

THE PRESS & DAKOTAN

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Yankton Media, Inc., 319 Walnut St., Yankton, SD 57078

CONTACT US

PHONE:
(605) 665-7811
(800) 743-2968
NEWS FAX:
(605) 665-1721
ADVERTISING FAX:
(605) 665-0288
WEBSITE:
www.yankton.net
EMAIL ADDRESS:
news@yankton.net

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OPINION | OUR VIEW

School Lunches: The Work Ahead

The USDA's decision last week to permanently loosen the controversial portion limits it had placed on school lunches a couple years ago was the right decision for the federal agency to make, and it may bode well for the future of this particular issue.

In 2010, the Ag Department announced new, strict guidelines for school meals, specifically in regards to lean meats and whole grains. This was done in response to the epidemic rate of obesity in this nation, particularly among school-age kids. The guidelines were a sincere effort to provide healthy meals to students and perhaps reverse an alarming health trend that threatens eventually to become a severe economic and social drag on our nation. (Kids with bad eating habits often become adults with the same issue.)

However, the guidelines met with immediate resistance. Students felt limited by the stricter portion sizes, which left many of them still hungry. School nutritionists were also frustrated in their efforts to devise menus that met the new requirements, which also placed strains on some school budgets. And some parents were concerned that their kids weren't getting enough to eat while participating in the programs.

The USDA relented in 2012 by placing a one-year moratorium on implementing the news standards. Last week, that reprieve was made permanent.

However, this should not really be seen as an act of capitulation in the war on obesity.

On the contrary, it demonstrates a rare instance in which a federal entity actually listened and responded to the concerns of those it was trying to benefit.

The USDA also listened to school nutritionists, people who we are fairly confident are also interested in serving healthy, balanced meals to kids.

And that's where the real hope resides. We need the school nutrition supervisors and the USDA working together to enact a program that feeds the students well and feeds them right. And we need them listening to each other.

Ultimately, the best way to tackle the obesity issue among young people — actually, among all people — is to teach the public how to make good, nutritious choices when they eat. You really can't mandate it because free will ultimately wins out, but you can at least arm kids (and adults) with the knowledge to let them make the right choices if they so choose. The schools can play a vital role in that, as well as provide physical activities that are also needed to promote healthy lifestyles.

Students have so many different caloric needs that it seems difficult to lay down stringent standards on how schools should feed kids. By easing back on the portion regulations and by working with school nutritionists, the USDA can still move toward its goal of promoting a healthier nation. It still comes down to personal choices, but there is more than one way to cultivate healthy decisions. This work will go on.

kmh

THE VIEWS PAGE

The **PRESS & DAKOTAN** Views page provides a forum for open discussion of issues and interests affecting our readers. Initialed editorials represent the opinion of the writer, but not necessarily that of the **PRESS & DAKOTAN**. Bylined columns represent the view of the author. We welcome letters to the editor on current topics. Questions regarding the Views page should be directed to Kelly Hertz at views@yankton.net.

ON THIS DATE

By The Associated Press

Today is Wednesday, Jan. 8, the eighth day of 2014. There are 357 days left in the year.

Today's Highlight in History: On Jan. 8, 1964, President Lyndon B. Johnson, in his State of the Union address, declared an "unconditional war on poverty in America."

On this date: In 1790, President George Washington delivered his first State of the Union address to Congress in New York.

In 1815, U.S. forces led by Gen. Andrew Jackson defeated the British in the Battle of New Orleans — the closing engagement of the War of 1812.

In 1912, the African National Congress was founded in Bloemfontein, South Africa.

In 1918, President Woodrow Wilson outlined his Fourteen Points for lasting peace after World War I. Mississippi became the first state to ratify the 18th Amendment to the Constitution, which established Prohibition.

In 1935, rock-and-roll legend Elvis Presley was born in Tupelo, Miss.

In 1959, Charles de Gaulle was inaugurated as president of France's Fifth Republic.

In 1973, the Paris peace talks between the United States and North Vietnam resumed.

In 1982, American Telephone and Telegraph settled the Justice Department's antitrust lawsuit against it by agreeing to divest itself of the 22 Bell System companies.

In 1989, 47 people were killed when a British Midland Boeing 737-400 carrying 126 people crashed in central England.

In 1994, Tonya Harding won the ladies' U.S. Figure Skating Championship in Detroit, a day after Nancy Kerrigan dropped out because of the clubbing attack that had injured her right knee. (The U.S. Figure Skating Association later stripped Harding of the title.)

In 2003, a commuter plane crashed after takeoff from Charlotte-Douglas International Airport in North Carolina, killing all 21 people on board. A Turkish Airlines jet crashed in Turkey, killing 75 people (five passengers survived).

In 2011, U.S. Rep. Gabrielle Giffords, D-Ariz., was shot and critically wounded when a gunman opened fire as the congresswoman met with constituents in Tucson; six other people were killed, 12 others also injured. (Gunman Jared Lee Loughner was sentenced in November 2012 to seven consecutive life sentences, plus 140 years, after pleading guilty to 19 federal charges in the case.)

Ten years ago: A U.S. Black

Hawk medivac helicopter crashed near Fallujah, Iraq, killing all nine soldiers aboard. Libya agreed to compensate family members of victims of a 1989 bombing of a French passenger plane over the Niger desert that killed 170 people.

Five years ago: President-elect Barack Obama urged lawmakers to work with him "day and night, on weekends if necessary" to approve the largest taxpayer-funded stimulus ever. Obama named Virginia Gov. Tim Kaine the next Democratic National Committee chairman. The U.N. Security Council called for an immediate cease-fire in Gaza by a 14-0 vote, with the United States abstaining. No. 1 Florida beat No. 2 Oklahoma 24-14 for the BCS national title. Cornelia Wallace, former wife of Alabama Gov. George Wallace, died in Sebring, Fla. at age 69.

One year ago: Former Rep. Gabrielle Giffords and her husband, Mark Kelly, launched a political action committee aimed at curbing gun violence as her Arizona hometown paused to mark the second anniversary of the deadly shooting rampage.

Today's Birthdays: Former Independent Counsel Lawrence E. Walsh is 102. Actor-comedian Larry Storch is 91. Actor Ron Moody is 90. Broadcast journalist Sander Vanocur is 86. CBS newsman Charles Osgood is 81. Singer Shirley Bassey is 77. Game show host Bob Eubanks is 76. Country-gospel singer Cristy Lane is 74. Rhythm-and-blues singer Anthony Gourdine (Little Anthony and the Imperials) is 73. Actress Yvette Mimieux is 72. Physicist Stephen Hawking is 72. Rock musician Robby Krieger (The Doors) is 68. Rock singer David Bowie is 67. Movie director John McTiernan is 63. Actress Harriet Sansom Harris is 59. Singer-songwriter Ron Sexsmith is 50. Actress Maria Ptillo is 49. Actress Michelle Forbes is 49. Singer R. Kelly is 47. Rock musician Jeff Abercrombie (Fuel) is 45. Actress Ami Dolenz is 45. Reggae singer Sean Paul is 41. Country singer Tift Merritt is 39. Actress-rock singer Jenny Lewis is 38. Actress Amber Benson is 37. Actor Scott Whyte is 36. Singer-songwriter Erin McCarley is 35. Actress Sarah Polley is 35. Actor Windell D. Middlebrooks is 35. Actress Rachel Nichols is 34. Actress Gabby Hoffman is 32. Rock musician Disashi Lumumbo-Kasongo (Gym Class Heroes) is 31.

Thought for Today: "The devil is easy to identify. He appears when you're terribly tired and makes a very reasonable request which you know you shouldn't grant." — Fiorello LaGuardia, mayor of New York City (1882-1947).

FROM THE BIBLE

Blessed by the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction. 2 Corinthians 1:3-4. Portals of Prayer, Concordia Publishing House, St. Louis



The Rez Of The Story

Myths And Medicines

BY VINCE TWO EAGLES

Hau Mitakuepi (Greetings My Relatives), When I began writing this column full time a few years back, my thoughts were toward educating the dominate culture about Native life, history and especially dispelling destructive stereotypes. Among these stereotypes is the perception by many non-Natives that Indian people are archaic and ignorant savages. Of course, nothing can be further from the truth unless you like perpetuating old myths and stories like the tooth fairy.

Mark Twain once said, "Age is an issue of the mind over matter. If you don't mind, it doesn't matter." Age, just kidding. As I grow older, I have come to appreciate the truth of prescriptive medicines because these medicines help keep me alive a little longer. This piece is meant to be for your information (FYI) and to help deconstruct the "savage Indian" stereotype.

"American Indian Contributions to the World" by Emory Dean Keoke and Kay Marie Porterfield gives us the following account of prescriptions:

"A prescription is an order or recommendation to administer a medication or treatment. The practice of ordering an established remedy or procedure for curing a particular disease is one that occurred many centuries ago in a number of cultures throughout the world. American Indians developed standard treatment protocols for illnesses and injuries that were based on close observations of which treatments worked for specific medical conditions. These prescriptions varied from culture to culture. Because American Indians relied primarily on oral tradition to preserve the body of their medical knowledge, European observers tended to assume that Native American healers selected treatments and medications in a random manner. This was not the case.

"The sophisticated and extensive medical knowledge that American Indian physicians possessed was gained through experience [like elsewhere in the world]. When ancient people living on what is now coastal Peru began the practice of TREPHINATION (brain surgery) sometime before 1000 B.C., they no doubt tried

and failed many times before finding which herb made the best anesthetic — much like modern pharmaceutical companies put drugs through trials.

"Mesoamerican medical knowledge was the most codified in the Americas. For example, the Maya — whose culture arose in the Yucatan Peninsula of which is now Mexico in about 1500 B.C., and the Aztec, who established an empire in the central part of what is now Mexico in about A.D. 1100 — prescribed specific treatments for dental problems, including the drilling and filling of cavities for toothaches. The Aztec had prescriptions for other dental problems as well, such as very specific treatments for halitosis (bad breath). The Aztec prescribed a standard and specific treatment for sore throat in the form of a saltwater gargle, and they also recognized the value of AROMATHERAPY, prescribing it for patients experiencing fatigue or depression. After conquest, Spanish priests recorded many of the Aztec treatment protocols. Consequently, knowledge of them has survived through time.

"Modern understanding of treatment protocols, or prescriptions, in North America is sketchier. Although colonists borrowed many American Indian treatments, especially botanical drugs, for the most part they did not observe or record America Indian medical practices as early or as extensively as the Spaniards did in Mexico and Peru. Despite this, some knowledge of North American Indian treatment protocols has survived. Anthropologists know that in pre-contact North America, many tribes prescribed lancing the bite area and sucking out the poison for snake bites. This is known as cupping and suction today. Physicians from most North American culture groups understood the use of the tourniquet and prescribed it for bleeding between the open wound and the heart. They also prescribed the sweat bath or lodge for rheumatism and arthritis."

Native people had a viable and developing medical health care system before the advent of Europeans, shattering some ideas about the ignorant savage.

And now you know the rez of the story. Doksha (later) ...



Vince TWO EAGLES

Unlikely Tips On Healthy Eating

BY TOD ROBBERSON

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If you go to the internal website for McDonald's employees, <http://www.mcdresourceline.com/>, today you'll see nothing but a big, white screen.

A few days ago, the site was full of healthy eating tips for employees, including photos of what appeared to be several McDonald's products (Big Macs, fries, etc.) that were labeled as the "unhealthy choice." The healthier choice, according to the website, was a sandwich that looked startlingly close to what you would get if you went to, say, Subway.

This wasn't just some kind of hacker's joke-

posting. It was the word from the company itself, warning of the dangers of fast food:

"While convenient and economical for a busy lifestyle, fast foods are typically high in calories, fat, saturated fat, sugar and salt, and may put people at risk for becoming overweight," the website advised, according to a *New York Daily News* story just before Christmas.

Healthier choices involve sacrifices, the website suggested. "In general, avoiding items that are deep-fried are your best bet."

So the message to employees would be this: Do as we say, not as we sell.

Tod Robberson is an editorial writer for *The Dallas Morning News*.

YOUR LETTERS

Life: 'Is Or Is Not'

Charles W. Haan, Watertown

This opinion is drawn from the Declaration of Independence and writings by some of the signers and other influential operatives during the American Revolution. The Declaration describes "one people" as having the ability to assume a "separate and equal station" upon earth in accordance with "the laws of nature and (the laws) of nature's God."

This station was given to the people by God, the Almighty King, and it guarantees each person the "unalienable rights" to "life, liberty and the pursuit of happiness." It is claimed that America is the first and only nation of people to believe their rights come from God, according to his will, as opposed to the will of a woman, or a man, or from any other source.

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