

## Deadlines Approaching For Area Elks Scholarships

Area high school seniors will have the opportunity once again to apply for Elks National Foundation scholarships.

Information concerning scholarship applications has been forwarded to area high school guidance counselors. Graduating high school seniors who may be interested in said scholarships should contact the guidance counselor in their school. They may also call Yankton Elks Lodge 994 at 605-665-3333. Additional information is available by logging on to the Elks website [www.elks.org/enf/scholars](http://www.elks.org/enf/scholars).

Ray Kooistra serves as chairman for the Yankton Elks Lodge Most Valuable Student Scholarship competition. Kooistra advises seniors who may be seeking higher education, either on the collegiate level or in vocational education, to strongly consider an Elks application.

“Only the federal government spends more on scholarships than does the Benevolent and Protective Order of Elks,” Kooistra said.

Oprah Winfrey furthered her education due, in part, to an Elks National Foundation scholarship.

Last year, more than \$2 million in scholarship monies were awarded. One girl and one boy each will be awarded a \$60,000 scholarship. Yankton Elks Lodge No. 994 has had a \$4,000 scholarship winner eight of the last 11 years.

Yankton Elks Lodge awards six \$300 scholarships each to three women and three men from the Yankton area. Applications submitted by these six top students are advanced to the South Dakota Elks Association for additional scholarship consideration. Deadline for submitting applications for local judging is Nov. 30, 2012.

Deadline for Elks scholarships Most Valuable & Vocational Grants are due Nov. 30, 2012. The Yankton Elks Lodge No. 994 will be awarding six \$300.00 scholarships, three to men and three to women at the local level. These six award winners will then be sent on to the state level where the award winners may receive additional scholarship monies.

Application forms for Most Valuable, Emergency, & Legacy (awards for children of Elks) are available by downloading [www.elks.org/enf/scholars](http://www.elks.org/enf/scholars).

South Dakota Vocational Grants are available by contacting your school counselor.

Emergency Grants must be received by Dec. 31, 2013.

The National Foundation must receive the Legacy application by Feb. 1, 2013.

Please return Most Valuable & Vocational grant applications to the Elks Lodge #994 at 504 West 27th Street, Yankton.

## Democratic Candidates Plan Rally In Yankton

Yankton County's three Democratic candidates for legislature will hold a rally at 10 a.m. Saturday, Oct. 20, at Cottonwood Corral west of Yankton.

The lake area gathering is open to interested persons of all political parties. House candidates Charlie Gross and Bernie Hunhoff will join Senate candidate David Allen. Each will make short comments and then they will welcome questions.

The candidates will also give a quick primer on the seven ballot issues, and try to give a balanced view of both sides. But they welcome any citizens who also want to make comments on the ballot measures, whether pro or con.

## Character Counts Week Set For Yankton

The Yankton Chamber Education Committee along with the City of Yankton, Yankton Police/Sheriff Departments, the Coalition for a Drug-Free Yankton, all Yankton Schools, Crimestoppers and the Yankton Daily Press & Dakotan have formed a joint collaboration to promote Character Counts Week Oct. 21-27.

The character of our community is only as strong as the character of its individual citizens. We encourage all community businesses, churches, schools, civic organizations and individuals in promoting Character Counts Week. We encourage you to wear the colors of character.

The schedule for wearing the “Colors Of Character” is:

- Sunday — Purple for Citizenship
- Monday — Blue for Trustworthiness
- Tuesday — Yellow for Respect
- Wednesday — Orange for Fairness
- Thursday — Green for Responsibility
- Friday — Red for Caring Drug Free

For more information and to request Character Counts posters, please contact the Yankton Chamber at (605) 665-3636.

## Vermillion To Celebrate United Way Week

VERMILLION — The Vermillion City Council has declared Oct. 22-28 “United Way of Vermillion Week,” issuing a proclamation recognizing that “United Way of Vermillion helps our community grow stronger and healthier.”

The proclamation comes on the heels of a statement issued by Gov. Dennis Daugaard in support of United Ways throughout South Dakota. “We have about 814,000 people in South Dakota, and more than 230,000 of them volunteer during the year,” said the governor. “Much of this is because of groups like the United Way who spend countless hours helping the homeless, feeding the hungry, assisting seniors, and teaching the youth.”

United Way of Vermillion is also launching a partnership the University of South Dakota Student Government Association called “USD: United in Giving,” a program for the University community to challenge each other to give back to the Vermillion community through time and donations. In conjunction with the USD United Way workplace campaign, United Way will track USD student volunteer hours in addition to USD employee donations in a friendly competition to see who can give the most.

“SGA is excited to partner with the Vermillion United Way as we fortify the traditions of philanthropy and civic engagement throughout both the USD Campus and Vermillion communities,” said SGA President Alissa VanMeeteren. Students can participate by filling out a simple web form on the United Way website. The final total will be announced in April at the 2013 Dance Marathon.

United Way of Vermillion improves lives by mobilizing the caring power of the community through focus on education, income, and health. For more information about United Way or to make a donation, visit <http://www.unitedwayofvermillion.org>.

## YSD Parent Teacher Conference Dates Set

Parent Teacher Conferences at the Yankton School District for the first quarter of the 2012-2013 school term are scheduled for the following dates.

- Elementary School conferences will be held on Monday and Thursday, Oct. 22 and 25. Conference times are 4-8 p.m.
- Middle School conferences will be held on Thursday, Nov. 8, and Tuesday, Nov. 13. Conference times are 4-8 p.m.
- High School conferences will be held on Friday, Oct. 26, and Tuesday, Oct. 30, at 4-8 p.m.

Report cards will be distributed to parents at the conferences. School will be in session on these conference days for all grades.

## Holiday Meat Preparation Bootcamp In Brookings

BROOKINGS — Want to know expert techniques and tricks of the trade when it comes to preparing meat for the holidays? Then attend the Holiday Meat Preparation Bootcamp hosted by SDSU Extension and the SDSU Meat Department Oct. 25 from 5:30-7 p.m. in the SDSU Meat Lab Room 186, in the Animal Science building on the campus of South Dakota State University.

This program is designed to educate consumers about holiday meat selection, quantity required, preparation and safety. The program will demonstrate preparation of prime rib, ham, pork loin and turkey. Recipes for all products, food safety and nutritional information will be provided. Participants will get to sample all meat dishes for dinner.

Pre-register by contacting Keith Underwood, Assistant Professor, Extension Meat Specialist at [keith.underwood@sdsdstate.edu](mailto:keith.underwood@sdsdstate.edu) or 605-688-5439 by Oct. 24.

# A Priceless Hunting Adventure

BY DR. MIKE ROSMANN

With pheasant hunting season approaching soon, I was reminded of an excellent adventure that took place on the Friday after Thanksgiving, 2006.

Marilyn and I had a houseful of guests for the holiday: our daughter and son-in-law from Salt Lake City, our son, Jon, and his girlfriend at the time, Marilyn's brother and his wife from Milwaukee, and a couple from Colorado.

While the guys went hunting on our CRP land, the ladies also went hunting at the shopping malls in Omaha. I spent most of the morning at the local hospital with my aging mother, who was a patient there.

I arrived home in time to warm up turkey and other leftovers from the previous day's feast for the fellows as they arrived home. They reveled in their successful morning, having taken eight pheasants.

After cleaning up the lunch dishes we headed to filter strips alongside a creek on our land that they had not yet hunted. We rode in my brother-in-law's four-door truck and Jon's Jeep Cherokee to the east side of the creek.

When the hunting party finished walking the east-side filter strip, my brother-in-law and Jon agreed to take the truck and Jeep around the road to the other side of the creek. The remaining three of us crossed the creek upstream on a beaver dam and began hunting the west-side filter strip.

As we started hunting, my brother-in-law hightailed toward us in his truck, his left arm waving for us to halt. Pulling up, he yelled, “Jon upset his Jeep in the ditch back at the road. He's okay but his Jeep is lying on its side.”

We piled into the truck and raced to where Jon's vehicle had toppled over. It was lying on its passenger side alongside a pathway to the field. Jon explained that he didn't see the ditch because of tall grass on the pathway.



Dr. Mike  
**ROSMANN**

from my farmstead.

Everyone agreed that using my tractor might be the best course of action. My brother-in-law drove me home to fetch the tractor.

Ten minutes later I arrived with my International 656 and a heavy duty chain. I positioned the tractor and the fellows attached the chain to the Jeep.

Carefully creeping ahead I pulled the Jeep onto its wheels and slowly dragged it out of the ditch.

When the Jeep was once again standing on level ground, the fellows thoroughly inspected it. Nothing was broken, not even the rear view mirror on the passenger side. A little mud and grass smeared the passenger side and the right front fender next to the passenger door was bent inward. The door wouldn't open.

Everyone had a theory about how to fix the Jeep. Someone suggested that Jon not use the passenger door but Jon didn't think his girlfriend would like crawling over the transmission case to get to her seat. Someone else suggested taking the Jeep to a local auto repair shop before the women arrived home from their shopping excursion but they de-

cided this would cost too much.

I suggested that Jon drive his vehicle to our farm shop. Everyone smiled skeptically.

When I arrived back home with the tractor, the fellows had reconvened at the farm shop. While the guys were commiserating about repair options I fetched a heavy duty screwdriver and a rag. I explained how I intended to pry the fender into place.

Everyone agreed my intended repairs wouldn't work but I wrapped the screwdriver with the rag and gently pried the bent fender outward. The fender popped into place. Everyone cheered.

Then I pried the jammed door edge into place and everyone cheered again.

The fellows congratulated Jon about how much money they had saved him by not taking the Jeep to a repair shop. The men teased Jon about how much his Dad's repairs would cost.

Jon volunteered that of three rollovers in his vehicles, this was by far the least expensive repair job. He added that his girlfriend, his mother and none of the women in the household needed to know about today's event. Everyone cheered in agreement.

I spoke up quietly, “The cost for towing and repair work...\$5.00. The cost for not telling the ladies...priceless.”

Several weeks later in a moment of weakness I told Marilyn what had happened. She said, “We wondered how come you guys were all sitting quietly on the couch with your hands folded when we ladies got home. You even had cleaned up the kitchen!”

*For more of Dr. Mike's completely accurate tales of hunting and fishing, as well as farming, see his book, “Excellent Joy: Fishing, Farming, Hunting and Psychology.” For additional information visit: [www.agbehavioralhealth.com](http://www.agbehavioralhealth.com).*

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# 19th Annual Williams Ten Reunion Held

The 19th annual “William's Ten” reunion was held at The Senior Center in Menno from Tues., Sept. 25 to Thurs. Sept. 27, 2012.

Those attending were seven of the nine surviving “William's Ten” and their spouses (listed in order of age): Marvin Schaeffer of Freeman; Selma (Schaeffer) Fischer; and Alfred (Leona) Schaeffer of Menno. Verina (Elton) Schaeffer Tiede, Parkston; Harriet of Scotland (spouse of the late Elton Schaeffer); Victor (Darlene) Schaeffer of Yankton; Geraldine (Amos) Schaeffer Schultz of Menno; and John (Darleen) Schaeffer of Grimes, IA. Lynette Kerlin from Bruce and Ken and Nancy Bauder of Scotland also got in on the action. Unable to attend were Arnold and June Schaeffer of Green Bay, Wisc.; Gideon (Mary Jane) Schaeffer of Tucson, Ariz.; and Emil Fischer of Menno.

Alfred and Leona Schaeffer, along with Geraldine Schultz, served as the planning committee



for the reunion.

The family reminisced, in formal session, of occurrences in the past year. Family signing was led by John and was accompanied by his wife, Darleen. Geraldine led the group in mental exercises consisting of word find and sudoku.

A display of favorite and / or humorous photos were displayed and judged, which brought on more laughter and reminiscing.

A time was set aside to do the annual “Painting of the T Shirts” and also play Card Bingo! Everyone's birthday was acknowledged

with the serving of ice cream cake for all of the birthdays. A time was also set aside to promote “free flowing conversation” about curious and interesting questions and to share jokes and funny stories.

The noon meals for the three days were served to us at the Open Door restaurant and the evening meals were prearranged by the Dairy Bar and served at the Center. The last evening meal was prepared and served by The Schnitz and most everyone enjoyed Chislic!

The reunion climaxed and concluded with a family Communion service conducted by the Rev. John Schaeffer, assisted by Victor Schaeffer. Darleen Schaeffer accompanied the singing of hymns on the piano.

Plans are already in progress for the 20th annual William's Ten reunion to be held at the Menno Senior Center in Sept. 2013.

# Nutritionists Putting Heat On Flamin' Hot Cheetos

BY MONICA ENG

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CHICAGO — On a recent sunny fall afternoon, students from Lake View High School streamed out of a nearby convenience store munching after-school snacks.

Some bought cookies and snack cakes. Others got soft drinks and candy. But the majority walked out of Touchdown Food Mart with crinkly orange bags of Flamin' Hot Cheetos — sometimes with warm cheese sauce poured on top of the fiery red curls.

“Once you start eating them, they are kind of addicting, and you can't help it,” said sophomore Zian Garcia. “Personally I have been eating them for years, and I cannot stop. I just have this urge to eat them.”

In the 20 years since Frito-Lay launched Flamin' Hot Cheetos as a snack aimed at urban convenience stores, the product has inspired dozens of spicy competitors, multiple Facebook fan pages, a viral rap video and legions of loyal young fans.

But for many school administrators and public health advocates, the wild popularity of Flamin' Hots inspires concern. To many, they've become shorthand for everything that is wrong with the diets of American children, whose obesity rates have tripled since 1980.

While it's true that Flamin' Hots, also known as Hot Cheetos, deliver high levels of salt, fat and artificial colors with little nutrition or fiber in return, the same can be said for similar snacks.

Yet there is something about

Flamin' Hot Cheetos that inflames critics in a way that other snacks — including regular Cheetos — never did. Some schools and districts, including Illinois' Noble Street Charter School Network and the entire Rockford school district, have banned Flamin' Hots by name, citing nutritional concerns.

“We don't allow candy, and we don't allow Hot Cheetos,” said Rita Exposito, principal of Jackson Elementary School in Pasadena, Calif. “We don't encourage other chips, but if we see Hot Cheetos, we confiscate them — sometimes after the child has already eaten most of them. It's mostly about the lack of nutrition.”

It's not hard to find kids who say they eat Flamin' Hots or similar products every day, sometimes even for breakfast. If that sounds like an addiction, some scientists say it may not be far from the truth.

Emerging research on food addiction suggests that processed salty, fatty or sweet foods of any kind — also called “hyperpalatable foods” — can trigger brain responses similar to those created by controlled substances in addicted individuals.

People react differently to a processed food than they do to foods found whole in nature, said Ashley Gearhardt, an assistant professor of clinical psychology at the University of Michigan.

“It's something that has been engineered so that it is fattier and saltier and more novel to the point where our body, brain and pleasure centers react to it more strongly than if we were eating, say, a handful of nuts,” Gearhardt

said. “Going along with that, we are seeing those classic signs of addiction, the cravings and loss of control and preoccupation with it.”

How popular are Flamin' Hots across the country? It's hard to say exactly. Market research data from Symphony IRI, which collects product scans from major retail stores excluding Wal-Mart, suggest potato chips are still the No. 1 salty snack food sold in American stores. The data also show that another Frito-Lay product, Doritos, sells more units than Cheetos. But the figures aren't broken down by flavor or demographics.

Frito-Lay will not share sales figures for its products or comment on criticisms of Flamin' Hots, but it does confirm that the flavor was introduced in the early '90s (some accounts say 1991; others 1992) to target “convenience stores in urban markets.” Today the company's Flamin' Hot line — including Flamin' Hot Fritos, Flamin' Hot Fries and XXTra Flamin' Hot Cheetos — has spread to include at least 10 other snacks.

“There has been a lot of growth in ethnic-inspired flavors, and you can see it with many more bold and spicy flavor products across the salty snack category,” said Chris Clark, vice president of the Snack Food Association.

A spokeswoman for 7-Eleven stores said the fever for Flamin' Hots has spread well beyond the urban market and is strongest

among 14- to 24-year-olds.

“Flamin' Hot Cheetos was a groundbreaking flavor profile when it was originally introduced,” Margaret Chabris said. “The ‘hot’ flavor profile continues to be a top performer for 7-Eleven stores but has broadened to include both urban and nonurban areas.”

Many spicy snacks have emerged to challenge Flamin' Hots over the years, including Hot Thang Crunchy Nuggets, Hot 'N Spicy Crunchy Nuggets, Sizzlin' Hot Crunchy Kurls and Sizzlin' Cheese Flavored Twists. But in the city's corner stores, Flamin' Hot Cheetos still reign supreme, owners say.

“It's my No. 1 seller,” said Ali Bawazir, who owns Touchdown Food Mart in Chicago's Lakeview neighborhood. “Kids get 'em for breakfast too. They're crazy about them.”

Some parents may not realize how often their children are eating Flamin' Hots until they wind up taking the kids to the doctor over “concern for blood in their stool,” according to Dr. Kathleen Berchermann, a pediatrician at St. Louis Children's Hospital.

Though parents may have a scare over the false alarm — caused by red food dye — Berchermann said it also offers a great opportunity for a lesson on gluttony and moderation.

“When you eat something that sends you to the ER with your parents,” she said, “that's not something you forget.



**Suing-Jensen**

Dana Suing and Mitch Jensen announce their engagement. Parents of the couple are Don and Kathy Suing of Yankton, SD and Deb &

Roger Napton of Brunswick, NE and the late Kevin Jensen.

Dana graduated from Yankton High School in Yankton, SD in 2002. She is now employed as a receptionist and transcriptionist at Center for Orthopaedics in Yankton, SD.

Mitch graduated from Plainview High School in Plainview, NE in 1997. He is now employed as a correctional officer and dispatcher for the Pierce County Sheriff's Department in Pierce, NE.

An October 27, 2012 wedding is planned in Randolph, NE.