a large cast-iron skillet with a tablespoon of olive oil, several diced scallions and garlic and one large diced onion until the onions are soft.

Add a pound of seasoned pork sausage to the skillet and fry until the meat is brown. Soak up the accumulated fat with paper towels and then add various chili powders and plenty of ground cumin to taste.

Add the meat to the beans. Also add two 10 ounce cans of diced tomatoes or a quart jar of your own canned tomatoes.

Throw in diced fresh or frozen peppers of all sorts. I freeze whole peppers of several types (jalapeño, serrano, poblano, banana, chili, sweet bell or any sort of pepper from my garden) and thaw the ones I need whenever I cook up something that requires a variety of peppers.

Add a diced carrot, two large bay leaves, a large uncured pork, beef or lamb bone and salt to taste. Cover with water, a lid and cook for at least five hours in an oven at 350 degrees. Taste occasionally and add what’s needed (usually more chili powder and cumin); keep all the ingredients barely covered with liquid.

Your chili will probably be the best you’ve ever eaten. It’s okay to eat as much as you want, because your chili won’t offend anyone!

Dr. Mike lives near Harlan, Iowa. Contact him at: mike@agbehavioral-health.com.

Regional Christmas Bird Counts To Be Held

SIOUX CITY, Iowa — The 116th Sioux City Christmas Bird Count (CBC) will be held on Saturday, Dec. 19. Interested people from the Sioux City area and Loess Hills Audubon Society will go afield to count the number of different species of birds found around Siouxland.

Count volunteers follow specified routes through a designated 15-mile (24-km) diameter circle, counting every bird they see or hear all day. It’s not just a species tally — all birds are counted all day, giving an indication of the total number of birds in the circle that day. If observers live within a CBC circle, they may arrange in advance to count the birds at their feeders and submit those data to their compiler. All individual CBC’s are conducted in the period from Dec. 14 to Jan. 5 (inclusive dates) each season, and each count is conducted in one calendar day.

Loess Hills Audubon Society members participate in several CBC’s each year and some serve as the count compilers. Last year several teams of 26 birders (23 in the field and three at feeders) recorded a total of 66 species for the day. Unusual species included in the 27,239 birds counted were Sandhill Crane, Golden-crowned Kinglet, Dark morph Ross’s Goose, and 14,088 Mallards. Count week included White-throated Sparrow and a rare Pileated Woodpecker.

Each of the citizen scientists who annually brave snow, wind, or rain, to take part in the Christmas Bird Count makes an enormous contribution to conservation. Audubon and other organizations use data col-

lected in this longest-running wildlife census to assess the health of bird populations — and to help guide conservation action.

To join the local Sioux City Christmas Bird Count, contact Jerry Probst at probsthoney@aol.com or 712-258-1296 for information. More

can also be found at: <http://lhas.tripod.com/id15.html> Christmas Bird Counts also in the area:

- Ponca State Park, Ponca, Nebraska, on Monday, Dec. 14. Contact Ponca State Park at 402-755-2284 or Bill Huser at bhuser@siouxbeehoney.com
- Yankton on Sunday,

Dec. 20. Contact Jerry Probst at probsthoney@aol.com

• Ida Grove, Iowa, on Sunday, Dec. 20. Contact Don Poggensee at donpog@netllc.net

• Westfield, Iowa, on Saturday, Dec. 27. Contact Bill Huser at bhuser@suebeehoney.com.

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