

# Going On A Vegan Diet

BY SARA GERMAN, RD, LN  
Avera Sacred Heart Hospital

In the beginning, we were all vegans. Wait, what? According to the Bible, God didn't permit humans to eat animals until after the flood. Adam and Eve, in other words, were vegetarians, and before the Fall (when animal skins came into fashion) they may have even been vegan.

"Vegan" simply means "free of animal products." This has the potential to alter your fashion choices, as leather, fur and wool are animal-derived. If you follow a vegan diet, meat, dairy products, eggs and honey (bees are animals, too) are off-limits. What's left? Quite a bit, actually: fruit, vegetables, grains, seeds, nuts and legumes. (Twizzlers are vegan, too, but they don't really fit into a food group.)

You might be thinking: But why would I give up bacon? People follow a vegan diet for a variety of reasons. Many do so because of concerns about animal cruelty. Some people simply don't like meat, eggs or dairy. Many others—such as former president Bill Clinton—do so for the health benefits. As it turns out, there are quite a few.

Studies show that vegans tend to be leaner than meat-eaters and regular vegetarians. (Non-vegan vegetarians may eat dairy products or eggs.) Vegans and vegetarians tend to have better cholesterol numbers and lower rates of high blood pressure, which can lead to heart disease. They also have decreased risk of type 2 diabetes and cancer compared to non-vegetarians. Considering that heart disease and cancer are the top two causes of death in the United States, these health benefits are a big deal.

The news isn't completely positive, though: vegans are at a higher risk for



Sara GERMAN

bone fractures. This could be because it's hard to get enough calcium and vitamin D with the vegan diet.

The vegan diet may also be low in zinc and long-chain omega-3 fatty acids. It's completely missing one nutrient: vitamin B12, which is only found in animal products. Without supplementation, a vegan diet will result in vitamin B12 deficiency. This can lead to serious health problems.

On the other hand, the vegan diet tends to be high in fiber, magnesium, potassium, phytochemicals and most vitamins, which are all nutrients associated with good health. It turns out that fruit, vegetables and whole grains can be quite nutritious. Who knew?

What is my opinion on the vegan diet? First, consider the facts: Without supplementation, it is impossible to meet all of your nutritional needs with a vegan diet. As a dietitian, this makes me squirm. Personally, I believe that a plant-based diet, containing limited amounts of animal products (not necessarily meat) is the way to go. However, with careful planning and supplement use, a nutritionally complete vegan diet is possible, and can certainly fuel a healthy life.

If you or someone you know wants to try the vegan diet, do your research first. At a bare minimum, you will need to take a vitamin B12 supplement. Consider talking with a registered dietitian to make sure you avoid potential problems and gain maximum benefits.

# Dealing With Alcohol Addiction

BY DR. MIKE ROSMANN  
Sponsored by L&C Behavioral Health

The saga about "Dan" continues. In October 2013 I reported how Dan, a farmer in his early 40s, was furious when his wife purchased a breathalyzer to detect if he had been drinking.

Dan denied to his wife, "Darla," that he was drunk even though she found him asleep as frequently as three evenings per week and most anywhere in the house when she came home from her job shortly after 8:00 p.m. Their two young children were usually trying to make supper when Darla arrived home.

I changed identifying information to protect everyone's confidentiality. Darla purchased a breathalyzer to verify Dan's claims of not being drunk even though he smelled of alcohol and his responses didn't make sense when she asked him how his day had gone.

Allowing an inebriated person to be in charge of young children could implicate Darla, a nurse, in accusations of child neglect. If nothing else, the breathalyzer took the determination of inebriation out of Darla's hands.

Dan either refused to blow into the breathalyzer or claimed the test results were inaccurate whenever he blew a blood alcohol concentration (BAC) reading above .08 percent. Several times when he was too inebriated to object to testing, his BAC was above .30.

Darla was worried and asked Dan to get help. He came to see me once, at Darla's insistence.

He didn't have a problem with alcohol, he said, and refused further evaluation and treatment. He proclaimed he deserved to drink a few beers occasionally because farming was highly stressful.

Dan and Darla were buying their farm from his parents. Both worked hard. Dan said he loved Darla.

Darla helped when she could with



Dr. Mike ROSMANN

the breathalyzer was not in its usual place in her dresser drawer, he said he didn't know.

Upon looking through the garbage bin, she found the device, smashed. Darla called me.

Dan was involved in games to deny that he had an alcohol problem, I suggested. Something else would have to happen to Dan to convince him to obtain assistance.

Darla purchased another breathalyzer. Seven weeks ago she called me again, this time to say Dan had accidentally knocked their son off a kitchen chair while drunk, angry and before she had arrived home.

Their son had a black eye. Dan's BAC, which he reluctantly provided, was .26.

Dan accused Darla of colluding with me and his parents to get him into trouble. With trepidation, Darla agreed she needed to require that Dan take responsibility for his behavior.

She would figure out a way for her and their children to escape if Dan became violent again and she would require Dan to sleep in their guest bedroom until he dealt with his problem. She acknowledged enabling Dan to consume alcohol excessively in the past, thinking he needed an outlet, for he was able only when inebriated to say how he felt Darla was domineering to the point that if he didn't go along with

her decisions, he would feel rejected.

Perhaps Dan was reluctant to give up what he felt was his only crutch to relax and vent his true feelings, I suggested. Moreover, he probably used alcohol to quell anxiety.

Darla acknowledged her need to hear how Dan truly felt. She didn't realize his mounting addiction had sneaked up on her as well as Dan.

Darla told Dan about our conversation and asked him to call me.

Four weeks ago the Sheriff stopped Dan for driving recklessly; he was cited for driving under the influence. Dan talked with me twice on the phone afterwards and was respectful but careful as we conversed.

I told Dan he may need to enter a residential treatment program to make lifestyle changes and learn how to verbalize his feelings accurately and manage his behavior without anyone enabling him. He also needed a group of honest supporters whom he could rely on during times of distress, rather than relying only on Darla for emotional understanding.

Dan agreed to accept a referral from his medical doctor for a substance abuse evaluation and possible treatment. Darla kept in touch.

What is the best treatment plan? After Dan's second session with his substance abuse counselor, Dan told Darla the counselor wants to visit with her too, but not until the counselor and Dan meet a few more times.

Dan learned for the first time from his fifteen-year-old brother that their father drank heavily for years and almost lost the family farm because of it. Dan grumpily refused to talk about the subject with his father or Darla.

The current treatment plan is for Dan and/or Darla to meet with his counselor every two weeks.

The saga continues. Stay tuned. Share your thoughts with Dr. Rosmann at: www.agbehavioralhealth.com.

# National Music Museum Receives Rare Ukulele Collection

VERMILLION — The museum that preserves the world's oldest cello (the Andrea Amati 'King,' mid-1500's) as well as a violin, mandolin and guitar by Antonio Stradivari—among some 15,000 other musical treasures—is also home to many historic ukuleles. The Geoffrey Robert Rezek Ukulele Collection has recently become part of the holdings of rare and popular plucked stringed instruments at the National Music Museum (NMM), in Vermillion, South Dakota.

In the midst of its own musical golden age, the ukulele is winning due respect not only from performers and listeners but from historians and collectors. "Each ukulele contains a bit of history," says Geoffrey Rezek. "That's one reason why I like to collect them, and why I've decided to donate so much of my collection to the National Music Museum." Among these rare ukuleles is one previously owned by TV/radio showman and ukulele popularizer Arthur Godfrey and one by classical virtuoso John King.

Rezek has collected ukuleles signed by Tiny Tim, the original members of Pearl Jam, James Hill, Jim Beloff, Ian Whitcomb and current ukulele phenom Jake Shimabukuro. There are C. F. Martin & Co. ukuleles, a Gretsch baritone ukulele, three Joel Eckhouse Earnest Music custom ukuleles, Maccaferri ukuleles, a May Bell banjo ukulele, a Betty Boop ukulele, a custom 'side-by-side ukulele' by Black Bear Ukuleles [see photo], the first baritone banjo-ukulele prototype by Eddie Connors, early model Fluke and Flea ukuleles and even a playful Lego® Tofukelele.

Geoffrey Rezek amassed over 100 ukuleles and an archive of more than 4,000 documents, including sheet music, method books, videos, articles and hundreds of autographed photographs and posters—most from the mid-20th century. The National Music Museum's Rezek archive also features pop-culture artifacts like Tiny Tim's iconic Budweiser jacket.

According to NMM Senior



Curator and Associate Director Dr. Margaret Banks, "The NMM already had exceptional historic ukuleles in the collection—such as one of the first,

LEFT: The smaller side of this unusual instrument is a soprano ukulele and the larger a concert-size ukulele. Not only do the two halves have their own string lengths and tonal characteristics, the backs and sides of each are made of different woods—koa on the soprano side and rosewood on the bass. (Courtesy Photo/Lynn Wheelwright)

by maker José do Espírito Santo [Honolulu, 1895-1905]—but the Rezek collection, nicely surveys and testifies to the ukulele's powerful contemporary popular appeal."

A relatively young musical instrument, the ukulele was born in Hawaii, in the late nineteenth century, developed by Portuguese-immigrant laborers. It rose to popularity with the 1915 Panama Pacific International Exposition, and again in the 1950's, associated with the likes of Elvis Presley and Arthur Godfrey. It flared up briefly in the late 1960's with the hippy movement. It is now experiencing perhaps its greatest renaissance—fueled by its ultra-simple learning curve, strumming societies, countless

YouTube videos, the popular rendition of "Over the Rainbow" by Israel Kamakawiwo'ole and a spate of chart-topping indie-rock hits.

Geoff Rezek himself is a ukulele player and teacher as much as he is a collector. He has taught thousands of first-time ukulele players. He has also given away over 1,000 ukuleles—to U.S. soldiers in Afghanistan; to "Ukes for Peace," an organization devoted to peace in the Middle East; and to school music programs around the world, from Africa to Fiji. "I like that the National Music Museum has a strong research and educational mission as well as a commitment to preservation," says Rezek. He even wrote a song with his sons and brother-in-law that has been published as "Ukuleles are the Best" in Jim Beloff's best-selling songbook The Daily Ukulele. Rezek was also on the Board of Directors of the Ukulele Hall of Fame Museum from 2002 to 2007.

Ukuleles from the Rezek collection are on display in the NMM's Graese Gallery.

## MILITARY

### CHANDLER BAUMGART

U.S. Air National Guard Airman 1st Class Chandler D. Baumgart graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness and

basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Baumgart is the son of Amy and Tyler Baumgart of Parkston.

He is a 2014 graduate of Parkston High School, Parkston.

## SCHOLASTICS

### LUKE BUFFINGTON

Luke Buffington of Gayville has been named to the Dean's Honor Roll for Social Responsibility at Creighton University in

Omaha, Nebraska. The designation is conferred to those students who exhibit leadership qualities, with initiative, dedication and care for one's community.

## SCHOLARSHIPS

### L&C HOMEBUILDERS ASSOCIATION SCHOLARSHIP

The Lewis & Clark Homebuilder's Association has established a \$500 scholarship to assist a graduating high school senior with expenses in pursuing a degree in a construction related field.

This can include Heating/Ventilation/Air Conditioning/, Landscaping Design, Building Trades Technology, Civil Engineering, Architectural Drafting, Construction

Engineering Technology, Carpentry or Plumbing.

A scholarship application can be requested by calling (605) 661-7215 or by emailing lchomebuilders@iw.net.

The deadline for submitting applications is April 15, 2015.

*Thank You*

On this, the anniversary of the death of my husband, **Marvin Steffes**, I would like to thank all of you who gave me a hug, a look of sympathy, a touch on my hand, your thoughts, and your prayers. For all the help from so many, in so many ways, through this extremely difficult journey, from my heart and from Marv's heart, we thank you.

—Dawn Steffes

**KYNT**  
AM 1450  
MORNING COFFEE  
WEEKDAYS MONDAY-FRIDAY  
Wednesday, March 18  
7:40 am Catholic Schools (Fr. Ken Lulif)  
8:20 am Hy-Vee Foods (Chef Staci)  
8:45 am Mount Marty College (Kristi Tacke)  
Thursday, March 19  
7:40 am Yankton Cony/Vis Bureau (Stephanie Moser)  
8:20 am Yankton Chamber (Carmen Schramm)

## RTEC Slates New Class Dates for Needle Tatting, Welding & More!

**Needle Tatting for Beginners - Rescheduled:**  
Discover the art of needle tatting in this unique two-part "just for fun" class coming to RTEC on **Mar. 27 & 28, 2015**. You'll spend two hours learning the basics from 5:30-7:30 p.m. on Friday, have a chance to go home and practice and then return for the final part of the class from 8:00-11:00 a.m. on Saturday morning. After mastering basics, you'll be ready to tat lovely edgings, doilies and more. Note: Participants need to bring a scissors, a small (#6) crochet hook and a little bit of patience. Cost is \$40.00 (includes tax). Sign up today!

**Spring Hobby Welding:**  
Discover the basics of several types of welding so you can create unique pieces for your yard, your household or even for a loved one. This hobby class will be held from **7:30 a.m. - 11:30 a.m. on three Saturdays - Apr. 11, 18 & 25, 2015**. Perfect for amateurs, artists and hobbyists! Cost is \$137.80. Make something special for Mother's Day/Father's Day!

**Historic Preservation Tips and Techniques:**  
In this beginner's level course, you'll learn basic plastering, stucco and drywall repair techniques from instructor Roger Huntley, a local contractor with years of specialized experience. Class will meet from **9 a.m. to Noon on three Saturdays - Apr. 11, 18 & 25, 2015**, on site at the actual Historic Mead Building, on the former Human Services Center Campus, just north of Walmart. Cost is \$110 and includes beginner's tool kit and basic reference manual. Contact RTEC and register by the Apr. 6 deadline.

**Welding Basics Class:**  
Want to prepare yourself for a career that's in high demand? Learn the basics of welding in the next 48-hour course scheduled to begin **May 11, 2015**. Classes will be held from 4-8 p.m. on Mondays & Wednesdays through June 22, 2015. Cost is \$1,400 plus tax. Contact RTEC today and reserve your spot.

**AWS Certification/Upgrade Welding Classes:**  
Applications are available for the next AWS Certification/Upgrade Welding course set to begin on **May 12, 2015**. It will be a 48-hour night class held from 4-8 p.m. on Tuesdays and Thursdays and will run through June 18, 2015. Students will have a chance to earn American Welding Society Certification. Cost is \$1,400 plus tax.

**Annual Career Expo for Students:**  
Schools are invited to bring middle school and high school students to this one-day event held from **8 a.m. - 3:30 p.m. on Wednesday, April 15, 2015**. They'll have an opportunity to explore careers and participate in hands-on activities and demonstrations. Businesses, organizations and post-secondary schools are still welcome to contact RTEC about hosting a free booth to showcase their services, career opportunities, educational programs or products.

*Class sizes are limited! Please contact RTEC and register today!*

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