

# Stories Can Change Lives

BY TED KOOSER  
 U.S. Poet Laureate

So much of what we learn about life comes from exchanging stories, and this poem by a Californian, Peter Everwine, portrays that kind of teaching. I love the moment where he says he doesn't know if the story is true but it ought to be.

## A STORY CAN CHANGE YOUR LIFE

On the morning she became a young widow, my grandmother, startled by a sudden shadow, looked up from her work to see a hawk turn her prized rooster into a cloud of feathers. That same moment, halfway around the world in a Minnesota mine, her husband died, buried under a ton of rockfall. She told me this story sixty years ago. I don't know if it's true but it ought to be. She was a hard old woman, and though she knelt on Sundays when the acolyte's silver bell announced the moment of Christ's miracle, it was the darker mysteries she lived by: shiver-cry of an owl, black dog by the roadside, a tapping at the door and nobody there. The moral of the story was plain enough: miracles become a burden and require a priest to explain them. With signs, you only need to keep your wits about you and place your trust in a shadow world that lets you know hard luck and grief are coming your way. And for that — so the story goes — any day will do.

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## BIRTHDAYS

### JIM BLACK

Jim Black will celebrate his 90th birthday on Wednesday, Jan. 22, 2014.



Black

Jim was born to Everett and Ina Black in Fullerton, Neb. His father was a banker and his mother was a kindergarten teacher. Jim graduated from Fullerton High School in 1942, joined the U.S. Navy and volunteered for submarine service. After WWII, he began his banking career in Fullerton and Genoa, Neb.,

and later became president of Cones State Bank (now Midwest Bank) in Pierce, Neb. In 1976 Jim served as president of Nebraska Bankers Association.

Jim and his wife, Barbara, and her children (Wade and Sam Herley) moved to Yankton in 1989. Jim also has four children who live in New York City; Madison, Wis.; and Redwood City, Calif.

A reception for Jim will be held at Christ Episcopal Church following the morning services on Sunday, January 26th. Cards may be sent to Jim at 2311 Valley Road, Yankton, SD 57078.

### MARLENE ESKENS

A card shower for Marlene Eskens who celebrated her 80th birthday on Jan. 17, 2014. Cards can be sent to



Eskens

PO Box 134, Coleridge, Neb., 68727.

Happy Birthday Mom! Debbie, Jeff, Ron, Mark, Donna, Doris, Jim, Karen, Mike, Kristie and Pam.

# Tricking The Scale Or Taxing The Body?

BY LORETTA SORENSEN  
 P&D Correspondent

Center for Science in the Public Interest (CSPI) is a consumer advocacy organization which conducts innovative research and advocacy programs in health and nutrition, and provides consumers with current, useful information about their health and well-being.

Their research on artificial sweeteners - which millions of us are currently consuming in an effort to lose or maintain weight - reveals some interesting facts about sugar alternatives.

Acesulfame-potassium (ace-k) is some 200 times sweeter than sugar and is used to sweeten some diet sodas. It's sometimes combined with sucralose (high-fructose corn syrup and sugar). Sweet One is an ace-k brand name. Research conducted in the 1970s suggested ace-k could cause cancer.

Aspartame is also approximately 200 times sweeter than sugar and widely used in low- and zero-calorie foods. Its brand name is NutraSweet. Some independent animal research studies have linked aspartame to lymphomas, leukemias, kidney and other cancers. Other studies suggest this artificial sweetener could cause headaches or other neurological

symptoms in a small number of people.

Monk fruit is used in some of today's "sugar-free" foods. It's a small green berry, the fruit of an herbaceous perennial vine native to southern China and northern Thailand. Monk fruit, which is a natural plant, is said to be packed with healthy antioxidants and vitamins. At www.monkfruit.org, experts say the berry's "amazing sweetness comes from unique, naturally occurring antioxidants which have a delicious sweet taste, but without the calories of sugar."

So why is monk fruit just now coming to the market? Officials say it's previously been grown in mountainous regions in private gardens. In recent years, New Zealand's BioVittoria established a grower network to produce the fruit on a larger scale.

Monk fruit contains super-sweet chemicals called mogrosides. It is combined with a small amount of sugar, molasses and erythritol to produce brand name Nectresse. While it seems a harmless, natural product, monk fruit research is far from being thorough or conclusive.

Neotame, a "chemical cousin" of aspartame, is about 40 times sweeter than sugar and deemed relatively safe for consumers. It's not often found in foods because lacks the taste appeal of other

artificial sweeteners.

Did you know saccharin was discovered in 1878? It's more than 300 times sweeter than sugar, but animal testing links it to cancer of the bladder, uterus, ovaries and other organs. In humans, saccharin has been associated with higher cancer risk. Because of its bitter after-taste, saccharin's use in low-calorie foods has faded significantly.

You may have heard of sugar alcohols, which include erythritol, isomalt, lactitol, mannitol, sorbitol, xylitol and others. They have about half as many calories as sugar (erythritol has about one-twentieth the calories). Other than gastrointestinal distress caused by overconsumption, these are considered safe alternatives to sugar.

Here's a Nectresse (monk fruit) recipe found at www.nectresse.com/recipes:

- 1 1/2 c hot skim milk
- 1 T cocoa
- 1 T semi-sweet chocolate chips
- 1 tsp vanilla
- 2 Nectresse packets
- 1/8 tsp cinnamon

Stir all ingredients together until chips melt. Makes 2 servings, 120 calories, 18 carbs per serving.

# Conference Attracts Nationally Known Speakers

SIoux CITY, Iowa — The 19th annual Centering on Centers Conference will celebrate children by offering professional development opportunities to early childhood educators in Siouxland. The two day conference will be held Friday, Jan. 24, and Saturday, Jan. 25, at the Sioux City Convention Center, 801 Fourth Street. Times for both days are 8:30 a.m.-3:30 p.m.

"Early childhood educators in Siouxland deserve nationally known, quality presenters," said Iowa State University (ISU) Extension-Woodbury County Program Coordinator Adrienne Jansen. "The conference planning committee understands that travel budgets are tight so we bring high caliber presenters to Sioux City allowing more staff to participate. Well trained staff benefits area children,

their families and local employers."

This conference is one of the largest educational opportunities offered annually in Siouxland for people who work with children. Last year more than 400 people attended throughout the two-day event.

On Friday, Sharon Krull will present a cornucopia of practical and playful ideas including music, movement and creative activities to help attendees live, love, laugh and learn with children. Krull will help attendees discover how to create a nourishing environment where children and adults can flourish and reach their potential. Krull's 43 years of teaching experience encompasses nearly all areas of early childhood education.

Saturday's presenter, Tweety Yates, will share evidence-based practices, strategies and resources for

addressing challenging behaviors in the classroom and the child care environment. Yates is a research assistant professor at the University of Illinois in Urbana-Champaign and is on the faculty for the Head Start National Center on Quality Teaching and Learning out of the University of Washington.

Early childhood educators, child care center and home providers, head start staff, preschool, kindergarten, and early childhood special education teachers and associates, administrators, social workers, guidance counselors, parents and college students are all people who would benefit from attending the Centering on Centers Conference.

Workshop sponsors include Child Care Resource and Referral of Northwest Iowa, Community Action Agency of Siouxland/Head

Start, Crittenton/Stella Sanford Child Development Center, Iowa State University (ISU) Extension and Outreach-Woodbury County, Mary Elizabeth Day Care Center, Native American Child Care, Northwest Area Education Agency, Sioux City Preschool Initiative, Siouxland Chapter of Iowa AEYC and Western Iowa Tech Community College.

General CEUs will be available on site. License renewal credits will be available through Northwest Area Education Agency.

For questions on CEUs, call Mary Groen at (712) 222-6122.

To register or receive information about the conference, contact ISU Extension-Woodbury County at (712) 276-2157 or visit www.extension.iastate.edu/woodbury.

# Out On The Town

## HEART TO HEART WOMEN'S/CHILDREN'S CENTER

Forming A United Front Against Family Violence In Our Community

## YANKTON'S DANCING STARS

Styled After TV's "Dancing With The Stars"

Join Us For An Exciting Evening,  
 A Delicious Meal and Dancing Entertainment  
**February 8th • Minerva's Bar & Grill**  
 Social Hour 5:30 • Dinner 6:30  
 Ticket Info: 665-4811  
 Ticket Price \$50.00 per person  
 (limited availability)

## JAN. 24, 25, 26

## ANCHORMAN 2

Fri. 7:30 PM • Sat. 7:30 PM • Sun. 4 PM  
 Students \$2.00 Adults \$5.00

## Idle Hour Theatre

Tripp, SD

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**All-You-Can-Eat  
 Broasted Chicken  
 & Pollock Buffet  
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Every  
**Wednesday  
 5 to 9pm**

## Joe's Substation

Rural Lesterville  
 605-364-7414

## VFW

Post 791 209 Cedar

## OPEN TO THE PUBLIC

Wednesday & Sunday

5-7pm Cooks Choice

## Thursday

5-7pm - Domestic Beers \$1.50

5-7pm - Hamburger/Pizza Burger & Fries \$5.00

## Friday

Yankee Pot Roast

Serving 5:30-8:00

## Saturday Entertainment

All You Can Eat

Fish Fry 5:30-8:00

Bingo Wed. at 7:00pm

Sunday at 6:30pm

Happy Hour M-F 4:30-7:30

Chislic Served Last Wednesday of Month

**YANKTON Rexall**  
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**LUXURY Cadillac GIVEAWAY**

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MARCH 22 GIVEAWAY 10PM

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FEBRUARY 7 • \$20 • 6PM & 9PM

Join us for Bingo every Sunday & Thursday

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5th Annual **Lesterville Winter Ball**

Saturday, February 8th

Social Time: 7:00-7:30pm  
 Dance: 7:30-11:30pm

Formal attire preferred, casual dress accepted.

Special Guests

5th Anniversary Drawing

Advance Tickets:  
 \$20 Couple • \$10 Single

For Advance Tickets Call 605.364.7354  
 At The Door: \$25/Couple; \$15 Single  
 Price Includes: One Beverage, Snacks, Music, Dancing, Atmosphere, Breakfast

Fundraiser for Lesterville Community Center

Yankton Area **KICKOFF** Wednesday, January 29th 5:15pm

RELAY FOR LIFE American Cancer Society

Avera Sacred Heart Cancer Center, 1115 W. 9th St.

Like Us On... **Facebook**

This year's theme... **There's No Place Like hope!**

Welcome Team Captains and Team Members!

New or Seasoned Teams – Come Join Us For A Baked Potato Feed and Information About This Year's Relay!

**Yankton Area Relay Save the Date: June 27-28, 2014 Riverside Park**

For more information on how you can get involved: contact Darla Gullikson 668-8850 or Meg Hentges 605-323-3542

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