

## THE PRESS &amp; DAKOTAN

THE DAKOTAS' OLDEST NEWSPAPER | FOUNDED 1861

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## OPINION | OTHER THOUGHTS

## A Reason To Get Kids To Bed On Time

**MCCOOK DAILY GAZETTE (May 20):** It's always hard to get kids to go to bed when it's still daylight outside at 9 p.m., but there is a reason other than they'll wake up grumpy.

Eventually, they may wake up lumpy, according to a new study that linked childhood obesity to chronic sleep deprivation during infancy and early childhood.

Using data from Project Viva, a long-term study of environmental factors and lifestyle choices of mothers, the study led by Dr. Elsie Taveras of Mass-General Hospital for Children, found "convincing evidence that getting less than recommended amounts of sleep across early childhood is an independent and strong risk factor for obesity."

Researchers interviewed mothers and their children at about 6 months, 3 years and 7 years old and from questionnaires completed when children were 1, 2, 4, 5 and 6 years old.

Height and weight measurements were recorded, and insufficient sleep was defined as less than 12 hours per day from age 6 months to 2-years-old, less than 10 hours a day for children ages 3 and 4, and less than 9 hours a day for children ages 5 to 7, and were assigned a score.

Children with the lowest sleep scores had the highest weight and body mass index in all measurements, including abdominal fat. They tended to come from racial and ethnic minority families with lower incomes and less education, but sleep and obesity were still linked after adjusting for such factors.

Of course, obesity isn't the only potential problem; other studies link poor sleep habits to behavioral problems and learning disabilities.

So, if you didn't already believe that sending kids to bed on time is important, the idea that you may be sentencing them to obesity problems is one more incentive.

Of course, it's not just children who benefit from getting enough sleep — long-term sleep deprivation has been linked to dementia, heart disease, mental illness and other chronic health conditions.

But to help your child avoid being lumpy and grumpy:

Set a consistent bedtime.

Limit caffeinated beverages late in the day

Cut out high-tech distractions in a child's bedroom.

## OUR LETTER POLICY

The **PRESS & DAKOTAN** encourages its readers to write letters to the editor, and it asks that a few simple guidelines be followed.

■ Please limit letters to 300 words or less. Letters should deal with a single subject, be of general interest and state a specific point of view. Letters are edited with brevity, clarity and newspaper style in mind.

■ In the sense of fairness and professionalism, the **PRESS & DAKOTAN** will accept no letters attacking private individuals or businesses.

■ Specific individuals or entities addressed in letters may be given the opportunity to read the letter prior to publication and be allowed to answer the letter in the same issue.

■ Only signed letters with writer's full name, address and daytime phone number for verification will be accepted. Please mail to: Letters, 319 Walnut, Yankton, SD 57078, drop off at 319 Walnut in Yankton, fax to 665-1721 or email to views@yankton.net.

## ON THIS DATE

## By The Associated Press

Today is Monday, June 2, the 153rd day of 2014. There are 212 days left in the year.

**Today's Highlight in History:** On June 2, 1864 (New Style Calendar; May 21, 1864, Old Style), after decades of scorched-earth warfare, leaders of the Circassians, a Muslim ethnic group in the Caucasus region, surrendered in Sochi to the army of the Russian Empire, which proceeded to expel hundreds of thousands of Circassians.

**On this date:** In 1863, during the Civil War, Union Maj. Gen. William T. Sherman wrote a letter to his wife, Ellen, in which he commented, "Vox populi, vox humbug" (the voice of the people is the voice of humbug).

In 1886, President Grover Cleveland, 49, married Frances Folsom, 21, in the Blue Room of the White House. (To date, Cleveland is the only president to marry in the executive mansion.)

In 1897, Mark Twain, 61, was quoted by the New York Journal as saying from London that "the report of my death was an exaggeration."

In 1924, Congress passed a measure that was then signed by President Calvin Coolidge guaranteeing full American citizenship for all Native Americans born within U.S. territorial limits.

In 1941, baseball's "Iron Horse," Lou Gehrig, died in New York of a degenerative disease, amyotrophic lateral sclerosis; he was 37.

In 1953, the coronation of Queen Elizabeth II took place in London's Westminster Abbey, 16 months after the death of her father, King George VI.

In 1966, the U.S. space probe Surveyor 1 landed on the moon and began transmitting detailed photographs of the lunar surface.

In 1979, Pope John Paul II arrived in his native Poland on the first visit by a pope to a Communist country.

In 1983, half of the 46 people aboard an Air Canada DC-9 were killed after fire broke out on board, forcing the jetliner to make an emergency landing at Cincinnati/Northern Kentucky International Airport.

In 1986, for the first time, the public could watch the proceedings of the U.S. Senate on television as a six-week experiment began.

In 1997, Timothy McVeigh was convicted of murder and conspiracy in the 1995 bombing of the Alfred P. Murrah Federal Building in downtown Oklahoma City. (He was executed in June 2001.)

In 1999, South Africans went to the polls in their second post-apartheid election, giving the African National Congress a decisive victory; retiring president Nelson Mandela was succeeded by Thabo Mbeki.

Ten years ago: Three foreign aid

workers and two Afghans were shot and killed in an ambush in northwestern Afghanistan in an attack claimed by resurgent Taliban militants. Software engineer Ken Jennings began his 74-game winning streak on the syndicated TV game show "Jeopardy!"

**Five years ago:** Scott Roeder, an anti-abortion activist, was charged with first-degree murder in the shooting death of late-term abortion provider Dr. George Tiller in Wichita, Kansas. (Roeder was later convicted and sentenced to life in prison with no possibility of parole for 50 years.) Chicago police officer Anthony Abbate was convicted of committing aggravated battery against Karolina Obyrcka, a bartender half his size, after she'd refused to serve him more drinks; Abbate received probation.

**One year ago:** Egypt's highest court ruled that the nation's interim parliament was illegally elected, though it stopped short of dissolving the chamber immediately. Indiana Pacers center Roy Hibbert was fined \$75,000 by the NBA for using a gay slur and profanity during his news conference after Game 6 of the Eastern Conference finals; Hibbert also apologized for the comments.

**Today's Birthdays:** Actress-singer Sally Kellerman is 77. Actor Ron Ely is 76. Actor Stacy Keach is 73. Rock musician Charlie Watts is 73. Singer William Guest (Gladys Knight & The Pips) is 73. Actor Charles Haid is 71. Movie director Lasse Hallstrom is 68. Actor Jerry Mathers is 66. Actress Joanna Gleason is 64. Actor Dennis Haysbert is 60. Comedian Dana Carvey is 59. Actor Gary Grimes is 59. Pop musician Michael Steele is 59. Rock singer Tony Hadley (Spandau Ballet) is 54. Actor Liam Cunningham (TV: "Game of Thrones") is 53. Actor Navid Negahban is 50. Singer Merrill Bainbridge is 46. Rapper B-Real (Cypress Hill) is 44. Actress Paula Cale is 44. Actor Anthony Montgomery is 43. Actor-comedian Wayne Brady is 42. Actor Wentworth Miller is 42. Rock musician Tim Rice-Oxley (Keane) is 38. Actor Zachary Quinto is 37. Actor Dominic Cooper is 36. Actress Nikki Cox is 36. Actor Justin Long is 36. Actor Deon Richmond is 36. Actress Morena Baccarin is 35. Rhythm-and-blues singer Irish Grinstead (702) is 34. Rock musician Fabrizio Moretti (The Strokes) is 34. Soccer player-coach Abby Wambach is 34. Country singer Dan Cahoon (Marshall Dylton) is 31. Singer-songwriter ZZ Ward is 28. Actress Brittany Curran is 24. Actor Sterling Beaumon is 19.

**Thought for Today:** "Only the man who finds everything wrong and expects it to get worse is thought to have a clear brain." — John Kenneth Galbraith, American economist (1908-2006).

## FROM THE BIBLE

You have made known to me the paths of life; You will make me full of gladness with Your presence. Acts 2:28. Portals of Prayer, Concordia Publishing House, St. Louis

## YouTube

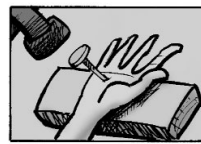
## Popular on YouTube



Newest Hollywood Action Movie Trailer



Sexy Music Video



Stupid Human Tricks



Funny Cats

## Mass Killer Manifesto Channel



Josh, 19



Alex, 24



Chris, 18



Andy, 16

## Capitol Notebook

## Keep An Eye On A 'Convoluted Process'

BY BOB MERCER

State Capitol Bureau

**PIERRE** — If you care how elections are conducted in South Dakota, or how political money is tracked, or how businesses are registered, or how public notaries are supervised, or other duties of the secretary of state, then you might want to pay attention to an important contest that will be decided in a roundabout way by Republican voters in South Dakota's primary elections Tuesday.

Yes, that's a convoluted sentence — on purpose, to make a point. In South Dakota we follow a convoluted process for selecting candidates for six statewide offices.

The Republicans and Democrats use party conventions to nominate their candidates for secretary of state, attorney general, auditor, treasurer, school and public lands commissioner, and public utilities commission.

That differs from the direct primary elections where voters get to decide the two major parties' nominees for governor, U.S. House of Representatives and U.S. Senate.

There are five Republicans running Tuesday for their party's nomination for U.S. Senate. There are two Democrats seeking their party's nomination for governor, and there are two Republicans running for their party's nomination for governor.

There are single candidates for the Democratic nominations for U.S. House and U.S. Senate and one candidate for the Republican nomination for U.S. House.

The process that is used for the six other statewide offices relies on delegates to the conventions. Democrats select their delegates at local meetings in the counties. Republicans choose their delegates by putting them on the primary ballot and letting Republican voters decide.



Bob MERCER

I haven't seen a Democratic candidate announce yet for any of the six nominations available. The Republicans have candidates for all six and in one case — secretary of state — they have two people competing.

So if you're a Republican, you might want to take a bit of time before you vote Tuesday to learn who's trying to represent you at the convention, and then contact them to learn which candidate for secretary of state they are supporting.

Many of the people running for spots at the Republican convention already have committed to backing either state Sen. Shantel Krebs of Renner or deputy secretary of state Pat Miller of Fort Pierre.

Four years ago, three candidates sought the Republican nomination for secretary of state. Then-state Sen. Jason Cant of Sioux Falls prevailed. He defeated Democrat Ben Nesselhuf of Vermillion (a senator, too, then) in the November 2010 general election.

Gant's first term has been sufficiently troubled that he decided last fall he wouldn't seek re-election.

At that time Krebs had already declared her candidacy. This spring Miller decided to run for the opening too.

The victor between Krebs and Miller at the Republicans' June 19-21 convention in Rapid City likely will win the office in the November general election.

That's because of current voter registration numbers and that Republicans have held the office nearly all of the time since 1889 statehood.

Delegates matter. They were decisive at least twice in denying the governor's nomination to the top finishers in Republican primary elections when she or he didn't get at least 35 percent.

So please, pay attention.

## Obesity Police In The Schools

BY MICHELLE MALKIN

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Like millions of other American parents, my husband and I received a warning letter from the BMI police last week. Our active, healthy 8th-grade daughter is "very lean," according to her school-administered "Fitnessgram." The national student body monitors think this is a public health problem.

The obesity report card lectured that because our daughter's body-mass index is "very low," we "should make certain" that she "is eating a healthy diet that includes the appropriate number of calories." Thanks, geniuses. We had no idea such measurements were taking place, and we wondered whether we were alone in objecting to this unsolicited Nanny State dispatch. We're not.

In New York, mom Laura Williams blew the whistle on how her perfectly healthy daughter Gwendolyn was branded "overweight" by her Fitnessgram. City schools sent the reports home to nearly 900,000 students in their backpacks. Gwendolyn showed the assessment to the *New York Post* last week, exclaiming: "I'm 4-foot-1, and 66 pounds, and I'm like, what?!"

Thanks to the Williams family's whistleblowing and a huge public backlash, Big Apple schools will now change the way the fitness reports are distributed to families. But changing the delivery route doesn't address the expansive government encroachment on our children's health based on dubious science.

Gwendolyn's absurd classification exposes the unreliability of BMI ratings, which many public health scientists admit are inadequate health predictors. The Centers for Disease Control itself says that "the accuracy of BMI varies substantially according to the individual child's degree of body fatness" and doesn't distinguish between "excess fat, muscle or bone mass, nor does it provide any indication of the distribution of fat among individuals."

Yet some school districts have pushed to incorporate BMI results in physical fitness grades, and dozens of states have adopted the

BMI-snitching Fitnessgrams, which are marketed by an outfit called the Cooper Institute. The group contracts with New York, Texas, California and a total of nearly 70,000 schools across the country to provide training, administration, data collection and dissemination of its reports. Big Brother is big business.

One of the Cooper Institute's most prominent members of its board of directors: Big Government Republican Mike Huckabee, who spearheaded mandatory student BMI reports in 2003 while he was governor of Arkansas. Huckabee has sided with first lady Michelle Obama's meddling initiatives on childhood obesity — which he calls an "issue of national security." Public health bureaucrats use exactly such hyperbolic rhetoric to justify increasing their powers, budgets and control.

Riding the manufactured obesity-crisis wave, BMI report card promoters are pushing for far more radical data-mining intrusion. A little-noticed study published in the journal Health Affairs a few years ago on "state surveillance of childhood obesity" proposes getting around federal family privacy protections by declaring obesity a "public health threat" at every state level. This would allow agencies to invoke "public health protection powers" to allow unfettered sharing of student BMI data.

These obesity police also advocate circumventing legislative debate by "simply adding a new function to state-run registries and databases" and slipping height and weight monitoring into immunization information-gathering systems.

Exploiting the captive student population for childhood obesity health research, grants, contracts and new tech boondoggles is yet another method of fattening Fed Ed's overstuffed coffers. It's time for parents to opt out and put these government data gluttons on a diet. Hands off. Butt out.

Michelle Malkin is the author of "Culture of Corruption: Obama and his Team of Tax Cheats, Crooks and Cronies" (Regnery 2010). Her e-mail address is malkinblog@gmail.com.

## YOUR LETTERS

## A Memorial Day Honor

**Fernande Colette Bitsos, Yankton**  
In regarding the letter from Bill Rueppel ("On Memorial Day," *Press & Dakotan*, May 23):

Whoever sent "Happy Memorial Day" to you, Mr. Rueppel, should have read Tom Brokaw's "The Greatest Generation" or Rick