

## Church Packs Meals For Haiti



SUBMITTED PHOTO

The Emmanuel Presbyterian church of Marion recently packed 7,500 meals for the children of Haiti. If your church would like to learn how to make a difference in helping the hungry of the world, please visit [www.mercymealsyankton.org](http://www.mercymealsyankton.org).

## USD Foundation Elects New Leaders, Members

Newly elected leaders of the University of South Dakota Foundation Board of Directors are Lorraine Hart, USD '73, chair and Robert Hollingsworth, USD '91, vice-chair. Now a full-time community volunteer, Hart retired in 2006 after 22 years with Ameriprise Financial, most recently as vice president for investments. Hollingsworth is a partner at Deloitte and Touche LLP.

Three new members joined the Foundation board: Joel Portice, USD '87, Fort Lauderdale, Fla. is chief executive officer at Intermedix Corp.; Ryan Taylor, USD '95, '99, Sioux Falls, S.D., is an attorney/partner with Cutler Law Firm LLP; Wagner; Sylvia Wagner, USD '71, Lees Summit, Mo., was an executive vice president with Assurant Employee Benefits prior to retirement.



Portice



Taylor



Hollingsworth



Hart



Wagner

## Applications Being Accepted To Assist Rural Areas With Water And Waste Issues

LINCOLN, Neb. — USDA Rural Development is accepting applications for funds available to help private non-profit organizations and public bodies, including local governmental-based jurisdictional organizations, to assist rural Nebraska communities in water, wastewater and solid waste needs.

The application deadline is Dec. 31, 2015.

Two types of funding are available: technical assistance and training grants, and solid waste management grants.

Technical Assistance and Training (TAT) Grants are available to eligible, private non-profit organizations with tax-exempt status from the Internal Revenue Service that have the proven ability, background, experience, legal authority, and actual capacity to provide technical assistance and/or training on a wide range of issues relating to delivery of water and waste disposal service. These associations will provide services in rural areas or cities and towns with a population of 10,000 or less.

Technical Assistance and Training (TAT) Grants are used to:

- Identify and evaluate solutions to water problems of associations in rural areas relating to source, storage, treatment and distribution;
- Identify and evaluate solutions to waste problems of associations in rural areas relating to collection, treatment and disposal;
- Assist associations with Rural Development water and/or wastewater loan and/or grant applications;
- Provide technical assistance and/or training to association personnel that will improve the management, operation and maintenance of water and waste disposal facilities; or
- Pay expenses associated with providing technical assistance and/or training authorized in bullet points above.

Solid Waste Management (SWM) Grants are available

to private non-profit organizations and public bodies, including local governmental-based jurisdictional organizations.

Applicants must have the proven ability, background, experience, legal authority, and actual capacity to provide technical assistance and/or training on a regional basis to associations.

The purpose of the Solid Waste Management Grant Program is to assist communities through free technical assistance and/or training provided by the grant recipients to reduce or eliminate pollution of water resources in rural areas and to improve planning and management of solid waste sites in rural areas.

Solid Waste Management Grants are used to:

- Evaluate current landfill conditions to determine threats to water resources.
  - Provide technical assistance and/or training to enhance operator skills in the operation and maintenance of active landfills.
  - Provide technical assistance and/or training to help communities reduce the solid waste stream.
  - Provide technical assistance and/or training for operators of landfills which are closed or will be closed in the near future with the development and implementation of closure plans, future land use plans, safety and maintenance planning, and closure scheduling within permit requirements.
- Visit: <http://www.rd.usda.gov/programs-services/solid-waste-management-grants/ne> for Solid Waste Management Grants and <http://www.rd.usda.gov/programs-services/water-waste-disposal-technical-assistance-training-grants/ne> for Technical Assistance and Training Grants for complete information, including the FY 2016 Application Guide, for each program. Contact Mary Sneckenberg at USDA Rural Development, (402) 437-5567 for additional program information.

# Six Foods Your Gut Bugs Love, And Four They Hate

BY MICHAEL ROIZEN, M.D.  
AND MEHMET OZ, M.D.  
King Features Syndicate, Inc.

Next time you open the fridge, remember that you're not eating for just one. You're also feeding the 100 trillion bacteria that call your digestive system home – and help control your weight, heart health, blood sugar, immune system and even your moods.

Your goal: Nurture the good gut bugs and keep the detrimental types in check. Probiotic supplements can help, but a growing stack of research proves that what you eat has enormous power over your inner world. Here's the latest on what the good gut bugs like for dinner, and what they hate:

### LIKES

**Beans, tofu and quinoa:** A pot of three-bean chili, curried tofu and a veggie stir-fry over protein-rich quinoa are great alternatives to meat, and your gut bugs will say "thank you!" In a 2014 study, people who substituted fiber-rich plant foods for red meat and fried foods doubled their amount of bacteria that produce inflammation-cooling butyrate in just two weeks.

**Dark chocolate:** Have a 1 ounce square for dessert, paired with your favorite fruit. Gut bugs love munching on the fiber and polyphenols in dark cocoa, say Louisiana State University scientists. "The good microbes, such as bifidobacterium and lactic acid bacteria, feast on chocolate," one of the researchers says. "When you eat dark chocolate, they ferment it, producing compounds that are anti-inflammatory. When these compounds are absorbed by the body, they lessen inflammation of cardiovascular tissue, reducing the long-term risk of stroke."

**Chewy produce:** The cellulose in the chewy stuff like carrot skin, broccoli



OZ AND ROIZEN

stems and asparagus ends is an insoluble fiber that good gut bacteria thrive on. Get more by scrubbing carrots instead of peeling them and by grating tough veggie stalks for use in salads or coleslaw. Crunch on cruciferous goodies like broccoli, kale, cabbage and cauliflower several times weekly; they contain glucosinolates that gut bugs convert into cancer-fighting compounds.

**Onions, asparagus, raspberries and more:** These plant foods are great sources of a "prebiotic" fiber called fructans (your good-for-you gut bacteria ferment the fructans and then dine on that). Other fructan-packed foods include artichokes (Jerusalem and regular) and leeks. You'll also get some in pears, bananas, watermelon and nectarines.

**Yogurt and fermented foods:** Yogurt with live active cultures is a great way to introduce more good bacteria into your digestive system. So is kefir, a fermented dairy drink.

### DISLIKES

**Emulsifiers:** Processed-food ingredients with tongue-twisting names like carboxymethylcellulose and polysorbate 80 keep ice cream smooth and prevent mayonnaise from separating. But research suggests that these emulsifiers may affect

gut bugs in ways that boost inflammation and raise your risk for weight gain, heart disease and diabetes.

**Refined and processed grains:** Skipping white-flour foods – one of the Five Food Felons – could help you nurture good gut bacteria. Some experts say coarse whole grains are best, a good reason to enjoy brown rice, barley or oatmeal daily. Or try polenta, the high-fiber, Italian cornmeal that's a foodie fave.

**Saturated fats:** That's the fat in meats, full-fat milk, cheese, butter and ice cream. A large and well-constructed lab study from Sweden's University of Gothenburg shows that whether it's the fat or just the stuff with the fat – carnitine in red meat, for example – foods with saturated fat encourage the growth of detrimental bacteria called Bilophila, Turicibacter and Bacteroides. And that leads to weight gain and messed-up blood sugar.

**Fast food:** In an informal study that made headlines around the world, a 23-year-old U.K. college student working on a dissertation project ate fast food for breakfast, lunch and dinner for 10 days – and his gut bacteria took a big hit. A steady diet of burgers, fries, sodas and chicken nuggets wiped out one-third of the diversity in his gut-bug community (a problem, because a good mix of different bacteria is important for balance and health). Levels of inflammation-cooling bifidobacteria fell 50 percent, and a type of gut bug linked with obesity, bacteroidetes, increased, according to a Kings College London researcher (father of the young man).

*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](http://www.sharecare.com).*

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## SCHOLARSHIPS

### NFIB ONLINE 2016 SCHOLARSHIP

DENVER —The National Federation of Independent Business (NFIB) Young Entrepreneur Foundation announced today that its scholarship application for the 2016 NFIB Young Entrepreneur Awards is now available.

High school seniors who run their own business and plan to attend a two- or four-year university, college, or vocational institute during the fall of 2016 are eligible to apply.

"These ambitious young business owners continue to impress us with their innovation, spirit and work ethic each year," said Director of the Young Entrepreneur Foundation Molly Young. "It is so important that we support tomorrow's business leaders and encourage them to fulfill their entrepreneurial dreams."

The NFIB Young Entrepreneur Foundation offers scholarships that recognize high school seniors who have demonstrated entrepreneurial spirit and initiative through having established and run their own businesses. The scholarship program's goal is to raise awareness among the nation's youth of the critical role that private enterprise and entrepreneurship play in the American economy.

As an added bonus this year, VISA Inc. has agreed to double the awards. Ninety-five of the scholarship winners will now receive a \$2,000 award and five students will be chosen as Young Entrepreneur of the Year Award finalists. The finalists will qualify for NFIB's two top scholarship awards and attend a ceremony in Washington, D.C., where the winners will be named. The Young Entrepreneur of the Year recipient will receive \$25,000, the Dan Danner Leadership Award winner

### BIRTHDAYS

#### LAWRENCE WUBBEN

Lawrence Wubben will be celebrating his 92nd birthday on Nov. 3.

His family is requesting a card shower.

Cards can be sent to: Lawrence Wubben, Avera Sacred Heart Majestic Bluffs Senior Living Community Room 216, Yankton, S.D. 57078.

### BIRTHS

#### MARCIE STUCKY

Jacob and Britta (Stenstrom) Stucky of Yankton announce the birth of a daughter, Marcie Jean Stucky, born Oct. 4, 2015, at Avera Sacred Heart Hospital, Yankton. She weighed 6 pounds, 14 ounces.

Marcie joins her big sister, Kenley Joy, 2.

Grandparents are Gary and Cindy Stenstrom, Yankton, and Jim and Michelle Stucky, Yankton.

Great-grandparents are Frank and Jan Vellek, Yankton, and Doris Stucky, Yankton.



*he Cares.*

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