

Webster Participates In National Spelling Bee



SUBMITTED PHOTO

Thanks to our local Rotary Club, Webster School had the opportunity to participate in the national Scripps Spelling Bee Program! The Rotary Club sponsored our school and paid the registration fee. Every fall, tens of thousands of schools enroll in the program. The purpose of the Scripps Spelling Bee is to help students improve their spelling, increase their vocabularies, learn concepts, and develop correct English usage that will help them all their lives. Webster held the annual Scripps Spelling Bee on Monday, December 7 for all interested 3rd, 4th and 5th graders. Pictured are the winners along with Mrs. Savey, their teacher. Zara Bitsos (1st Place), Trevor Paulsen (2nd Place) and Nora Welker (3rd Place) will now move on to the next competition held in Vermillion. We wish our Webster Winners the best of luck and would like to give a big HOOT HOOT for our local Rotary Club for sponsoring our students!

American Life In Poetry

Inside The Mind Of An Abused Dog

BY TED KOOSER
U.S. Poet Laureate

The only times I feel truly homicidal are when I see somebody abusing a pet, and I was glad to find this poem so I could get that off my chest. But don't ever even think about taking a kick at my old dog, Howard. Wesley McNair lives in Maine and is that state's poet laureate. This is from his book *Lovers of the Lost*, from David R. Godine. His most recent book is *The Lost Child: Ozark Poems*, (Godine, 2014).

THE PUPPY

From down the road, starting up
and stopping once more, the sound
of a puppy on a chain who has not yet
discovered he will spend his life there.
Foolish dog, to forget where he is
and wander until he feels the collar
close fast around his throat, then cry
all over again about the little space
in which he finds himself. Soon,
when there is no grass left in it
and he understands it is all he has,
he will snarl and bark whenever
he senses a threat to it.
Who would believe this small
sorrow could lead to such fury
no one would ever come near him?

We do not accept unsolicited submissions. American Life in Poetry is made possible by The Poetry Foundation (www.poetryfoundation.org), publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright ©2014 by Marjorie Saiser, "Thanksgiving for Two," (2014). Poem reprinted by permission of Marjorie Saiser. Introduction copyright © 2015 by The Poetry Foundation. The introduction's author, Ted Kooser, served as United States Poet Laureate Consultant in Poetry to the Library of Congress from 2004-2006.

BIRTHDAYS

EUGENE WEIDENBACH

You are invited to help celebrate Eugene Weidenbach's 95th birthday at an open house Saturday, December 19 from 2-4 p.m. at the VFW Hall in Scotland, SD. Cards of congratulations may be sent to him at 1010 Main Street, Scotland, SD 57059.



Weidenbach

Nebraska Library Commission Announces Accreditation For Public Libraries

LINCOLN, Neb. — Nebraska Library Commission Library Development Director Richard Miller recently announced the accreditation of public libraries across Nebraska. Miller stated, "We are dedicated to helping Nebraska libraries meet Nebraskans' information needs, opening up the world of information for citizens of all ages. The Library Commission continues to work in partnership with Nebraska libraries and the regional library systems, using the Public Library Accreditation program to help public libraries grow and develop." Public libraries in Nebraska are accredited for a three-year period, from Oct. 1 of the first year, through Sept. 30 of the third year. To learn more about this process, and see a complete list of all accredited Nebraska libraries, see the Nebraska Library Commission website (nlc.nebraska.gov), search on Accreditation. Area Nebraska public libraries newly accredited through Sept. 30, 2018, include:

- Bloomfield Public Library
- Creighton Public Library

- Hartington Public Library
- Wausa, Lied Lincoln Township Library

I know his illness is not his fault, but I did not expect our future to be like this. I don't know how to handle this. He did everything. I need help.



I think I will call CAREgivers and speak to the Caregiver Case Manager. 800-360-6161

It is a free and confidential service.

CAREgivers
by *Active Generations*

2300 W. 46th St. • Sioux Falls, SD 57105
800.360.6161 • www.caregiverssd.org

Car Talk

What To Do When They Stop Making The Car You Love?

BY RAY MAGLIOZZI
King Features Syndicate, Inc.

Dear Car Talk:

OK, I'm an old geezer. A relic. An antique. And whatever else describes "mature individuals." I still love my Mercury Grand Marquis. But, just like me, they don't make them anymore. I love being able to take everything I own when I go on vacation, including the kitchen sink. I like the rear-wheel drive, big V-8, comfortable ride, getting 26-28 mpg highway, the feel of being safe and protected by lots of steel, and being able to have every accessory available, and still pay less than \$40,000 for the ride. I realize they failed to change the body style for several decades, so the entire line went dormant. But what is available now that will replace my Mercury when I get ready to give up the one I have now? Great column! I get you guys every week in the paper, and look forward to your comments and advice.

—Charles

Dormant? It went "dinosaurial." Unfortunately, the Grand Marquis became badly outdated in many ways, and Ford Motor Company didn't see enough future sales to justify the investment in a redesign. Many of your fellow geezers, not to mention all of New York City's taxi drivers, join you in your grief, Charles.



Ray
MAGLIOZZI

large V-8: It has a four-cylinder engine, a battery pack and a supplemental electric motor. But it's got good power (200 hp), it's a full-size car, it's comfortable and safe, and it's got room for a kitchen sink or two. And by the way, it gets about 40 miles to the gallon, in town and on the highway.

If that's not quite big enough, you could step up to the Toyota Avalon, which is a little plusher and a little bigger. It's also available with a 40-mpg hybrid drivetrain.

Another option would be a Chrysler 300. That's a rear-wheel-drive, American (actually, part German) sedan that you can still get with a big V-8 (you can get it with all-wheel drive, too, if you want to). It's got that lightweight steering feel

There's nothing exactly like it out there now. But I'll make a few suggestions, and you can shop around and see what you like.

First, since the Grand Marquis bit the dust, I've noticed that a lot of taxi drivers have switched to Toyota Camry Hybrids. It's got the opposite of a

that you love in your Grand Marquis, and it's fairly roomy.

The biggest downside is that the visibility is pretty bad. It has tall sides and narrow windows, and, after driving your Grand Marquis, you might feel like you're trying to see out of a bathtub in the 300. But try it and see.

Finally, you might try one of Ford Motor Company's full-size replacements for the Grand Marquis. Perhaps something like the Lincoln MKS, which is based on the Ford Fusion but will positively pamper your geezer butt, Charles.

Let us know what you decide, and how you like it.

Don't get stuck with a lemon. Be an informed shopper. Read Click and Clack's guide "How to Buy a Great Used Car: Secrets Only Your Mechanic Knows." Send \$4.75 (check or money order) to Car Talk/Used Car, 628 Virginia Drive, Orlando, FL 32803.

Got a question about cars? Write to Car Talk in care of this newspaper, or email by visiting the Car Talk website at www.cartalk.com.

© 2015 by Ray Magliozzi and Doug Berman

'iGrow Readers' Promotes Healthy Eating And Physical Activity Among South Dakota's Youth

BROOKINGS — To combat obesity among South Dakota's youth, SDSU Extension developed iGrow Readers. A program which pairs children's books, like *Little Red Hen*, *Bread and Jam* for Francis and Grandmother Spider Brings the Sun, with activities which promote healthy eating and physical activity.

Today, the tested and evidence-based program is available online, free to the public on iGrow.org.

"After five years of testing, we are excited for the public to use iGrow Readers because it provides opportunities to increase healthy eating and physical activity in young children, their families and their caregivers," said Suzanne Stluka, SDSU Extension Food & Families Program Director.

Like most great ideas, iGrow Readers was inspired by a teaching tool initially created by an SDSU Extension team member to teach preschoolers about healthy eating.

"Children love being read to," Stluka said. "Storybooks have long been an avenue to promote one of the foundations for early childhood & elementary education, which is literacy and today, SDSU Ex-

tension uses them to serve as a conduit to promote physical activity and nutrition."

In 2010, Karlys Wells, SDSU Extension Associate decided it was time to standardize the lessons and update them to reflect MyPlate, the U.S. Department of Agriculture (USDA) nutritional guideline program which replaced the Food Pyramid.

"We have ever-increasing rates of obesity among young children — pre-schoolers even. If we can educate them early on about healthy eating and physical activity and how to incorporate both into their daily lives, it could positively impact the rest of their lives," said Wells.

With a master's in Curriculum and Instruction, Wells, along with guidance from several SDSU Extension staff and SDSU faculty members, developed the nutritional and physical activity curriculum, which accompanies all 31 books in the iGrow Readers collection. She also designed a parent newsletter for each book, which provides parents with background information and an easy recipe they can prepare with their child.

"iGrow Readers works

because the stories, on their own, are compelling — so you have the child's attention. Then the curriculum is designed to link the stories to healthy eating and physical activity lessons which are taught through hands-on activities which engage the child yet again," Wells explained.

Once the curriculum was developed — two nutritional activities and two physical activities accompanied each children's book — it was tested in Head Start, summer reading, community rec, after school programs and pre-schools.

"Our transdisciplinary team spent five years testing the program to make sure it is evidence-based and ready for use in a multitude of avenues," Stluka said.

The resulting data showed children who participated in iGrow Readers were more likely to try new foods and ask their parents for nutritional items when they grocery shopped together.

"In the end, children became aware of nutritional information and have a more positive attitude toward healthy eating and increased physical activity," Wells said.

Through iGrow Readers, parents, teachers and childcare providers can access the curriculum online for free. The only item they need to purchase or check out from their local library is the storybook.

"When we selected books, we made sure they were not only engaging and colorful, but readily available," Wells said.

iGrow Readers also includes eight Native American storybooks which come with Native American-focused lessons that in addition to healthy eating and physical activity, also promote Oceti Sacowin Essential Understandings for Native American programming.

An added benefit to iGrow Readers is that it can have a positive impact on an entire family.

"Data showed that children can have an impact on parents' eating and activity habits because they request healthier foods when at the grocery store," Wells said.

iGrow Readers is categorized by grade. To learn more and download iGrow Readers, visit www.iGrow.org.

SD National Guard To Receive New Cyber Protection Team

RAPID CITY — The National Guard Bureau announced Wednesday that the South Dakota Army National Guard has been selected to receive one of seven new Army National Guard cyber protection teams to be fielded by the end of fiscal year 2019.

As part of ongoing growth of cyber forces throughout the Department of Defense, the Bureau announced plans to activate additional cyber units spread throughout 23 states.

South Dakota will share a 39-member team with North

Dakota, Colorado and Utah designed to help protect the nation's critical cyber infrastructure and address emerging cyber threats.

Seven members of the team will be assigned to South Dakota and is expected to be organized during fiscal year 2018. No decision has been made on where the

unit will be based and will be announced at a later date.

"The National Guard provides a critical defensive cyber capability available to governors of all 54 states and territories in support of DoD, federal and state response as part of a layered defense," said Maj. Gen. Tim Reisch, adjutant general of

the SDNG. "Cyberspace is critical to both joint military operations and the National Guard's support of national security objectives. To do this, the National Guard continues to develop integrated cyber capabilities and build the skilled cyber workforce that is critical to our operations."

Give a little TENDERNESS®

— Save 76% on Omaha Steaks —

Happy Family Celebration

2 (5 oz.) Filet Mignons
2 (5 oz.) Top Sirloins
2 (4 oz.) Boneless Pork Chops
4 Boneless Chicken Breasts (1 lb. pkg.)
4 (4 oz.) Omaha Steaks Burgers
4 (3 oz.) Gourmet Jumbo Franks
16 oz. pkg. Omaha Steakhouse® Fries
4 Caramel Apple Tartlets
Omaha Steaks Seasoning Packet

47222JYT | Reg. \$209.91

Now Only **\$49.99**

PLUS, 4 more Burgers FREE!

Limit 2 pkgs. at this price. Your 4 free burgers will be sent to each address that includes the Happy Family Celebration 47222. Limit of 1 free box of 4 (4 oz.) Omaha Steaks Burgers per shipment. Standard S&H will be added per address. Not valid with other offers. Expires 12/31/15. ©2015 OCG | 510B120 | Omaha Steaks, Inc.

1-800-425-0876 ask for 47222JYT
www.OmahaSteaks.com/present11