

### Santa And Mrs. Claus Set Up Shop

Once again, area residents will have a chance to visit with Santa and Mrs. Claus at 1000 W. 11th St. in Yankton during the holiday season.

The Clauses will be there Dec. 11-13 and Dec. 18-20, from 6-8:30 p.m. each night. Each child receives a goodies bag. Bring a camera and enjoy the memories.

### Millers To Perform Concert For SDPB

VERMILLION — Northeast Nebraska-based roots music duo Ted and Alice Miller will perform live at the SDPB studios in Vermillion on Tuesday, Dec. 15, at 8 p.m. CT. The concert will be taped for SDPB-TV's music performance series "No Cover, No Minimum."

The couple, natives of Hartington, Nebraska, were recently awarded the Rural Roots Music Commission's "Americana CD of the Year" at the annual National Old Time Music Festival in LeMars, Iowa.

Influenced by acts like Uncle Tupelo, Kasey Chambers, John Prine, Bob Mould, Son Volt and Waylon Jennings, the Millers enjoy writing and playing music inspired by their rural roots around the Midwest.

The free show will take place at the SDPB studios in the Al Neuarth Media Center on the campus of the University of South Dakota in Vermillion. Doors open at 7:30 p.m. The show starts at 8 p.m. Seating is limited and first come, first served.

### Teen Activities Set For Yankton Library

The Teen Advisory Board (TAB) of the Yankton Community Library met Dec. 7 to finalize plans for the upcoming Christmas party. Other topics of discussion included planning activities for January through April and ideas for the summer reading program.

The library's teen Christmas party is Saturday, Dec. 19, from 2-4 p.m. Join the TAB members for games and activities and a \$5 gift exchange. All tweens and teens in grades 6-12 are welcome.

Events planned for 2016 include a game day, a cake decorating contest, and an after-hours event with Capture the Flag and other activities. The teens also plan to make Valentine bookmarks and Easter favors for patrons.

Applications for new members for the TAB are always available at the circulation desk. If you are in grades 6-12 and would like to have a say in the types of services and programs the library offers for teens, pick up an application and join the TAB. The next TAB meeting is Monday, Jan. 4, at 7 p.m.

Questions about the TAB or teen activities may be directed to Joyce Moore by calling the library at 605-668-5275 or by e-mailing [jmoore@cityofyankton.org](mailto:jmoore@cityofyankton.org).

### Library To Offer Adult Coloring Sessions

The Yankton Community Library, 515 Walnut Street, invites adults to join the staff Saturday, Dec. 26, and Sunday, Dec. 27, from 2-4 p.m. each day, for the latest trend in stress busting: coloring.

No registration is required and there will be no instruction, no lesson plan and no agenda. Just bring your creative mind and perhaps a friend or two. A quiet space with calming music will relieve all that holiday stress and worry. All supplies are provided, but you are welcome to bring your own.

For more information, call the library at 668-5275.

## Healthy Eating and Physical Activity Promotion

BROOKINGS, S.D. - To combat obesity among South Dakota's youth, SDSU Extension developed iGrow Readers. A program which pairs children's books, like Little Red Hen, Bread and Jam for Francis and Grandmother Spider Brings the Sun, with activities which promote healthy eating and physical activity.

Today, the tested and evidence-based program is available online, free to the public on the iGrow Healthy Families community.

"After five years of testing, we are excited for the public to use iGrow Readers because it provides opportunities to increase healthy eating and physical activity in young children, their families and their caregivers," said Suzanne Stluka, SDSU Extension Food & Families Program Director.

Like most great ideas, iGrow Readers was inspired by a teaching tool initially created by an SDSU Extension team member to teach preschoolers about healthy eating.

"Children love being read to," Stluka said. "Storybooks have long been an avenue to promote one of the foundations for early childhood & elementary education, which is literacy and today, SDSU Extension uses them to serve as a conduit to promote physical activity and nutrition."

In 2010, Karlys Wells, SDSU Extension Associ-

ate decided it was time to standardize the lessons and update them to reflect MyPlate, the U.S. Department of Agriculture (USDA) nutritional guideline program which replaced the Food Pyramid.

"We have ever-increasing rates of obesity among young children - pre-schoolers even. If we can educate them early on about healthy eating and physical activity and how to incorporate both into their daily lives, it could positively impact the rest of their lives," said Wells.

With a master's in Curriculum and Instruction, Wells, along with guidance from several SDSU Extension staff and SDSU faculty members, developed the nutritional and physical activity curriculum, which accompanies all 31 books in the iGrow Readers collection. She also designed a parent newsletter for each book, which provides parents with background information and an easy recipe they can prepare with their child.

"iGrow Readers works because the stories, on their own, are compelling - so you have the child's attention. Then the curriculum is designed to link the stories to healthy eating and physical activity lessons which are taught through hands-on activities which engage the child yet again," Wells explained.

At home, at daycare or in school

Once the curriculum was

developed - two nutritional activities and two physical activities accompanied each children's book - it was tested in Head Start, summer reading, community rec, after school programs and pre-schools.

"Our transdisciplinary team spent five years testing the program to make sure it is evidence-based and ready for use in a multitude of avenues," Stluka said.

The resulting data showed children who participated in iGrow Readers were more likely to try new foods and ask their parents for nutritional items when they grocery shopped together.

"In the end, children became aware of nutritional information and have a more positive attitude toward healthy eating and increased physical activity," Wells said.

Through iGrow Readers, parents, teachers and child-care providers can access the curriculum online for free. The only item they need to purchase or check out from their local library is the storybook.

"When we selected books, we made sure they were not only engaging and

colorful, but readily available," Wells said.

iGrow Readers also includes eight Native American storybooks which come with Native American-focused lessons that in addition to healthy eating and physical activity, also promote Oceti Sacowin Essential Understandings for Native American programming.

An added benefit to iGrow Readers is that it can have a positive impact on an entire family.

"Data showed that children can have an impact on parents' eating and activity habits because they request healthier foods when at the grocery store," Wells said.

iGrow Readers is categorized by grade. To learn more and download iGrow Readers, visit the iGrow Healthy Families community.

To combat obesity among South Dakota's youth, SDSU Extension developed iGrow Readers. A program which pairs children's books with activities which promote healthy eating and physical activity. ■iGrow

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2011 Chevy Impala LT, leather, moonroof .....	\$12,900
2011 Chevy Impala LT, 45K miles, silver .....	\$12,900

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2011 Chevy Silverado C1500, W/T, Dark Gray .....	\$12,500
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**MV Shopper**

### Holiday Early Deadlines

**December 29th Edition**  
Deadline is **Wednesday, Dec. 23rd at noon**

**January 5th Edition**  
Deadline is **Wednesday, Dec. 30th at noon**

The Missouri Valley Shopper will be closing at noon on **Thursday, December 24** and closed all day **Friday, December 25**

The offices will also be closing at **3:00 on Thursday, December 31** and closed all day **Friday, January 1.**

Happy Holidays from all of us at the...

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