

Yankton Toastmasters Club
 Receives Founder’s Award



SUBMITTED PHOTO
 Yankton Toastmaster Club 1294 received the Founder's Award for helping charter the new “Yappin’ Yotes” Toastmaster Club in Vermillion. Pictured from right to left are Lee Felder, Club Sponsor; Angela Mann and Roy Wilcox, Mentors. Toastmasters is an international club that uses its business meeting to allow its members to practice speaking and listening skills. The meeting is full of excitement and laughter. Anyone can attend to see if they might be interested in growing their communication skills. Club 1294 meets regularly on Saturdays at 7:30 a.m. at the Fryn’ Pan. Come & have breakfast with us.

Visiting Hours

What Foods Are Good
 For Your Brain?

BY SARA GERMAN , RD, LN
 Avera Sacred Heart Hospital

Did you know that what you eat can affect how you think? It’s true! While there’s no such thing as a “genius diet,” our diet can affect how we think and feel in subtle ways. Just like any part of our body, the brain needs nutrients to function. It won’t work as well if it’s missing essential nutrients.

For instance, if you have a big exam or a mentally taxing meeting coming up, it might be a bad time to go on a low carbohydrate diet. When you don’t eat enough carbohydrates, your body begins to use fat for energy, creating substances called ketones that the brain uses for fuel. This works well enough, but since the brain is designed to run on sugar, it won’t be working at tip-top performance.

Blood sugar fluctuations can affect our brains, too. My mom is famous for getting tired and weepy if she goes too long without a meal — presumably because of low blood sugar. Many of us have experienced a blood sugar “crash” one or two hours after eating a high-carbohydrate meal or snack. The best way to avoid a crash is to avoid setting yourself up for one in the first place. Instead of having a sugary snack like a cookie or candy bar, have a small handful of nuts, fruit with peanut butter, or veggies and dip. Fat and protein slow down how fast the body absorbs carbohydrates, which can help prevent blood sugar spikes and rapid falls.

What diet is the healthiest for our brain? Most research has examined the benefits of a Mediterranean-style diet, but other traditional diets seem to do well, too: picture food that your great-grandmother would have eaten, and that’s about right. In other words, no Twinkies and probably more vegetables. People who adhere to a DASH-style diet, another healthy diet pattern that focuses on fruits, vegetables, and whole grains, seem to be at decreased risk for depression.

Something that isn’t good for the brain? Inflammation. Unfortunately, the typical American diet is pro-inflammatory. It doesn’t contain enough fruits and vegetables, which

are some of the best sources of inflammation-fighting antioxidants. Healthy fats, found in foods like nuts, fish, and olive oil, may also have anti-inflammatory properties that improve brain health. Considering the fact that almost 60 percent of brain matter is composed of fat, that’s not surprising!

Interestingly, there’s another organ in the body that can influence how the brain works: the gut. Just like the antioxidants in fruits and vegetables can help fight inflammation, it appears that certain bacteria can help prevent inflammation, too. As a general rule, you want to keep the good bacteria in your intestines as happy as possible, and you can do that by a) eating foods that make good bacteria happy, and b) eating foods that contain good bacteria. Bacteria thrive on fiber, which is found in plant foods: fruits and vegetables, nuts, whole grains, and beans/legumes. Fermented or cultured foods, like sauerkraut and yogurt, contain beneficial bacteria. (Unless they have been processed to kill off living organisms.)

On the other hand, a diet that is high in animal products (like meat and eggs) and processed foods (which tend to be low fiber and high sugar) is not going to make your good bacteria happy. These foods aren’t bad, per se, and they can even be important sources of nutrients, but they tend to crowd out the foods our body — and bacteria — and brain — really need.

Many people, me included, tend to want “comfort food” when faced with tough situations. Unfortunately, comfort foods tend to be high in fat and sugar, and low in antioxidants and fiber. Over time, that’s not going to help the brain deal with tough or stressful situations. For that reason, most comfort foods are best administered in small doses. (Unless, of course, your idea of comfort food is a big bunch of broccoli tossed in olive oil.) Choosing an apple and peanut butter over ice cream, or fish and salad over a bowl of fettuccini alfredo, is going to help make our brains more happy and healthy in the long run.

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

2015 has been an unpredictable and interesting year, and it’s not yet over. Weather, politics, scientific advances, agriculture, well...a great many facets of life, were atypical this year.

During this year’s weather in the U.S. we had no devastating hurricanes, too much rain—or not enough, and now El Nino is having effects on pretty much the entire world. Simultaneously, ice is multiplying in Antarctica while the rest of our planet is warming up.

Politically, the U.S. and much of the world are dealing—er..., mostly struggling with an enlarging minority of ideological extremists who want to exterminate anyone who doesn’t profess similar religious views but whose men are afraid of women warriors, such as those in all-female Kurdish military units. ISIS men fear they won’t go to heaven if a woman kills them.

Who would have guessed (except Donald Trump) that a 2016 presidential candidate many people call self-absorbed and unsuited for national office—while others say he strikes the right chord, would generate both shudders and enthusiastic applause. Most of us haven’t seen such drama on the American and world political stages previously.

Would registration of Muslims in the U.S. and deportation of undocumented immigrants, as some politicians propose, resolve worries about terrorists? My wife’s parents experienced the internment of Japanese American citizens that began in 1942, because some people of Japanese ancestry were assumed to hold allegiance to Japan after the invasion of Pearl Harbor.

However, the 442nd Infantry Regiment, made up of Japanese Americans, became the most decorated unit in WWII for overpowering the Nazis. Was the U.S. better off when these citizens lost their livelihoods, like Marilyn’s father who could not continue farming in California?

Regarding scientific advances,



Dr. Mike
 ROSMANN

in 2015 we’ve witnessed the identification of genetic markers and new treatments for a vast array of deleterious health conditions. Space explorers have accumulated fascinating new knowledge and photographs of Mars, Pluto and black holes.

Research provided new understanding of how original species emerged and their sensory perception cells evolved on earth. Scientists might even someday reproduce a woolly mammoth if viable DNA can be found. However, many people believe science is wrong about a lot of matters, such as climate change and the emergence of life on earth.

Recession is arguably the biggest story in the agriculture industry for 2015, and unpredictability occurred in agriculture too. For most of the year, cow/calf producers experienced record high prices for their animals and the bird flu epidemic enabled unaffected poultry and egg producers to capitalize unexpectedly on the resultant shortages.

Despite unusual weather, U.S. farmers harvested the largest soybean crop and the second largest corn crop ever, which along with the largest wheat harvest worldwide ever, are reducing prices for these commodities. U.S. livestock and grain producers are trying to figure out how to retrench for 2016.

Almost always, global recessions have followed agricultural business declines; 2016 looks like it will be a “hang-in-there” year for most American farmers.

The recession doesn’t portend as much hardship as it normally would, if input costs for items such as new equipment, fuel and fertilizer stay low and farmland rent, seed and farm chemical costs also reduce. It’s harder to say what will happen in 2017; if history is

a guide, agricultural profit-making will slowly climb out of the doldrums, but it may take several years.

What can consumers expect? Retail prices are in an era of reduction for most consumables like food, fiber and fuel, after many wholesale and retail merchants accumulated substantial recent profits to make up for their slimmer margins during the agricultural and oil boom period that ended in 2014.

Retail merchants may have to compete with increasing direct sales of many food, fiber and fuel items to institutions and home-run outlets, while also having to compete with online sales. Almost all industries are looking for cheaper ways to survive, except for a few that maintain monopolies.

How do we best deal with the dramatic changes and unexpected events that are likely to occur in 2016? For one, not to worry too much, because unpredictable changes have always occurred.

The pace of changes is actually picking up, and for a number of reasons: the world’s population is increasing; human lifetimes are now the longest ever; people are becoming ever better educated. All these factors are expanding the range of knowledge. Political strife, changeable weather and geologic conditions will continue to occur and we have to respond reasonably and not be over—or underreacting.

Our survival depends on our ability to adapt to perceived extremes. Working together with people we disagree with has survival value.

We will always have challenges to figure out what is important—it’s not money, fame or power. It’s about getting our adjustments correct.

As we prepare for the holidays, I wish you a wonderful Christmas season, followed by positive expectations and excellent joy in 2016.

Dr. Mike and Marilyn Rosmann live on a farm near Harlan, Iowa. He can be contacted at: www.agbehavioralhealth.com.

Text Messaging And Email Scam Targets Holiday Shoppers

PIERRE — Attorney General Marty Jackley is warning South Dakota consumers of a text messaging and email scam that entices the consumer to respond to vague shipping inquiries. With cyber Monday behind us and the delivery of numerous packages on their way, it is not uncommon for consumers to be watching their doorsteps, email and text messaging alerts for package deliveries.

This scam is simple. A vague text message or email appears, asking the consumer to respond immediately in order to get the items delivered in a timely manner. Opening any attachments may expose cellphones to malicious malware or may compromise personal identifying information.

“Consumers need to treat their mobile devices as they would a computer. Avoid opening links, installing apps or open attachments contained within unsolicited emails or texts,” said Jackley. “Scammers are working very hard this holiday season to take advantage of every opportunity to scam consumers,” said Jackley.

Consumers need to avoid opening any attachments that have arrived from unfamiliar cell numbers or

email accounts. Be a savvy shopper and keep the shipping details that have been sent to you directly from the company. Most businesses will send a shipment verifica-

tion email as to where and when items will be delivered. If there is any concern on delivery confirmation, call the business directly to confirm. If you have any questions

regarding this scam, please contact the Attorney General’s Consumer Protection Division at 800-300-1986 or consumerhelp@state.sd.us.

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