

# OUR TOWNS

Gayville  
Mission Hill  
Volin

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## Program Serves Up Tips For Healthier Living

Extension Educator Offering Nutritional Pointers In Weekly Series

BY JUSTIN RUST  
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GAYVILLE — The Gayville-Volin Food Pantry is trying to do its part to help its residents maintain a nutritious and healthy lifestyle.

The pantry has been hosting a series of weekly free dinners and informative conversations called Family Hour dinners at 5 p.m. Wednesday at the Gayville Lutheran Church.

The first series is with SDSU Extension Educator Sharon Guthmiller, who spoke at the Family Hour yesterday (Wednesday) and June 30. She will also have one more presentation on July 14.

Guthmiller said each one of the talks has touched on different topics, but they all have one thing in common — how to eat healthy.

"Last week's talk focused on the food pyramids, and I talked about being proactive about your health instead of reactive," she said. "This week focused on grocery shopping tips and how to use coupons."

Next week, Guthmiller is hoping to touch how to avoid getting Type II Diabetes and how to read nutrition labels.

Guthmiller focused on the food pyra-

mid last week and how it has changed in the past decade.

"The last five years of the pyramid focused on the foods and the exercise that go with what you eat," Guthmiller said. "It was different from the old pyramid because of the emphasis on exercise, not just eating healthy and portion controls."

Guthmiller added it's important to keep up with the food pyramid because it changes every five years based on research done by the US Department of Agriculture.

Guthmiller also touched on how to be proactive in how you eat instead of reactive, which means eating healthy now in order to stay healthy in the future.

"Whether we are kids, adults or seniors, many times we are so busy that we don't really take time and look to the future," Guthmiller said. "You want to be the healthiest person you can be as long as possible. In order to avoid or delay chronic diseases such as Type II diabetes or high cholesterol, it's important to take care of ourselves now."

It has become harder for Americans to watch their portion control in the last 60 years.

In 1950, the servings of most food at restaurants were comparable to what is now considered children's fast food meals.

Now, the typical serving size of meals is comparable to super-sized fast food meals that include double quarter portions.

Macaroni and cheese has gone from eight grams of fat to 17 since 1950, and chocolate chip cookies have increased from six grams of fat to 16.

Also, people have a busier lifestyle and go out to eat more than they did 60 years ago.

Guthmiller said eating healthy while eating out is simply a matter of awareness.

"You have to be more aware of how the food is prepared compared to how you would make it at home, and you also don't have to eat it all," she said. "If you are with a friend or family, you can share a meal, or you don't have to eat the whole meal and you can get a box for the rest and take it home and eat it for the next meal."

Planning the meal doesn't just happen at the restaurant, but also at the grocery store.

Guthmiller gives advice about how to shop for food, with one of the main keys not to shop for groceries on an empty stomach, which will help the customer avoid impulse buys.

She also said to plan what you are going to buy at the grocery store by



SDSU Extension Educator Sharon Guthmiller stands next to the food pyramid and holds a couple of examples of healthy food. Guthmiller has been the host of the Family Hour dinners at the Gayville Lutheran Church. The next dinner will be at 5 p.m. Wednesday, July 14.

going through and seeing what you need, making sure you don't stock up on too many certain items, and stick to the list that you put together.

During her presentation, Guthmiller shows people how to read nutrition labels and how to figure out serving size as well.

Then after going through the presentation, Guthmiller passes around food and beverages and kids will pick out something and explain if it's healthy for

you or not based on the food's label.

"They will go through what's in the food or drink, and be able to tell you how much of it they can have, or what makes two similar products different," Guthmiller said.

Guthmiller's last presentation will be July 14th. For more information on the Family Hour dinners, contact Barbara Egbert at 267-4336.

## Summer Youth Work Program Announced

PIERRE — The South Dakota Departments of Labor (DOL) and Social Services (DSS) will use a \$3 million federal grant to deliver a summer youth work experience program to those ages 16 to 24 years old.

Grant funding was awarded to DSS through the Temporary Assistance for Needy Families (TANF) Emergency Contingency Fund. TANF is a temporary assistance program for families with serious financial needs.

"Because of the current recession, some young adults have struggled to find summer employment," said State Labor Secretary Pam Roberts. "The Department of Labor is working with employers to create at least 600 meaningful job opportunities

for eligible young people in South Dakota."

Those work opportunities will help less-experienced workers, such as teens, establish work histories, gain references, advance their careers and secure permanent employment. They will earn cash while building good work habits and learning new skills.

"This is an opportunity to make a positive difference in the lives of our young people by partnering with the Department of Labor," said State Social Services Secretary Deb Bowman. "The funding will pay up to \$5,000 of each participant's wages, which will help with necessary supportive services such as work clothing, tools and

transportation."

Applicants must meet certain eligibility guidelines; priority will be given to TANF and Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps) recipients, along with youth receiving public assistance and youth eligible under the Workforce Investment Act.

Businesses interested in creating jobs for the program should work with their local DOL office. Jobs in the program must start at no less than the federal minimum wage of \$7.25 an hour. To learn more about the summer youth work experience program, contact any local DOL office by visiting [www.sdjobs.org](http://www.sdjobs.org).

## Open Class Event Set For August

An Open Class event in foods and nutrition will be held for all Yankton County youth ages 7-8 at the 4-H building on Whiting Drive.

All exhibits will be entered from 4-6 p.m. Wednesday, Aug. 4, at the 4-H building. No entries will be accepted after 6 p.m. All exhibits must remain in place until 11 a.m. Aug. 8, and will be released between 11

a.m. and noon that day. Categories consist of Class 1: Yeast Breads; Class 2: Sweet Dough; Class 3: Quick Breads; Class 4: Cakes; and Class 5: Cookies/Bars.

A judge will award a first-, second- and third-place ribbon for all categories.

For more information, contact the Yankton County Extension Office at 665-3387.

## Yankton Co. Habitat Group Seeks Volunteers

Habitat for Humanity of Yankton County is looking for volunteers to build and raise the walls on the National Street duplex project.

Volunteers are also needed to bake goodies, to provide meals and to provide hospitality services to volunteers. Habitat for Humanity works 8 a.m.-3 p.m. Thursday, Friday and Saturday each week, rain or shine.

For more information, call Julie Dykstra at 605-260-4224.

Appliance Sales & Service Center  
665-2082 • 1-888-593-5723  
Kaiser Appliance Center  
2000 Broadway, Yankton

# Out On The Town

**JULY 9, 10, 11**  
OWEN WILSON GEORGE LOPEZ  
**MARMADUKE**  
Fri. 7:30 PM • Sat. 7:30 PM • Sun. 4 PM  
Students \$2.00 Adults \$4.00  
**Idle Hour Theatre**  
Tripp, SD

Celebrate  
Summertime  
At The Argo...  
**Lobsterfest Returns**  
Enjoy  
Lobster Dinners  
Open Thursday, Friday  
& Saturday at 5:30pm

Select a Luncheon  
Create your favorite luncheon combination,  
by selecting TWO delicious options!  
CHOOSE FROM:  
3 salads • 2 soups • 2 pastas  
5 sandwiches  
fresh fruit & cheese  
half sonora steak quesadilla  
Served Monday - Saturday 11 am - 4 pm  
JUST \$7.5  
**Minervas**  
GRILL & BAR  
1607 E Hwy 50 • Yankton, SD • 605.664.2244

Special Overnight Trip To  
**Royal River Casino**  
Flandreau, SD  
Sun. & Mon., • July 25<sup>th</sup> & 26<sup>th</sup>  
Each person to receive Play \$50, get \$50 FREE PLAY  
on your rewards card. Plus, \$5 off meal coupon, ride and room.  
All for \$50 each  
(double occupancy)  
Bus will leave from Fry'n Pan Restaurant  
on July 25 at 1 p.m.  
(pick-up also available in Vermillion)  
For Reservation/Info:  
**HENNEN TOURS**  
1-800-551-5275

**VFW** Post 791  
209 Cedar  
**Thursday**  
5-7pm - Hamburger/  
Pizzaburger & Fries \$5.00  
6-7pm - Domestic Beers  
\$1.00  
**Friday**  
Brats, Baked Beans,  
Potato Salad or Menu  
Serving 5:30-8:00  
**Saturday**  
Kenny Carlow  
Serving from Menu 5:30-8:00  
Singles Dance - Basement  
Soundz Unlimited  
**Bingo Wed. at 7:00pm**  
**Sunday at 6:30pm**  
**Happy Hour M-F 4:30-6:00**  
Chislic Served Last  
Wednesday of Each Month

**4 LB. BURGER CONTEST**  
Saturday, July 17<sup>th</sup>  
Hwy. 52 at the Marina!  
**Magilly's**  
LAKESIDE EATERY  
www.magillyslakesideeatery.com  
668-5181  
LEWIS & CLARK RECREATION AREA 605-668-2985  
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www.lewisandclarkpark.com  
**NO PARK PASS NEEDED FOR MAGILLY'S**

**Nightly Specials at Magilly's!**  
**Tuesday**  
Buy One Burger Get One 1/2 Off  
\$2 "Two-sdays" Pints, Wells & Domestic  
**Wednesday**  
Wing Wednesday 30¢ Per Wing  
Ride On Down For "Budweiser Bike Night"  
\$1.50 Bud & Budlight Bottles  
**Thursday**  
Nachos Night 1/2 Price Nachos  
1/2 Price Mexican Beer  
Ladies Night Lakeside Drink Specials  
**Friday**  
"Dock"tails \$5 Dock Drinks 5-9pm  
**Saturday**  
The Captain Is in! \$3 Captains 5-9pm

**Yankton Children's Theatre Company**  
**STUART LITTLE**  
Summit Theatre, Yankton High School  
**7:30 July 8 - 10 • 2:00 July 11**  
TICKETS ARE AVAILABLE BY CALLING  
YCTC 605-689-0401  
ALLISON SPAK 605-660-6414  
ADULT \$10, CHILD (18 - 4) \$5, AVAILABLE AT THE DOOR