

Visiting Hours

Preventing The Winter Weight Gain

BY ANGIE O'CONNOR
Avera Sacred Heart Hospital
Community Wellness Coordinator

Many people tend to gain weight during the winter months. Some people joke that they are eating and sleeping more because they are getting ready to hibernate. But there is not a way to crawl into a warm hiding place and sleep the fat away. Those extra pounds acquired over the winter may stay on year after year, eventually contributing to health problems such as obesity, diabetes, high blood pressure and heart disease.

People gain weight during the winter months for different reasons. If you have a tendency to gain weight during the winter, it's important for you to figure out what factors contribute to this tendency and then plan accordingly. Simple changes in behavior can often have enormous health benefits.

Make a holiday survival plan. Holidays can mean less time to exercise, more treats, and extra alcohol and stress. You couldn't find a better recipe for weight gain.

1) Make a plan for staying active. Try to come up with some creative solutions to factors that have made exercise during the holidays difficult - travel, busyness, lack of childcare, etc. Schedule these new solutions into your calendar the same way you schedule your parties, meetings and family gatherings. If you don't schedule it, you may not get it done.

2) Think of ways to reduce holiday stress. Exercise is the

best stress-reducer around and stress reduction is one of the best reasons to stay active - no matter what the season may be. Make time for exercise and activities that give the holiday meaning and that provide pleasure and opportunities to be with people you enjoy.

3) Eat defensively. Include occasional small portions of holiday treats that you really love, but balance this by eating more prudently at other meals. Avoid munching and drinking just because "it's there." I know that can be difficult, but the average person gains approximately seven pounds during the holiday season. Smaller portions of the "good stuff that's not so good for you" and larger portions of the actual "good stuff."

Make friends with winter. Winter can cause a decline in physical activity, as shorter days and inclement weather like we have been experiencing can limit exercise options. Come up with some creative solutions. Check out fitness centers and community recreation programs. Buy some warmer clothes and learn how to dress for cold weather. There are many things you can do in the winter months that are terrific calorie-burners.

And don't forget that exercise can be an effective treatment for mild to moderate depression. People who experience winter depression can try combining exercise and light therapy by exercising outdoors when time and weather permit.

Have a healthy and safe holidays.

MOPS Meeting Planned For Nov. 20

Mothers of Preschoolers (MOPS) will meeting at 6:15 p.m. on Tuesday, Nov. 20, at Riverview Reformed Church, 1700 Burleigh, Yankton.

For more information, contact Stephanie Lund at 605-661-7677 or lund_steph@yahoo.com, or visit www.facebook.com/yanktonmops.

Parade Of Lights Set For Downtown Vermillion

The Special Events Committee for the Vermillion Area Chamber and Development Company (VCDC) is sponsoring the fourth Annual "Parade of Lights" in Downtown Vermillion at 6:30 p.m. Friday, Dec. 7.

Vermillion area merchants, businesses, schools and organizations are encouraged to put together a float or entry for the parade. Entry forms can be found on the VCDC website, www.vermillion-chamber.com or at the Chamber office at 116 Market St. A trophy and \$25 in Vermillion Bucks will be awarded to the winner. Deadline to enter is Dec. 3.

At the end of the parade, Santa and Mrs. Claus will light the community Christmas Tree at Ratings Platz on the corner of Market and Main Streets. After the tree lighting, children and parents are invited to the Clay County Court House basement for "Stockings for Soldiers," an opportunity to make a free ornament to take home, and to decorate a stocking for a soldier serving overseas, sponsored by the Vermillion Public Library. (Due to the Library renovation, the craft will be held in the Court House basement.)

Children up to the age of 12 are encouraged to enter a coloring contest for a chance to have "Lunch with Santa" on Sat., Dec. 8, at 11:30 a.m. at HyVee and meet him before Christmas. Coloring pages will be available at the public schools, daycare centers, HyVee and the VCDC office at 116 Market St. The contest ends Nov. 20.

Also on Saturday, Dec. 8, from 12:30-2:30 p.m., bring the children to HyVee for a free picture with Santa by Peterman Photography. For more information, call the VCDC office at 605-624-5571.

Yankton Toys For Kids Making Its List

Community wide agencies, organizations, and volunteers are working together to make the holidays brighter this year through the annual Yankton Toys for Kids program.

The Yankton Toys for Kids wish list is being compiled for children in need, ages 0-18, who live in Yankton County. A release form and a wish list are to be completed and returned by Nov. 9 and are available at Head Start, County Health Office, Contact Center, S.D. Dept. of Labor, Economic Assistance, and Division of Child Protection. An agency referral is required to qualify for the Yankton Toys for Kids program.

Donations of new, unwrapped toys, appropriate for ages 0 to 18, are being collected now through Saturday, Dec. 15, and can be dropped off at Yankton Motors on Highway 50 or, starting after Thanksgiving, at the Yankton Mall.

Don't have time to shop for a toy? Toys for Kids can do the shopping for you. Caring neighbors are helping Santa Claus make the holidays special for area children. Cash donations are accepted to fill in where needs are not met and ensure that every referred child receives a toy. Make checks payable to Toys for Kids.

You may also "adopt a family" through the Yankton Toys for Kids Adoption Program, which enables businesses, community members or organizations to provide clothing, food and gifts to families experiencing tough times. Volunteer "adopters" are paired with a local family in need and provided with ages, clothing sizes and special requests.

Last year, the Yankton Toys for Kids program served more than 350 children. This year we anticipate an increased need.

If you would like more information on the Yankton Toys for Kids program, call the United Way & Volunteer Services' Office at (605) 665-6766.

Gardener's Experiment Falls Flat

BY DR. MIKE ROSMANN

In the 40-plus years I have been gardening (not counting childhood, when I was forced to help my mother in our family garden), I have often experimented with different crops and vegetables.

I have always been the person in our household who takes care of the vegetable garden. Even when farming full-time, I liked to head to the garden at the end of a hard day, sometimes with a beer in hand and smoking a cigar. It was, and still is, a great place to meditate and collect myself.

Marilyn takes care of our flower gardens. Like me, she comes by her affinity for gardening naturally — her father was a farmer during his younger years and a gardener throughout his life.

I was impressed with the rows of pole beans, staked tomatoes and the rich variety of vegetables in her father's garden when Marilyn took me to her home for the first time after we began courting. His rows were straight and weedless. His flower beds were admired by everyone.

Marilyn's flower gardens are neat too. Our house is always decorated with home-grown flowers and arrangements of plants in season.

Both our children also like to garden. Shelby has the same flair as her mother for raising and decorating with plants. Jon built raised-bed vegetable gardens he learned to construct in his high school agriculture class.

This year, I decided to try growing rutabagas in my vegetable garden for the first time. They are prized for the Russian favorite,



Dr. Mike ROSMANN

borscht soup, and other European dishes.

I looked up rutabagas on the Internet and discovered they are a member of the cabbage family, called cruciferous vegetables because their flowers have four petals in the shape of a cross. Rutabagas are thought to be a cross between turnips and cabbage.

Rutabagas taste like turnips, which I like a lot. Rutabagas like cold weather, as do turnips, other members of the cabbage family and many root crops.

I figure any vegetable that flourishes in cold weather has to be good for you. It should make you feel healthy and hearty, like eating wild game does.

Many of the cruciferous vegetables are known for their cancer-fighting properties, especially colorectal, prostate and breast cancers. According to the American Cancer Society, the evidence isn't completely incontrovertible, however.

I planted rutabagas twice this year. The first time, I planted them on March 31, at which time I also planted beets, lettuce, radishes and many other early vegetables that can withstand frost. I planted the second crop in late July.

Most of the rutabagas grew prolifically. Some did not develop large roots and instead went to seed like radishes often do. The

rutabagas that matured as they were supposed to were baseball and softball-sized. I thought this was a successful experiment.

I cooked the rutabagas like I would cook turnips. I added some to a borscht dish.

They were so bitter and strong that I couldn't stand them. Every way I tried them, they made the kitchen smell while I cooked them and they were much too strong. The second crop, which I harvested in early October after frost — supposed to make them sweeter — also tasted bitter.

I tried adding a little sugar, butter, salt and pepper but none of these ingredients improved the rutabagas. Even their name doesn't appeal to me now.

Probably I don't know how to cook rutabagas, which I will acknowledge. Readers, please send me better ways I can use rutabagas without having to apologize. In the meantime, I'll let the Russians, Germans and Scandinavians consume all the rutabagas they want.

Perhaps someone will tell me I am like former President George H. W. Bush, who took the stance that as president of the United States, no one could make him eat broccoli, another cruciferous vegetable.

I pride myself on being a good gardener and good cook. Good-bye rutabagas!

Dr. Mike Rosmann is a psychologist and farmer. He and his wife live on their family farm near Harlan. Contact him through the website: www.agbehavioralhealth.com.

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Hurricane Victim – From 2004 – Finally Returns Home

BY MARY SHANKLIN
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ORLANDO, Fla. — Retired textbook editor Linda Lipofsky may be the last Central Floridian to move back into a home damaged by the hurricanes of 2004.

Late October marked her return to the three-bedroom home in south Orange County, Fla., where she had planned to spend the rest of her life — before hurricanes Charley and Jeanne destroyed the roof. It took eight years of displacement and contractor mishaps before she found a team of volunteers, sponsors and nonprofits to rebuild it for her.

"I always wanted to get back in it," said the 66-year-old grandmother, who had paid off the home's mortgage long ago. She added with a laugh: "I'm old and poor."

Few Central Florida residents were immune from Charley's 90 mph wrath on Aug. 13, 2004. The strongest hurricane to enter Southwest Florida since Hurricane Donna in 1960, Charley slanted northeastward across the state, leaving 1.5 million Central Floridians without electricity for days. It was blamed for billions of dollars in insured losses.

Standing recently in the like-new kitchen that she had waited 3,000 days to reclaim, Lipofsky recounted the beginning of her odyssey.

"I was alone in the house, and it was being bombed," she said of Charley as it raked the Meadow Woods community where she lived. "Shingles were coming off. They were all over every place, and I saw one part of the ceiling about to fall in."

In the days that followed, she had a tarp draped over the remains of her roof, but the plastic sheet didn't last long: Three weeks later, Hurricane Frances hit, and three weeks after that, Hurricane



RICARDO RAMIREZ BUXEDA/ORLANDO SENTINEL/MCT
Linda Lipofsky and her grandson, David, look over the kitchen of her home as Ed Green, from left, Tim Parsons and Victoria O'Banion of Rebuilding Together look on. Lipofsky spent eight years dealing with contractors trying to rebuild her home that was destroyed in a 2004 hurricane in South Orange County, Florida. A national non-profit organization helped the retired teacher finally get her home rebuilt.

Jeanne blew through. The tarp blew off during Jeanne, and torrential rains seeped inside, ruining the home's walls, electrical wiring and floors.

From there, Lipofsky's story stands as a cautionary tale for homeowners left to pick up the remains from a disaster.

Under the supervision of a contractor, unskilled workers never completed any of the work. She balked when a contractor was preparing to install shingles that had been recalled, and she said he then stretched out the job. One company took money for materials but then disappeared to seek work in New Orleans after Hurricane Katrina hit there in 2005. Her insurance company, which reimbursed her \$84,000 for materials, labor and temporary housing, went out of business.

About a year after the disaster, workers had done little, and her in-

surance stopped the reimbursements for temporary housing, so Lipofsky moved back into the shell of a house.

It had concrete floors and one electrical outlet, which was in her bedroom. To bathe, she said, she would fill a hot pot with water, plug it into the outlet, heat the water and pour it into the bathtub. She would repeat the ritual nine times until the tub had some standing water.

Early each morning, she was one of the first to work at Harcourt Inc.; in the evening, she was one of the last to leave. And on weekends, she spent a lot of time visiting her daughter in downtown Orlando.

The former schoolteacher also tried to pursue the absentee contractors. She sued one and filed complaints with the state but got no results. She wrote to everyone from members of Congress to Oprah Winfrey. Then, in 2007, she

was laid off from the publishing company.

By 2009, she had enough of her patched-up existence and moved in with her daughter — but her daughter forbade her from talking about the house.

"She said, 'If you're going to be in my house, you're not going to constantly drag things down by constantly talking about the (Meadow Woods) house,'" Lipofsky said. "And she was right."

Lipofsky, who had worked hard to pay off the mortgage years before, could not rent the house or sell it.

Laid-off and displaced, she returned to the house on Carolina Woods Lane once or twice a week to feed two cats — the schedule recommended by the vet, she said.

It was on HGTV that her daughter saw a promotion for a program that reclaimed houses ruined in disasters. The two began emailing the group and soon connected with Rebuilding Together. Volunteers from that nonprofit and from the Orlando office of CBRE Group, a commercial-real-estate brokerage, started working on the house in August. Grip-Rite, a construction-products dealer, donated equipment and about \$50,000.

"We are happy to help Ms. Lipofsky get back on her feet by contributing to the rebuild and providing her with a safe home," said Ken Fishbein, chief executive of PrimeSource Building Products Inc., distributor of Grip-Rite products.

Members of those organizations and hired crews worked to complete the repairs and renovations. Tim Parsons, associate director of Rebuilding Together, said Lipofsky has asked for little.

"I remember Linda said to me when I first met her: 'Just give me my kitchen so I can live here,'" he said.

Yankton College Announces Latest Scholarship Opportunities

Twenty-one named Yankton College Scholarships at \$1,000 each will be awarded during the 2013-14 academic year to college bound students with a Yankton College connection.

Applicants must, either, have:
• a family relationship to Yankton College alumni, former faculty or staff;
• or a family friend, teacher or pastor with a connection to Yankton College recommend the applicant,
• or be a Yankton College graduate, former student, faculty or staff.

The Yankton College Scholarship Program awards two types of scholarships, general and post-graduate, to deserving students to use at an accredited college or university. The goals of the program are to perpetuate the College tradition of liberal arts in higher education, support deserving young persons who have shown outstanding promise, apply discretionary funds to a higher function and promote the memory and reputation of Yankton College.

Applications are available at the Yankton College office located at 1801 Summit St., Door No. 9 or online at www.yanktoncollege.org.

To receive the financial aid, applications are due in February, then reviewed and ranked on the basis of merit and criteria from blinded applications in March. The recipients receive the scholarship awards in May and the scholarship funds are dispersed in August, unless notified otherwise.

Named scholarships come from the kindness of Yankton College alumni and friends who are inspired by the positive influences of Yankton College. They are:
General scholarships include:
• The Charles A. Alseth Scholarship

- The Bennett-Walter Scholarship
- The Brown-Daniels Scholarship
- The Rosamond Burgi-Hall Scholarship
- The Class of 1962 Scholarship
- The Gross Family Scholarship
- The Mary Lucille & Glenn Jensen Scholarship
- The George & Kay Means Memorial Scholarship
- The Isabel Reedy-Sattler Scholarship
- The Rivola Family Scholarship
- The Trantina Revocable Trust Scholarship (5)

- The Rev. Dr. Donald B. Ward Scholarship
 - The Carl & Cle Youngworth Scholarship (2)
- Post-graduate scholarships include:
- The Dr. Fritz A. Brink Scholarship (2)
 - The Dr. Richard G. Sherman Scholarship
- The 2013-14 applications and supporting materials must be post-marked no later than Feb. 15, 2013. For more information on scholarships, contact Yankton College at (605) 665-3661, Monday through Friday, 8:30 a.m.-4 p.m.

For Yankton School District
Honor Roll Information
See Page 7

Pancake Supper
Wednesday, November 14th, 2012 • 4:30-7pm

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