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Sweet Potatoes Are Healthy Holiday Treat

BY LORETTA SORENSEN
P&D Correspondent

As you prepare your Thanksgiving menu this year, you might consider including some type of sweet potato dish — especially if you're looking for something delicious, healthy and fairly low in calories.

Sweet potatoes are beautifully colored, 100 calories and 27 carbohydrates per cup. How do they compare with regular potatoes? Calorie and carb-wise, potatoes are 116 calories with 26 carbs per cup.

Nutrition wise, sweet potatoes definitely have an edge.

Regular potatoes will give you 45 percent of the daily value for vitamin C, 620 mg of potassium (more than bananas, spinach or broccoli) and 10 percent of the daily value of B6.

And sweet potatoes? You'll enjoy 438.2 percent of your daily vitamin A requirement, 37.2 percent of Vitamin C, 28.5 percent of manganese, and 15+ percent of vitamin B6, tryptophan, potassium and fiber.

But there's more. According to The World's Healthiest Foods (www.whfoods.org), sweet potatoes are a wonderful source of antioxidant nutrients, which aid us in fighting infection and disease. Some studies have shown sweet potatoes to be a better source of bioavailable beta-carotene than green leafy vegetables, making them "a standout antioxidant food."

Sweet potatoes are equally valuable for their anti-inflammatory health benefits and have a surprisingly healthy impact on blood sugar. While some starchy foods are converted by our digestive systems in simple sugars which can negatively impact blood sugar levels, sweet potatoes actually improve blood sugar regulation. Recent research has shown that extracts from sweet potatoes can significantly increase blood levels of a protein

hormone which serves as an important modified of insulin metabolism. More research is being done, but anyone who loves sweet potatoes can know they have a positive impact on blood sugar.

WebMD rates this orange tuber as "one of the best vegetables you can eat," and recommends preparing them with few embellishments. Recipe options include slow-baking a sweet potato and sprinkling it with either cinnamon, applesauce or pineapple to sweeten the taste. Sweet potatoes

can also be mashed or sliced into fries oven-baked until golden brown.

WebMD also recommends adding some fat to your sweet potato dish in order to enjoy the "full beta-carotene benefits. Recent research has shown that a minimum of 3-5 grams of fat per meal significantly increases our uptake of beta-carotene from sweet potatoes." That fat can come in the form of 1 tablespoon of extra virgin olive oil or perhaps some melted butter!

To help preserve the nutritional qualities of sweet potatoes, steaming is preferable to roasting or boiling. Stir frying them in oil also enhances bioavailability of their beta-carotene.

The World's Healthiest Foods site offers these recipe options:

- Purée cooked sweet potatoes with bananas, maple syrup and cinnamon. Top with chopped walnuts. The fat content of the walnuts will enhance optimal absorption of the beta-carotene.

- Steam cubed sweet potatoes, tofu and broccoli. Mix in raisins and serve hot or cold with a curried vinaigrette dressing.

- Baked sweet potatoes are delicious even when served cold and therefore make a great food to pack in to-go lunches.

As an aside, sweet potatoes and yams are not the same thing (it's a long story). However, you may find sweet potatoes labeled as yams in your local store.



Loretta SORENSEN

Toxic Combo: A Sick Puppy And Chinese Take-Out

BY MICHAEL ROIZEN, M.D.,
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King Features Syndicate, Inc.

When Boodle, the Labrador retriever in Carl Hiaasen's novel "Sick Puppy," swallows a few glass eyeballs from wall-mounted animal heads, the poor pup gets, well, as sick as a dog. But a canine will chow down just about anything! That's why you need to pay attention to what man's best friend eats.

Consider the recent news about potentially toxic jerky treats marketed for pets in North America. Since 2007, the Food and Drug Administration has gotten reports from 50 U.S. states and six Canadian provinces about 3,600 dogs (and 10 cats) getting sick from eating these treats; about 600 died.

In 2011, the FDA finally jerked to attention and had some product testing done. They identified one Chinese manufacturer in particular associated with the highest numbers of jerky-related pet illnesses. The manufacturer blamed it on their suppliers, but the Chinese reportedly suspended those exports anyway. More recently though, a New York State lab found evidence of up to six drugs, including antibiotics, in certain jerky pet treats imported from, guess where? China. The drug levels weren't considered toxic by themselves, but they can trigger allergic reactions and anaphylactic shock.

Now, the FDA has decided to establish new rules for selling pet food that will increase sanitation and require labeling that includes the country of origin of each ingredient.

In the meantime, apply the same standards to your pet's diet that you know should apply to yours. Avoid processed foods, and don't snack on treats loaded with sugar syrups and sodium (like jerky).

PROBIOTICS CHASE AWAY COLDS

In the 1990s sitcom "Martin," Martin Lawrence played multiple characters, including the troublemaking kid with the perpetually runny nose and bad attitude, Roscoe. To avoid having a Roscoe of your own this winter, we say try probiotics. There's a good chance it'll clear up the runny nose, and grumpiness, too.

A new study reveals that taking probiotics twice a day for six months helps kids chase away cold symptoms. When given the probiotic acidophilus NCFM, children had 53 percent fewer fevers, 28 percent fewer runny noses and 41 percent fewer coughing spells compared with kids getting a placebo. If they did get sick, recovery time was cut by a third. And when kids were given a combo of acidophilus NCFM and Bifidobacterium animalis, the incidence of fever dropped 72 percent,



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

coughing 62 percent and runny nose by 59 percent. Again, the duration of symptoms was reduced, this time by half. So if you want to protect your child (and yourself) from catching a nasty cold, here's what we suggest.

External helpers:

- Wash hands frequently. The easiest way to catch a cold is to transfer the virus from hands to your face.

- Keep indoor air humidified; many cold viruses thrive in low humidity.

Internal helpers:

- In addition to probiotics, take a multivitamin, 1,000 IU of vitamin D-3 and 900 IU of anti-inflammatory DHA omega-3 daily. And shoot for nine servings of fresh fruit and vegetables.

- Drink plenty of fluids, avoiding those with added sugars; limit natural fruit juices to one 4-ounce glass a day; get the rest of your juice from whole fruits.

SOOTHING BURNING MOUTH SYNDROME

The 27-year-old Burning Man arts and music festival in Nevada's Black Rock Desert is an experience that draws almost 70,000 people a year. Impressive. But more than 185 times more people (13 million folks in North America, around 4 percent of the population) experience something called burning mouth syndrome.

Women are four to seven times more likely than men to experience the feelings of intense burning of their tongue, roof of mouth, inside cheeks, gums and throat (without any sign of skin irritation or sores), and it's most common after age 60. Like many mysterious ailments, this one has been blamed on everything from emotional disturbance, menopause, bad lifestyle habits, faulty dental work and acid reflux to tongue thrusting. But indications are that it's actually related to dysfunction of cranial nerves that are connected to the mouth and tongue, and it's triggered by, well, no one knows for sure.

But research is finding ways to help ease the pain and discomfort. Alpha lipoic acid (ALA) — a plant-based omega-3 fatty acid found in walnuts, avocado, flax seeds and chia seeds — protects your nerves and quells inflammation. Ninety-seven percent of people who took 200 milligrams of ALA three times a day for two months saw marked improvement of symptoms. This result is far better than other suggested remedies, including oral capsaicin rinses, hormone therapy for women or antidepressants.

The recommended total daily intake of ALA for adults is 1.1 to 1.6 grams (that's 1,100 to 1,600 mg) daily, the same amount found in six to nine walnut halves. Hope those nuts can cool your fire!

A FLU SHOT, STRAIGHT TO THE HEART

When the giant Philistine soldier Goliath saw the Israelite shepherd boy David stroll out of an olive grove, sling in hand, to challenge him, we wouldn't be surprised if the giant had thought something like, "Take your best shot, kid." Down went Goliath.

Today modern medicine is bringing down another giant, influenza, one shot at a time. In fact, in the past six years, more than 13 million illnesses and 100,000 hospitalizations have been avoided because folks got their seasonal flu vaccine! And now a major review reveals that if you've had a heart attack or stroke, getting an annual flu shot will slash your risk of another cardiac event by up to 55 percent. This builds on a previous study that found a flu shot cuts the risk of a heart attack by 45 percent for folks who have cholesterol-clogged arteries but haven't yet had a heart attack.

Flu shots are for everyone 6 months and older. This year, there is a standard shot available against two strains of influenza A and one of B (a trivalent vaccine). There's a version for folks 18 and older who are allergic to eggs, and there's a high-dose version for people 65+. And if you're 18-64, the standard vaccine can be administered using an ultrathin needle for a lot less ouch!

Another version (called quadrivalent) also is available. It protects against two strains of A and two of B. It's also available as a nasal spray for healthy folks 2 to 49. So, take your best shot!

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Composer

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was inspired by the Robert Louis Stevenson poem of the same name and includes the text of it.

"The poem is about going up in a swing, so textually, that made sense," DePaolis-Metz stated. "Second, the song, which uses an irregular time signature, seems to rhythmically swing. Third, the first and the third sections are similar, while the second section is different. This gives the feeling of a start, going somewhere, and ending back where you began, much like being on a swing."

He added that the song is about being young and whimsical.

"As we get older, people forget how to be a kid and enjoy simple things like going up in a swing," DePaolis-Metz said. "This poem, and the way that I made it into a song, tells the story of not only going up in a swing, but the possibility of swinging up over the wall in the garden, going into the sky,

and looking down on the river, the fields, the garden and more. It suggests that if we swing high enough, we might be able to take off and fly. I think every child dreams of flying at some time, and the idea that a person could get in a swing and take off into the air is one that seems fanciful and exciting."

Following the initial 2004 performance in Yankton, "The Swing" went on to be published by Pavane Publishing in 2008.

DePaolis-Metz pointed out to his elementary school interviewer that Schramm was his first music teacher.

"She gave me a very special gift when she taught me to love music," he stated. "That love for music has stayed with me for my entire life and, in that way, I will be thankful to her forever. She's the reason I became a music teacher, and she is the reason that I love sharing music with my students so much."

Schramm said she knew from the beginning that DePaolis-Metz would pursue music in some way.

"I remember that, as a young elementary student, he would bring me songs he had

composed on notebook paper or construction paper, and music drawings he had made — I still have some of them!" she stated. "I am so happy that he has found fulfillment in sharing his love of music with others. He is a thoughtful and inspirational teacher, and if I've played any part in his success, I'm humbled. That's what any teacher wants to see — a student go on to do all they are capable of. Who knows how many students he will influence during his career. ... It was a joy and a special responsibility to have a student like Justin, and now it is such a pleasure to be able to call him a colleague."

The Beadle Elementary fourth and fifth grade concert will begin at 7 p.m. Thursday, Nov. 21, in the Yankton High School/Summit Activities Center Theatre. There is no

charge for the public to attend.

Among the other compositions that will be performed are "Hey, Look Me Over," "Over the Rainbow," "Shenandoah," "Happiness," "Wakin' Up Is Hard to Do," "I Got Rhythm," "On the Sunny Side of the Street," "What the World Needs Now," "Rocky Top" and "Don't Let the Music Stop."

"I'm sure the audience will find many familiar songs among the students' repertoire, and we can guarantee you'll leave the theatre humming some old favorites," Schramm said.

You can follow Nathan Johnson on Twitter at twitter.com/AnInlandVoyage. Discuss this story at www.yankton.net/.

N O M I N A T E T H E 2 0 1 3

Yankton Citizen Of The Year

Nomination Deadline: Friday, Nov. 29

Please Mail Your Nominations To:

Citizen Of The Year

Yankton Press & Dakotan

319 Walnut, Yankton, SD 57078

or visit www.yankton.net/coy

My nomination for the 2013 Yankton Citizen of the Year is:

This person should be the Citizen of the Year because:

MY NAME: _____
MY ADDRESS: _____
MY PHONE NUMBER: _____

Free Clinic Offered Today At Technical Center

Servant Hearts Clinic, a free, Christ-centered medical clinic, will be open today (Monday) from 5:30-8 p.m. at the Technical Education Center, 1200 W. 21st St. Yankton.

This is a totally free medical clinic for urgent care conditions. Servant Hearts Clinic provides care for physical, mental health, emotional, and spiritual issues, and may serve as an entry point to other services in the community. Services not provided by SHC at this time include

dental, diagnosis or treatment for sexually transmitted diseases, HIV testing, prenatal care, treatment for emergency medical conditions, radiology, immunizations and chiropractic care. The clinic does not prescribe any narcotics.

Future clinics are planned for the first and third Monday of each month. The date of the next clinic is Dec. 2.

For further information about this clinic, call 605 760-2986 or e-mail servantheartsclinic@gmail.com.

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The History of Relay For Life

One person can make a difference. Nowhere is that more evident than with the story of the American Cancer Society Relay For Life, which began in Tacoma, Washington.

In the mid-1980s, Dr. Gordy Klatt, a colorectal surgeon, wanted to enhance the income of his local American Cancer Society office and to show support for all of his patients who had battled cancer. He decided to personally raise money for the fight by doing something he enjoyed — running marathons.

In May 1985, Dr. Klatt spent a grueling 24 hours circling the track at Baker Stadium at the University of Puget Sound in Tacoma. He ran for more than 83 miles. That first year, nearly 300 of Dr. Klatt's friends, family, and patients watched as he ran and walked the course. Throughout the night, friends donated \$25 to run or walk with Dr. Klatt for 30 minutes. His efforts raised \$27,000 to fight cancer.

While circling the track those 24 hours, Dr. Klatt thought about how others could take part in his mission to fight cancer. He envisioned a 24-hour team relay event that could raise more money to fight cancer. Over the next few months, he pulled together a small committee to plan the first team relay event known as the City of Destiny Classic 24-Hour Run Against Cancer.

In 1986, with the help of Pat Flynn — now known as the "Mother of Relay" — 19 teams took part in the first team relay event on the track at the colorful, historical Stadium Bowl and raised \$33,000. An indescribable spirit prevailed at the track and in the tents that dotted the infield.

The Mission and Overall Goal of Relay For Life

The mission and goal of Relay For Life can be summed up this way: Relay represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated.

Yankton Area
Save the Date: **June 27-28, 2014**
For more information on how you can get involved: contact Darla Gullikson (668-8850) or Lindsey Holmquest (1-800-660-7703).
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