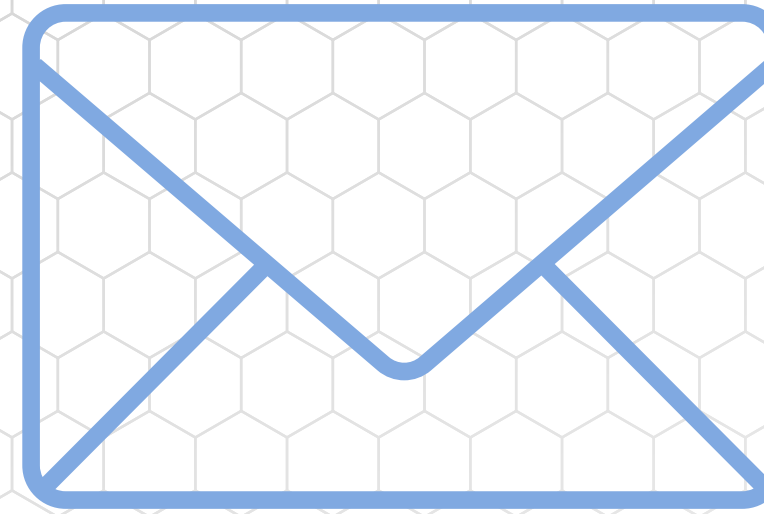


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An Ace Volleyball Coach

Olympian Courtney Thompson Joins the Sanford Pentagon Volleyball Academy

The Sanford POWER Volleyball Academy and the Sanford Pentagon volleyball clubs are welcoming a new addition to the coaching staff who is looking to elevate the skills and confidence of young players.

“It’s fun for me to remind kids it’s normal to struggle and that’s all part of the process, so instead of trying to avoid that we can embrace those times and we’re going to get better sooner,” Courtney says.

Because she is a volleyball player herself, two-time Olympian Courtney Thompson has a valuable perspective on what it means to succeed on the court. Mark McCloskey, volleyball coordinator at the Sanford Pentagon, believes that Courtney will be a huge boost for the year-round volleyball offerings.



Courtney Thompson



“I think it’s a great benefit for our kids to learn from what her experiences were at every age level, whether she was in high school or whether she was at the Olympics.”

Mark McCloskey

Parenting eSource

Information to answer your parenting questions.





Snack Attack!

When your child first comes home after school, often the first thought is, “What can I have for a snack?” When there is no snack plan in place, children search through the pantry, refrigerator, cupboards, etc. to pick out whatever snack feels like it will “hit-the-spot”. With a snack time tool and a little planning your child is on his or her way to healthy after-school snacking.

The stoplight food tool

Children need to learn how to make choices. Teaching them how to make healthy snack food choices is a great way to provide them this opportunity. A simple tool to use when making snack choices is the stoplight tool. For example:

- Green light foods are “Go!” foods. These foods can be eaten often such as fruits, plain pretzels and Greek low-fat yogurt.
- Yellow light foods are “Whoa! Not so much” foods. These foods can be eaten sometimes such as vanilla wafers, and granola bars.
- Red light foods are “Stop and think” foods. These foods should not be eaten very often such as brownies, chips, and candy bars.

When organizing your snack choices in the pantry, cupboard or refrigerator, have a lot of green light foods, some yellow light foods and a few red light foods. When the red light foods are gone, don’t replenish them until the other snack options are eaten.

Snack ideas

These simple snack ideas are easy to prepare ahead of time for that after-school hunger surge. Let your child help. When children help prepare the snacks they are more likely to enjoy eating them. Here are a few snack ideas to get your child started on his or her culinary skills when making after-school snacks:

- **Popcorn trail mix:** Combine one cup of air-popped popcorn, a few raisins and some almonds together in snack bags for a grab-and-go snack after school.
- **Eggs anyone:** Hard-boil eggs and keep them handy in the refrigerator for a ready-to-go protein pick me up.
- **Yogurt popsicles:** Blend low-fat yogurt and your child’s favorite fruit together and freeze in a popsicle mold or small paper cup.
- **Yogurt banana split:** Slice a banana length-wise, place a spoonful of low-fat yogurt in the center and sprinkle with your favorite granola and fruit such as raspberries or blueberries.



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NCAA Division II men's basketball rivals will go head-to-head in this first ever two-day challenge between East and West.

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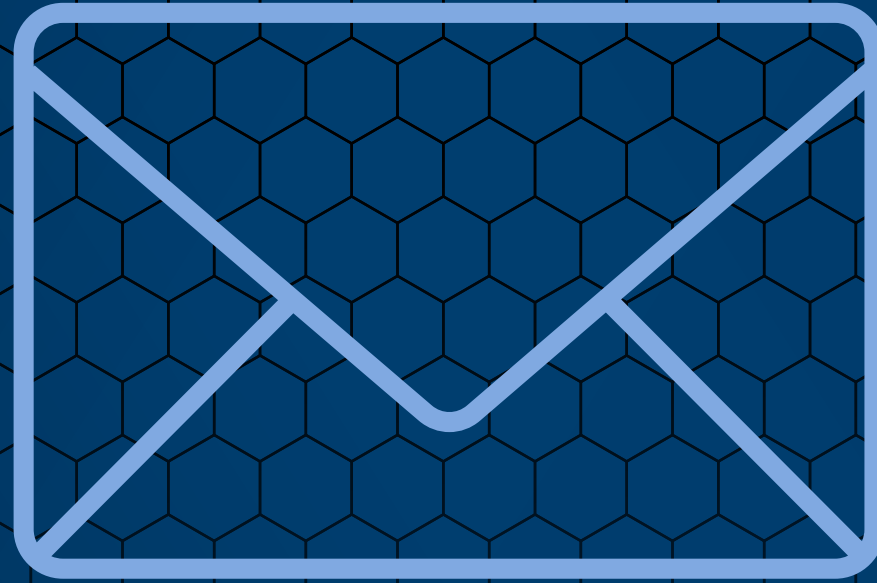
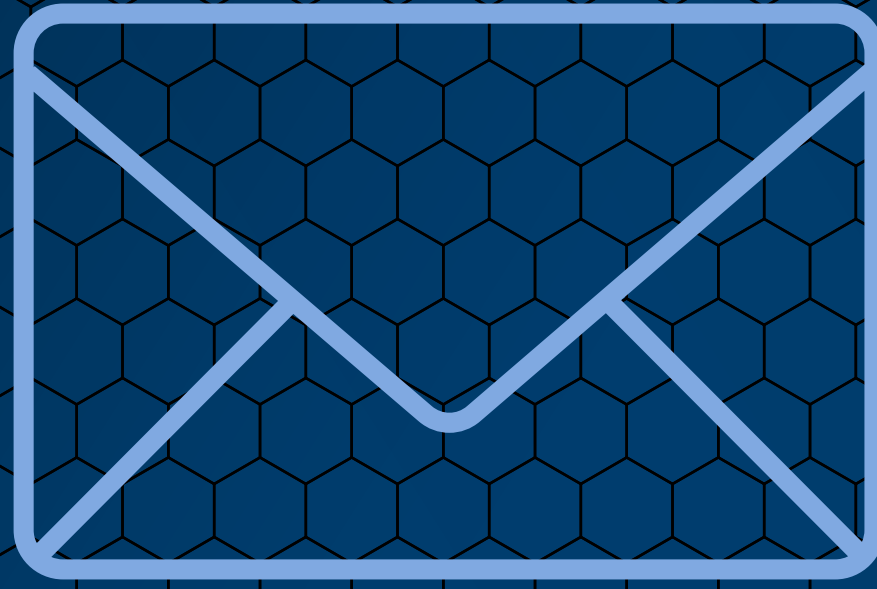
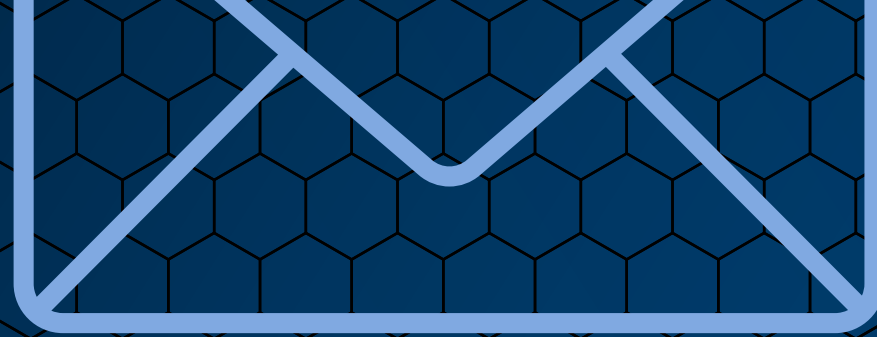


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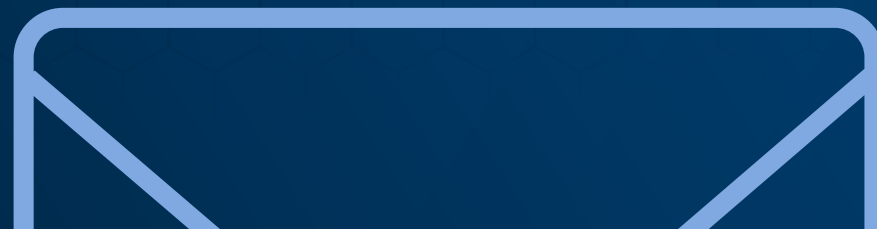
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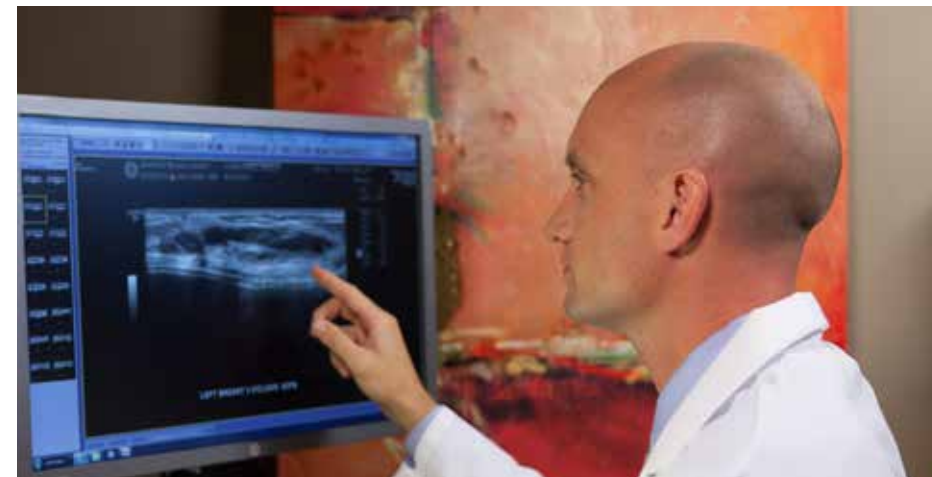
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CHILD CARE ESSENTIALS SHAKEN BABY SYNDROME

DECEMBER 3, 2018

Learn the symptoms and outcomes of pediatric head



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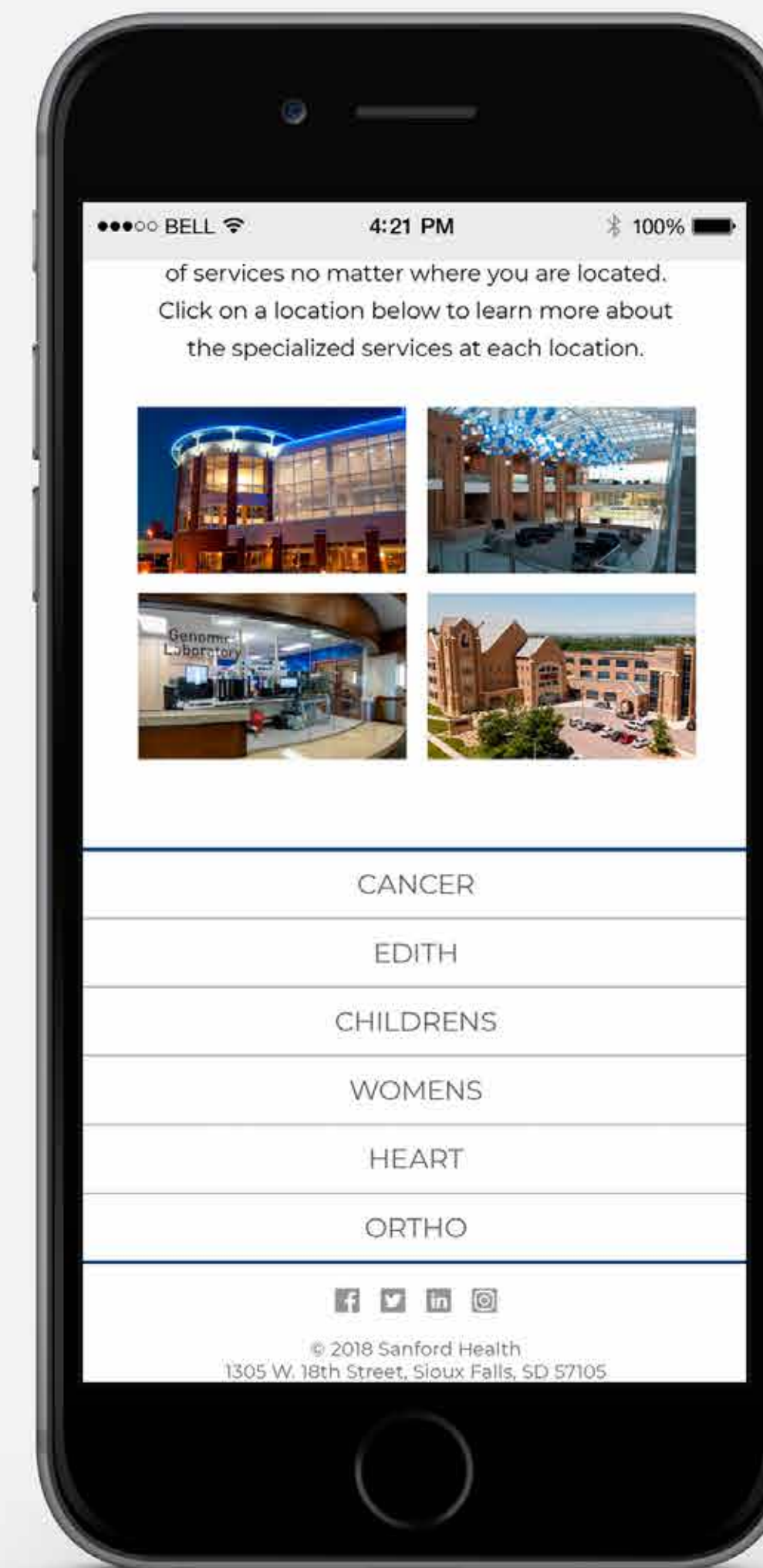
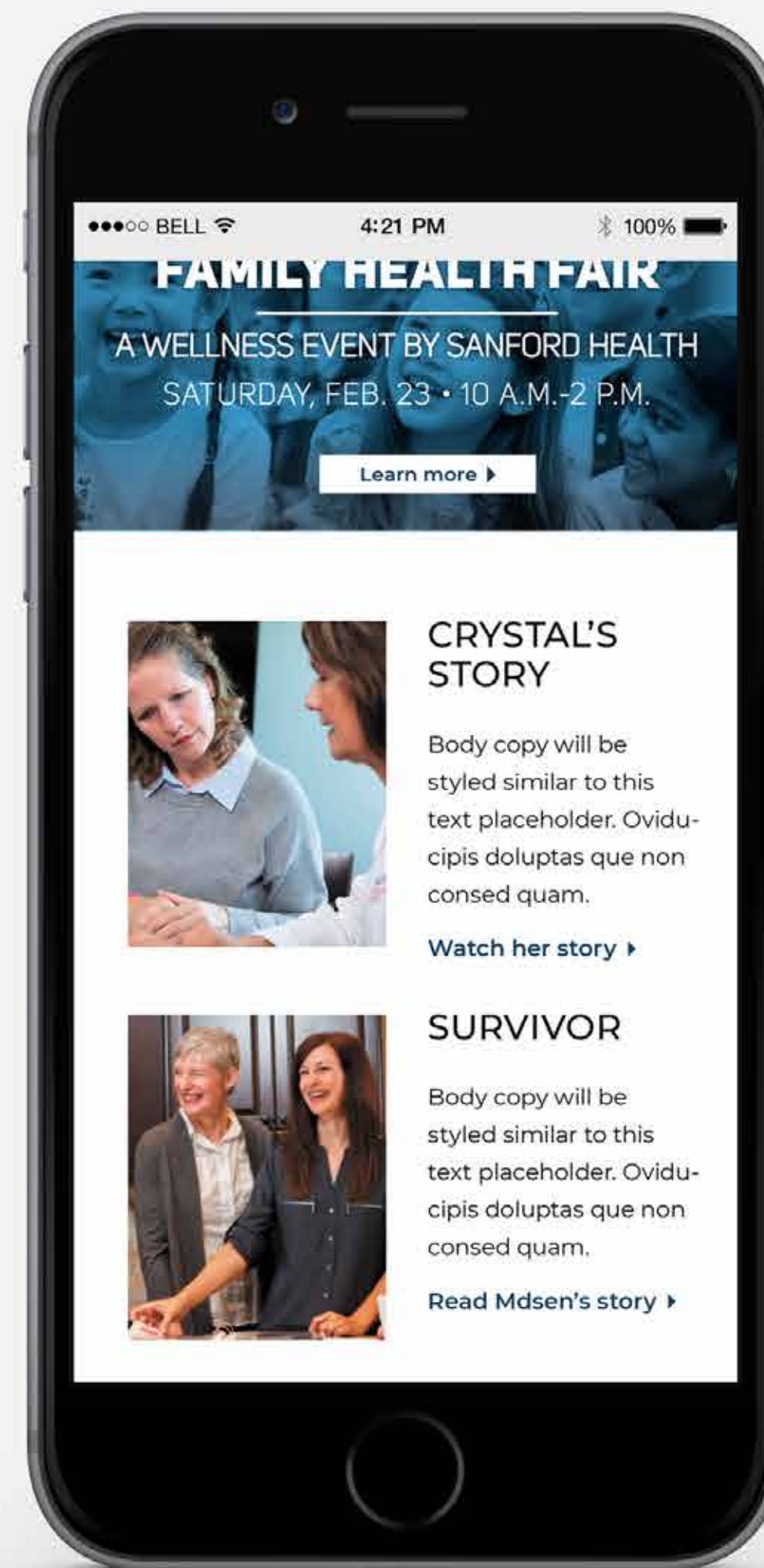
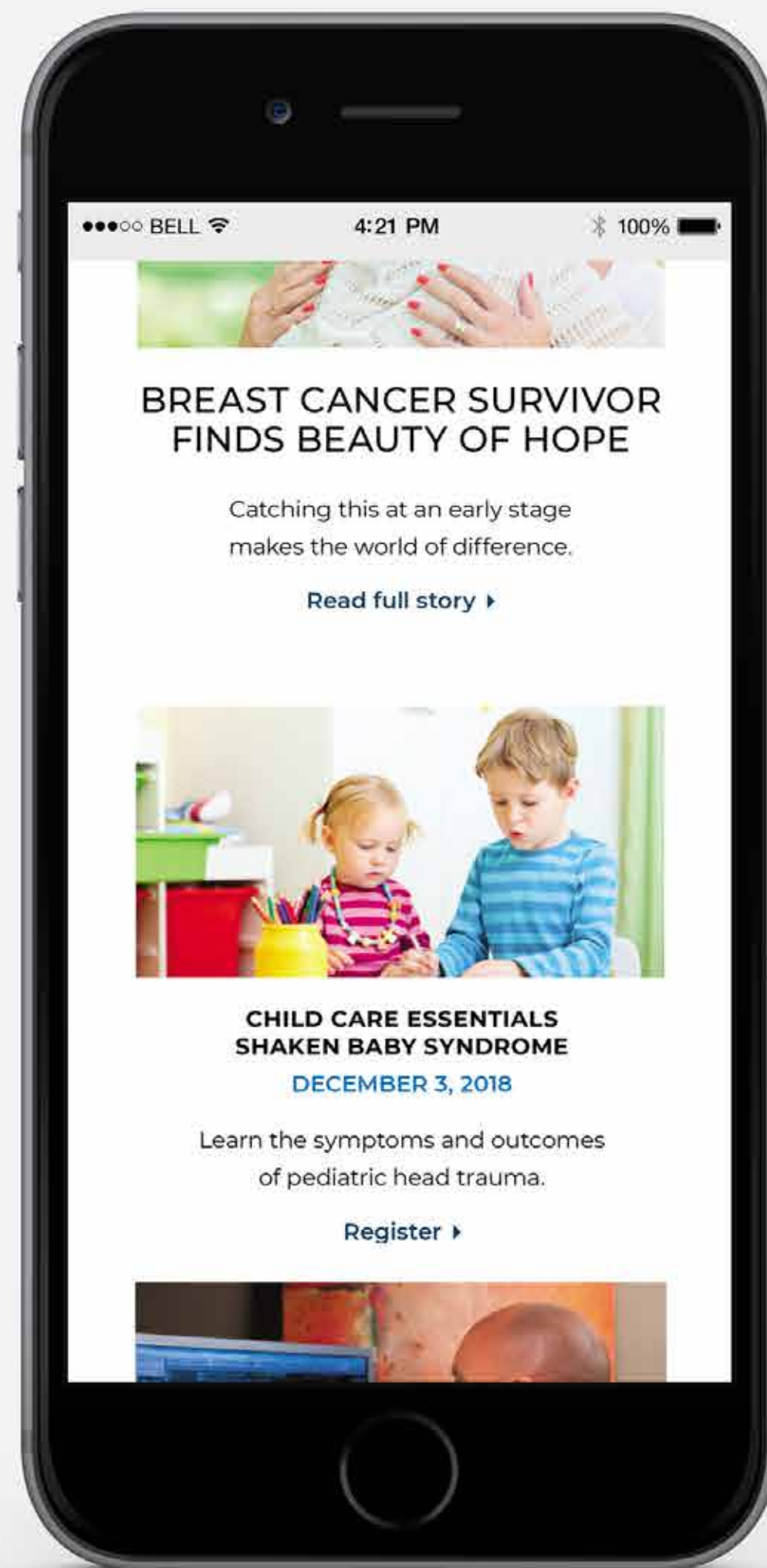
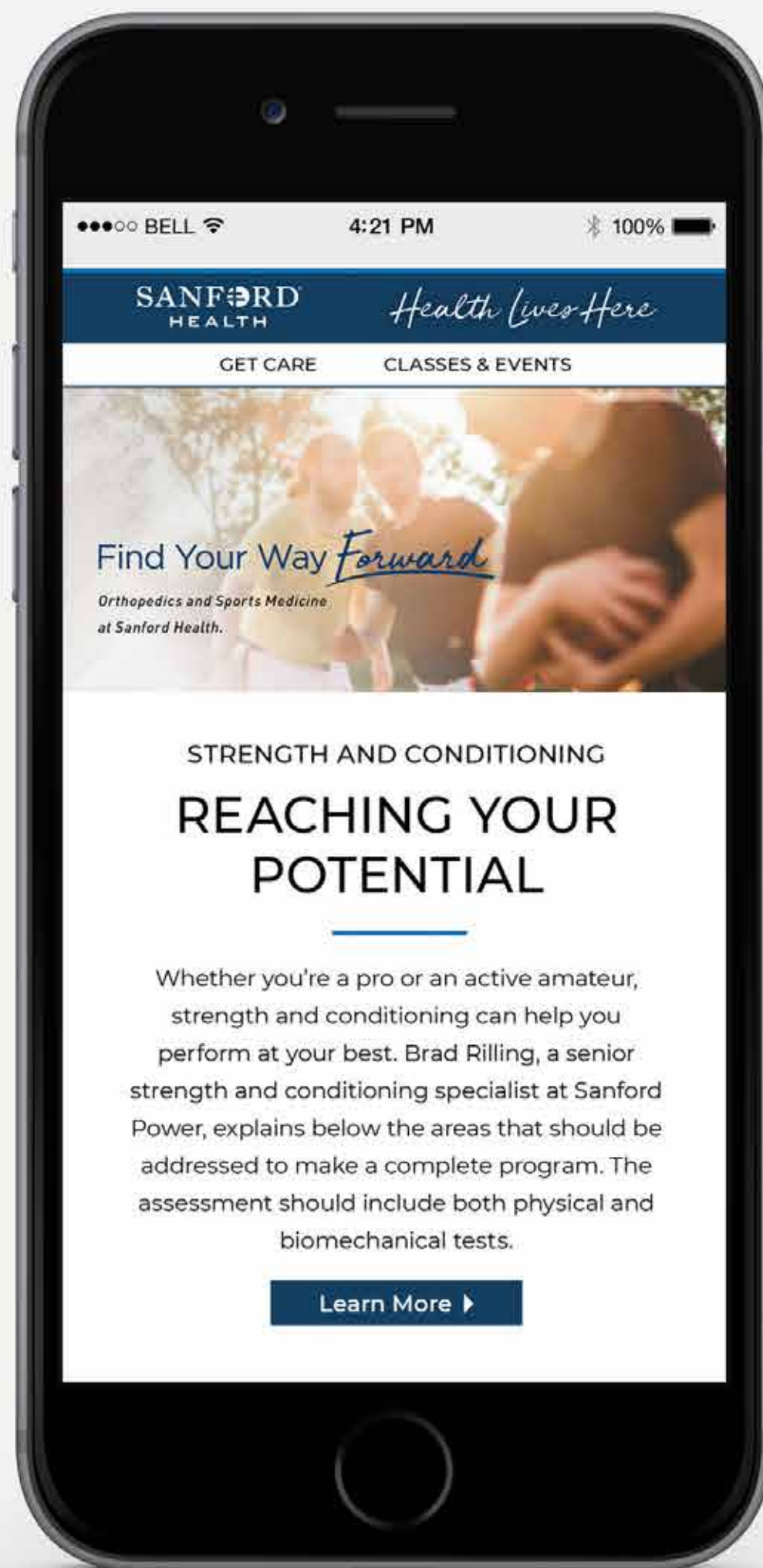


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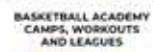


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DECEMBER 3, 2018

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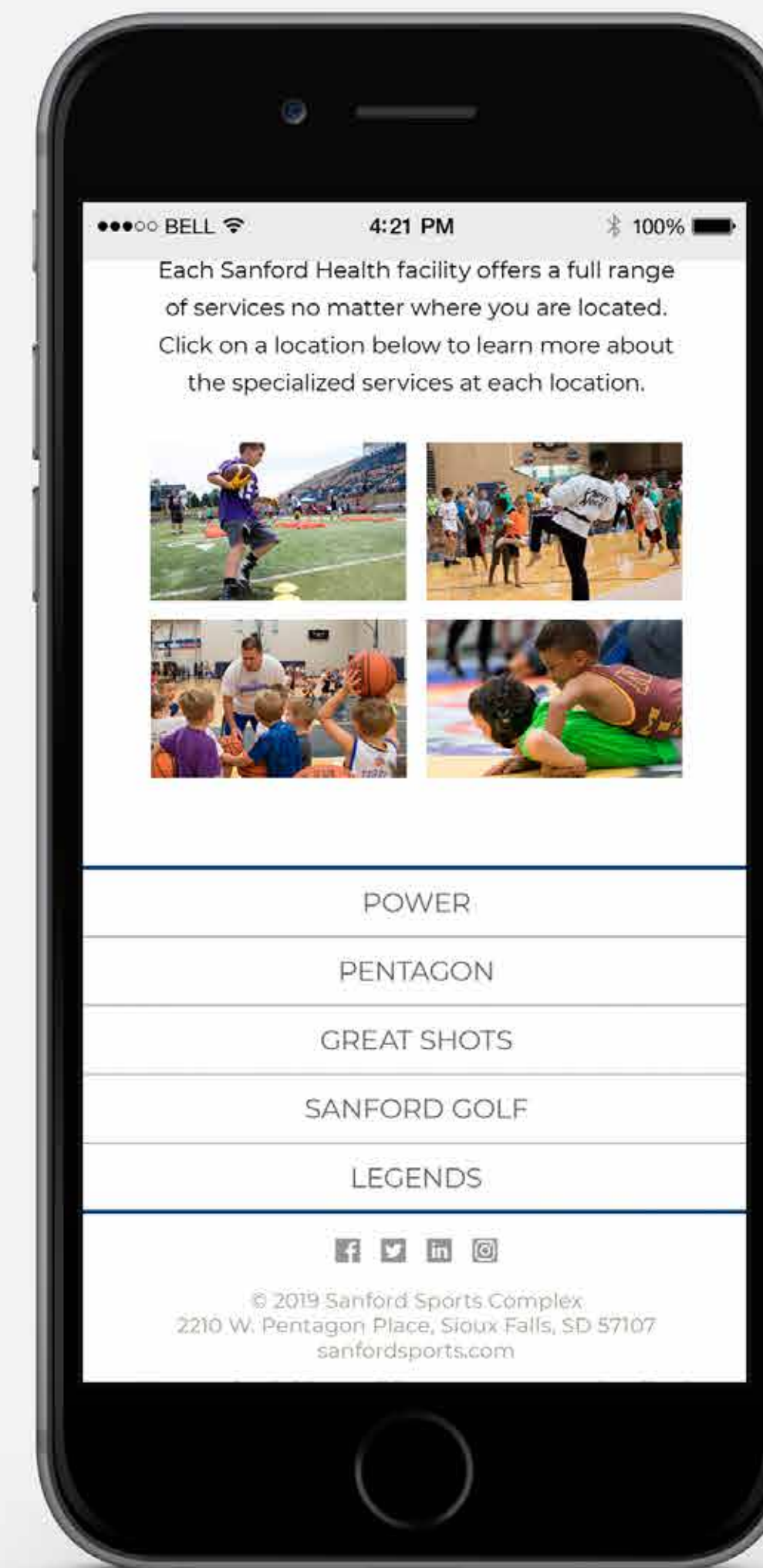
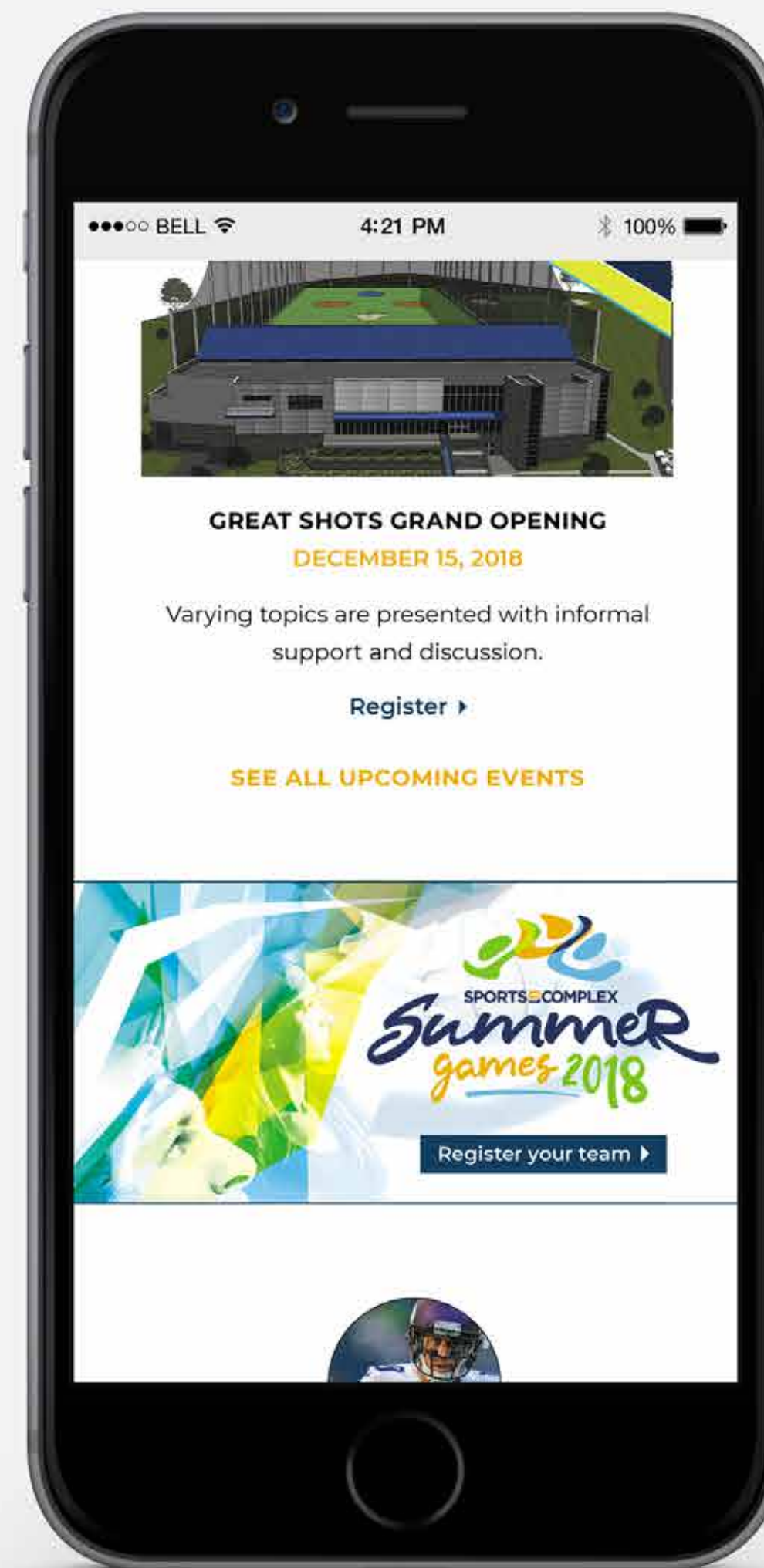
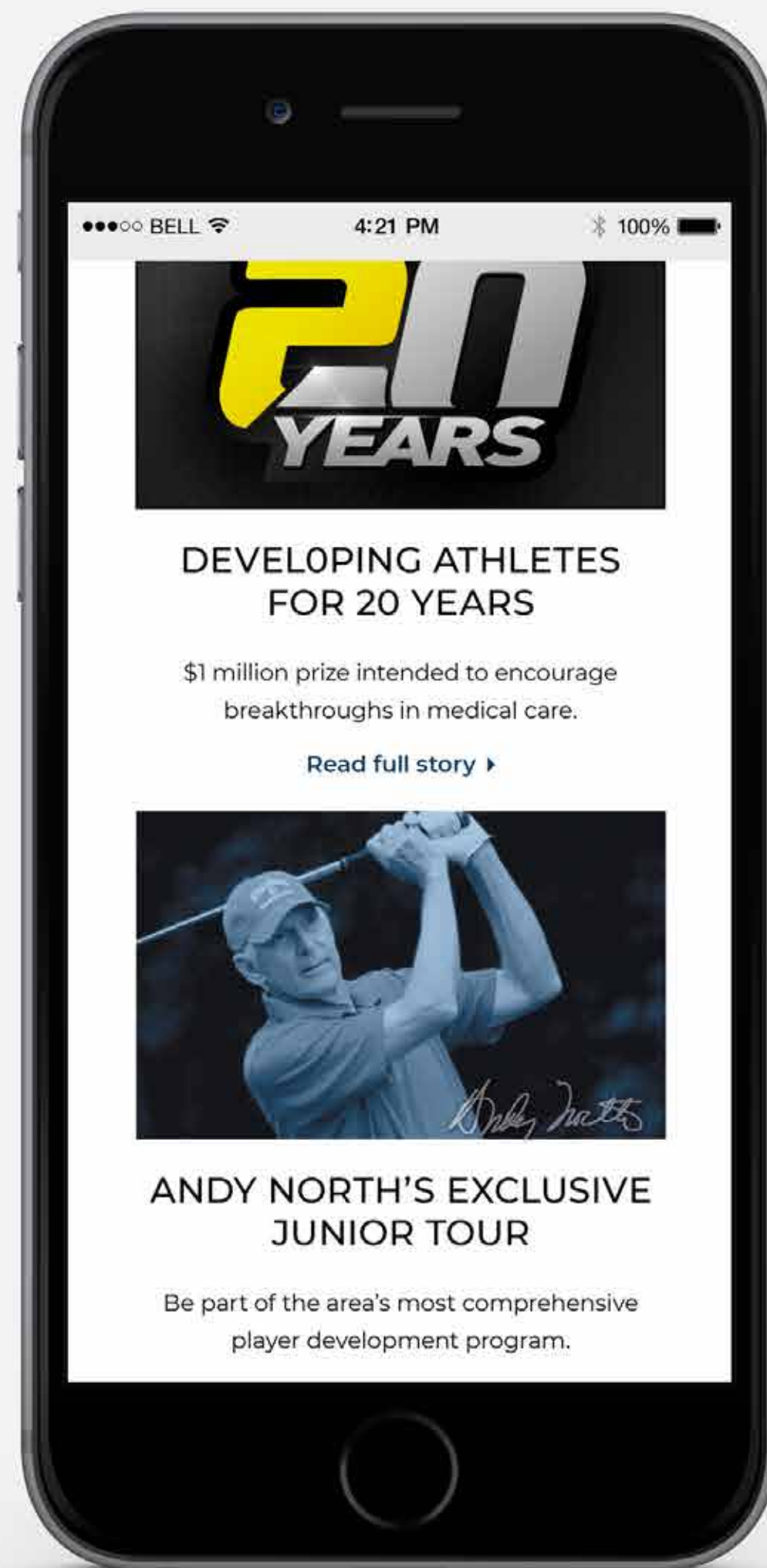
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An Ace Volleyball Coach

Olympian Courtney Thompson
Joins the Sanford Pentagon Volleyball Academy




Courtney Thompson

The Sanford POWER Volleyball Academy and the Sanford Pentagon volleyball clubs are welcoming a new addition to the coaching staff who is looking to elevate the skills and confidence of young players.

"It's fun for me to remind kids it's normal to struggle and that's all part of the process, so instead of trying to avoid that we can embrace those times and we're going to get better sooner," Courtney says.

Because she is a volleyball player herself, two-time Olympian Courtney Thompson has a valuable perspective on what it means to succeed on the court. Mark McCloskey, volleyball coordinator at the Sanford Pentagon, believes that Courtney will be a huge boost for the year-round volleyball offerings.



"I think it's a great benefit for our kids to learn from what her experiences were at every age level, whether she was in high school or whether she was at the Olympics."

Mark McCloskey

Her extensive volleyball playing experiences make Courtney a coach with a lot of credibility. A native of Kent, Wash., Courtney helped the University of Washington win a NCAA championship and she went on to compete for Team USA at the 2012 Olympics in London and the 2016 Olympics in Rio de Janeiro, winning a silver medal and a bronze medal, respectively.

Not only does Courtney have wisdom to impart on the court, she has great insight on team building and individual player development as well.

"Anything I can do to help these kids," Courtney says. "I really enjoy the pursuit of what's possible for them."

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BASKETBALL ACADEMY CAMPS, WORKOUTS AND LEAGUES DECEMBER 6, 2018

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DEVELOPING ATHLETES FOR 20 YEARS



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USD vs. Omaha

The Sanford Pentagon will host an exciting Summit League basketball matchup: The University of South Dakota against Omaha on February 7 s

We're offering a group rate of just \$5 per ticket with a minim

To place your order:

- Call the Sanford Pentagon Box office (605) 312-7900
- Stop by in person Monday-Friday, 8:30 a.m.-4:30 p.m. to receive the special rate.

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Thank you for participating in the Sanford POWER Basketball Academy Kirk Hinrich Skills Camp. We hope you had a positive experience.

Our basketball academy runs throughout the entire year, has a wide variety of offerings for players of all ages and ability levels. That includes individual and group workouts, camps, leagues and teams!

[Find out more by visiting our web site.](#)

Also, we'd like to extend a special ticket discount offer from the Sioux Falls Skyforce. [You may purchase discounted tickets here.](#)



2019 Spring/Summer Basketball Tryouts

The Sanford Pentagon is holding tryouts for its spring/summer basketball teams. Spots are available for boys and girls in Grades 5-8. It costs \$38.95 and it includes a t-shirt.

[Register Now](#)

Players can sign up for one or both tryout sessions. The available times and dates are:

- Jan. 20: 1 - 2:30 p.m.
- Jan. 21: 6:30 - 8 p.m.

To learn more about the basketball academy or view the coaching staff list, [click here.](#)

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OLYMPIAN COURTNEY THOMPSON JOINS SANFORD PENTAGON

AN ACE VOLLEYBALL COACH

The Sanford POWER Volleyball Academy and the Sanford Pentagon volleyball clubs are welcoming a new addition to the coaching staff who is looking to elevate the skills and confidence of young players.

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An Ace Volleyball

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"It's fun for me to remind kids it's not just about the process, so instead of trying to win every time and we're going to get better."

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Not only does Courtney have wisdom to share, but she also has a passion for team building and individual player development.

"Anything I can do to help these kids reach their potential, that's what's possible for them."

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DECEMBER 3, 2018

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"We built it from scratch."

The story of how POWER got started 20 years ago and how POWER has evolved since then.

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How to prevent and recover from a hamstring injury

Hamstring injuries aren't the most serious ailments, but they can be one of the most irritating. They are the most common muscle injury in sports.

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Timeless lifts: The back squat

POWER has seen a lot of things change over the last 20 years, but one thing never changed: the back squat. Randy Martin breaks down how to do the basic back squat.

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Caffeine & Exercise: a Winning Combo?

Many of us start out our day with a hot cup of coffee to get going. But have you ever considered how caffeine may affect your workouts?

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Mon. - Fri.
1:00 - 7:00 P.M.
At the POWER Center

Adult Group Fitness
Mon. - Fri.
Noon - 1:00 P.M.
At the POWER Center

FARGO, ND
Adult Circuit Class
Mon. - Fri.
5:30- 6:30 A.M. and
Tue. and Thu.
Noon - 1:00 P.M.

Athlete Development Training
Mon. - Thu.
5:30 - 6:30 A.M. and
Tue. and Thu.
Noon - 1:00 P.M.

SIOUX FALLS, SD
POWER Middle School Program
Every Mon/Wed/Thurs
(Sept. - April)
6:30- 7:30 P.M.
Monthly fee of \$90 + tax

Athlete Development Training
All Skill Levels/Ages 10 - Adult
Mon. - Fri.
5:30 A.M. - 8:00 P.M.
Saturday
8:00 A.M - Noon

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SIOUX FALLS: BASKETBALL CAMPS
DECEMBER 6, 2018

Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.

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FARGO: FOOTBALL SKILLS TRAINING
DECEMBER 6, 2018

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DECEMBER 15, 2018

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Premier Football Academy

**MAY 10, 2019
6-9:00 P.M.
SANFORD F
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from FCS, D-II, and NAIA
results will be sent to all

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HEALTH



SDFBCA CLINIC FEATURING JERRY KILL & GENE CHIZIK

The SDFBCA clinic presented by Sanford POWER-Riggs Premier Football Academy, South Dakota State University and Brookings FCA is March 23-24, 2019 at Dana J. Dykhouse Stadium and the Sanford-Jackrabbit Athletic Complex in Brookings. The event will feature a series of breakout sessions, networking opportunities and high-profile speakers including Jerry Kill and Gene Chizik.

"This is an exciting partnership which will bring together some of the best college coaches in the region, nationally known speakers and the opportunity to see a premier South Dakota football program in action at the Dana J. Dykhouse Football Stadium on SDSU's campus," said Kurtiss Riggs, director of the Sanford POWER-Riggs Premier Football Academy. "We think building an event of this caliber with Sanford Power-Riggs Premier Football, the SDFBCA and Brookings FCA will elevate the SDFBCA clinic to one of the premier coaching clinics in this part of the country."

South Dakota State University football coaches will present at the clinic, and attendees are invited to watch a session of SDSU's spring practice.

"SDFBCA is excited about the new clinic format and time of the year for our annual football coaching clinic," said Virg Polak, SDFBCA secretary. "I know it will be a great experience for all the football coaches that come."

LOCATION: South Dakota State University, Brookings, SD
DATE: March 23-24
COST: \$50 plus tax in advance; \$65 walk up

REGISTER NOW

For questions or more information, please email riggsfootball@gmail.com or call (605) 376-5374.



OLYMPIAN COURTNEY THOMPSON JOINS POWER AN ACE VOLLEYBALL COACH

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"We built it from scratch."

The story of how POWER got started 20 years ago and how POWER has evolved since then.

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How to prevent and recover from a hamstring injury

Hamstring injuries aren't the most serious ailments, but they can be one of the most irritating. They are the most common muscle injury in sports.

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Timeless lifts: The back squat

POWER has seen a lot of things change over the years, but one thing never changed: the back squat. Learn how to do the basic back squat.

Caffeine & Exercise: a winning combination

Many of us start our day with a cup of coffee. But have you ever considered how caffeine can affect your workouts?

UPCOMING EVENTS

BISMARCK, ND
Athlete Development Training
Mon. - Fri.
1:00 - 7:00 P.M.
At the POWER Center

Adult Group Fitness
Mon. - Fri.
Noon - 1:00 P.M.
At the POWER Center

FARGO, ND
Adult Circuit Class
Mon. - Fri.
5:30 - 6:30 A.M. and
Tue. and Thu.
Noon - 1:00 P.M.

[Athlete Development Training](#)



SANFORD POWER-RIGGS PREMIER FOOTBALL

2019 HIGH SCHOOL COMBINE

**MAY 10, 2019
6-9:00 P.M.
SANFORD FIELDHOUSE
SIOUX FALLS, SD**

Perform in front of 28 colleges ranging from FCS, D-II, and NAIA. Official testing results will be sent to all colleges.

[Learn more at SanfordSports.com](#)



SDFBCA CLINIC FEATURING JERRY KILL & GENE CHIZIK

The SDFBCA clinic presented by Sanford POWER-Riggs Premier Football Academy, South Dakota State University and Brookings FCA is March 23-24, 2019 at Dana J. Dykhouse Stadium and the Sanford-Jackrabbit Athletic Complex in Brookings. The event will feature a series of breakout sessions, networking opportunities and high-profile speakers including Jerry Kill and Gene Chizik.

"This is an exciting partnership which will bring together some of the best college coaches in the region, nationally known speakers and the opportunity to see a premier South Dakota football program in action at the Dana J. Dykhouse Football Stadium on SDSU's campus," said Kurtis Riggs, director of the Sanford POWER-Riggs Premier Football Academy. "We think building an event of this caliber with Sanford Power-Riggs Premier Football, the SDFBCA and Brookings FCA will elevate the SDFBCA clinic to one of the premier coaching clinics in this part of the country."

South Dakota State University football coaches will present at the clinic, and attendees are invited to watch a session of SDSU's spring practice.

"SDFBCA is excited about the new clinic format and time of the year for our annual football coaching clinic," said Virg Polak, SDFBCA secretary. "I know it will be a great experience for all the football coaches that come."

LOCATION: South Dakota State University, Brookings, SD

DATE: March 23-24

COST: \$50 plus tax in advance; \$65 walk up

[REGISTER NOW](#)

For questions or more information, please email riggsfootball@gmail.com or call (605) 376-5374.



Middle School POWER PROGRAM

SANFORD POWER PROGRAM

The benefits of kids participating in sports are clear.

REGISTER
for the Sanford POWER summer middle school program today.

Build Confidence.
Foster Good Health.
Develop Leadership.
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FIELDHOUSE EVENTS



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The story of how POWER got started 20 years ago and how POWER has evolved since then.

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PREVENT AND RECOVER FROM HAMSTRING INJURY

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[Read more](#)



TIMELESS THE BACK SQUAT

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[See the story](#)



CAFFEINE A WINNING COMBINATION

Many of us start our day with a cup of coffee. But have you ever considered how caffeine can affect your workouts?

[Read more](#)



SIOUX FALLS: BASKETBALL CAMPS
DECEMBER 6, 2018

Learn the symptoms and outcomes of pediatric head trauma and ways to prevent it from happening.

[Register](#)



FARGO: FOOTBALL SKILLS TRAINING
DECEMBER 6, 2018

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**ADAM THIELEN
WIDE RECEIVER CLINIC**

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**JUNE 27-28
GRADES K-8
\$60**

**CALL (605) 376-5374
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DEVELOPING ATHLETES FOR 20 YEARS



OLYMPIAN COURTNEY THOMPSON JOINS POWER AN ACE VOLLEYBALL COACH

The Sanford POWER Volleyball Academy and the Sanford Pentagon volleyball clubs are welcoming a new addition to the coaching staff who is looking to elevate the skills and confidence of young players.

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Snack Attack!

When your child first comes home after school for a snack?" When there is no snack plan in the refrigerator, cupboards, etc. to pick out what a snack time tool and a little planning your child's snacking.

The spotlight food tool

Children need to learn how to make choices. Making food choices is a great way to provide them with making snack choices is the spotlight tool. For

- Green light foods are "Go!" foods. These are plain pretzels and Greek low-fat yogurt.
- Yellow light foods are "Whoa! Not so much" sometimes such as vanilla wafers, and
- Red light foods are "Stop and think" foods that offer

When offered green light foods are

Snack ideas

These simple ideas will help you survive the snack surge. Let your child enjoy eating and exploring culinary skills.

- Popcorn
- Egg
- Yogurt
- Yogurt
- Deli
- Frozen

For special needs children

What is Tummy Time?

Tummy time is simply providing your baby a chance to lie on his or her stomach while you talk and play together.

Tummy Time Benefits:

Providing your baby tummy time play:

- Strengthens your baby's neck and upper back muscles.
- Allows your baby to discover a new view of the world.
- Prevents the back of your baby's head from developing flat spots.
- Allows your baby to master lifting his or her head and turning over.

begin to roll over, crawl, and walk, which are skills needed to

cross your lap for a few minutes as your baby grows. These are ways your baby

my time play.

0 minutes at a time. Gradually increase the time and control to lift and turn his

off of the floor and lean on his

your tummy time:

by from spitting up.

get face-to-face while playing

ons to engage with your baby

ention. Babies love to look at

h and encourage your baby

s moments to enjoy each other.

ns, call (605) 328-7155.



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YOUR PARTNER THROUGHOUT PARENTHOOD

MAKING YOUR OWN BABY FOOD

EASY-PEASY BABY FOOD

Whether you're a pro or an active amateur, strength and conditioning can help you perform at your best. Brad Rilling, a senior strength and conditioning specialist at Sanford Power, explains below the areas that should be addressed to make a complete program. The assessment should include both physical and biomechanical tests.

Get instructions ▶

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SAFETY RECALLS

Important safety recalls for all child related products.

See full list ▶

SNACK ATTACK

\$1 million prize intended to encourage breakthroughs in medical care.

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WHAT IS TUMMY TIME

Catching this at an early stage makes the world of difference.

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SIMPLE & SAFE: HOUSEHOLD TOYS

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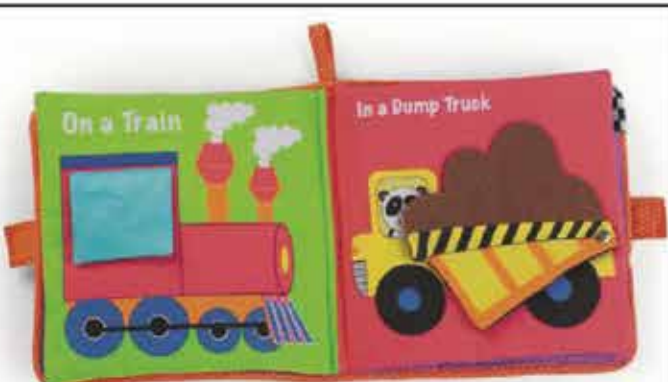
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COMMUNICATION






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MANHATTAN TOY CHILDREN'S BOOK
DUE TO CHOKING HAZARD





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Snack Attack!

When your child first comes home after school, often the first thought is, "What can I have for a snack?" When there is no snack plan in place, children search through the pantry, refrigerator, cupboards, etc. to pick out whatever snack feels like it will "hit-the-spot". With a snack time tool and a little planning your child is on his or her way to healthy after-school snacking.

The spotlight food tool

Children need to learn how to make choices. Teaching them how to make healthy snack food choices is a great way to provide them this opportunity. A simple tool to use when making snack choices is the spotlight tool. For example:

- Green light foods are "Go!" foods. These foods can be eaten often such as fruits, plain pretzels and Greek low-fat yogurt.
- Yellow light foods are "Whoa! Not so much" foods. These foods can be eaten sometimes such as vanilla wafers, and granola bars.
- Red light foods are "Stop and think" foods. These foods should be eaten often such as brownies, chips, and candy.

When organizing your snack choices green light foods, some yellow light foods are gone, don't replenish them.

Snack ideas

These simple snack ideas are easy to make. Let your child help. When children enjoy eating them. Here are a few snack ideas that require no special culinary skills when making after-school snacks.

- **Popcorn trail mix:** Combine one cup of popcorn with some almonds together in a snack bag.
- **Eggs anyone:** Hard-boil eggs and cut them into to-go protein pick me ups.
- **Yogurt popsicles:** Blend low-fat yogurt and freeze in a popsicle mold or small ice cube trays.
- **Yogurt banana split:** Slice a banana in half and place in the center and sprinkle with yogurt and blueberries.
- **Deli-meat roll-ups:** Take a slice of deli meat and roll up together for a crunchy, filling snack.
- **Frozen grapes:** Wash and freeze grapes for a healthy snack.

For specific questions or concerns contact your child's health care provider.

Find a Pediatrician

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Parenting eSource


Information to answer your parenting questions.

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Easy-Peasy Baby Food

Making your own baby food isn't as complicated as you may think. We'll show you how simple and healthy it can be.



Class includes:

- Get tips for feeding babies ages 6 to 12 months.
- Learn how to make your own baby food from scratch.
- Find out how making your own food can be a cost effective way to keep your baby's diet preservative free.
- Receive recipes.

Cost \$5 – Bring one guest for free
November 10, 2018
10 – 11 a.m.

Location:
[Sanford Women's Health Plaza](#)
[Mutch Women's Center for Health Enrichment](#)
5019 S. Western Ave., Suite 200
Sioux Falls, SD 57108

Pre-registration for events is requested; call [\(605\) 328-7155](tel:605-328-7155).

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Parenting eSource

ATTENTION: An important safety recall

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Meijer Recalls Children's Hooded Jackets Due to Choking Hazard:

For more information, click [here](#).

Skip Hop Recalls Convertible High Chairs Due to Injury and Fall Hazards:

For more information, click [here](#).


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SNACK ATTACK

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Catching this at an early stage makes the world of difference.


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DOT Reasonable Suspicion Training

American businesses lose more than \$100 billion a year due to substance abuse in the workplace. In fact, 75 percent of substance abusers are employed. Sanford Occupational Medicine has developed a DOT Reasonable Suspicion video, offered for purchase online, to help the viewer identify substance abuse in the workplace, actions necessary and explain the assistance employees may need. Consider making an account in our Sanford OccMed training portal to access training on an on-going basis. Fees are charged on a per-item basis.

[Learn More](#)

Injury Care Plan

Written by Joel Blanchard, MD, executive medical director

Q: Why is it important for an employer to have an injury care plan?

A: Work-related injuries involve special rules and requirements affecting injury care, leading to prolonged recovery time and frustration.

[Learn More](#)

Beryllium Surveillance Exam

The Occupational Safety and Health Administration (OSHA) has issued a rule to limit worker exposure to beryllium and requires employers to implement protective measures for workers who may be exposed. Beryllium is a gray metal that is highly toxic, used primarily in alloys and seen in many industries, including aerospace, electronics, energy, telecommunication, medical and defense. Workers with potential exposure to beryllium are encouraged to participate in a medical surveillance program. Sanford OccMed now offers medical surveillance to workers through a new exam.

[Learn More](#)

Crane Operator Exam

One of the most important employees on a work site, crane operators drive and maneuver cranes that are used to move large materials. The nature of their job is physically demanding, and this is why employees need to be in good health and physical condition. The employer wants to have a worker who is qualified both physically and mentally to operate a crane, and Sanford OccMed now offers an exam specifically for crane operators.

[Learn More](#)

A Special Offer for Your Employees

Help your workers improve their health and well-being by taking 50% off a one-year membership with Profile by Sanford.

Profile provides nutrition, activity and lifestyle coaching to help members lose weight and keep it off. Profile was developed by physicians and researchers to take the guesswork out of healthy lifestyle change.

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\$1 million prize intended to encourage breakthroughs in medical care.

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Help your workers improve their health and well being.

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Let's Talk Workplace Drug

Webinar

Hear an overview of the drug testing process from lab analysis to the MRO review that takes place in a strict regulatory environment. Guidance will be given to employers on drug testing options and which panels are most appropriate. We will also cover special situations in drug testing.

January 17 • 10-11 a.m.

Presented by:
Joel Blanchard, MD

CLICK TO REGISTER

For more information, email OccMed@sanfordhealth.com

OCCUPATIONAL MEDICINE WORKING FOR YOU

Drug and alcohol awareness in the workplace

Training for Purchase
Sanford Occupational Medicine Clinic is here to meet your workplace needs. This simple and convenient online training is available for purchase to view when it is convenient for you.

Course description
DOT Designated Employer Representative (DER)
A company DER must be knowledgeable in the Department of Transportation (DOT) drug and alcohol testing regulations in order to remain compliant with DOT.

This course offered by Sanford Health Occupational Medicine will help the viewer understand the role of the DER in the DOT drug testing process, highlight issues that require action, learn more about DOT drug testing, and learn more about the relationship with other drug testing policy requirements.

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Does your business have a New Year's resolution?

Sanford OccMed has a full line of services to keep your team healthy and productive year-round.

<ul style="list-style-type: none">• Health and wellness• Drug testing• Hearing conservation• Injury care and prevention• Pre-placement physicals and surveillance exams	<ul style="list-style-type: none">• Ergonomic evaluations• Job function testing• Respiratory protection program• Industrial hygiene• 24/7 injury hotline• DOT Exams
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Call Sanford OccMed to kick off a healthy New Year!
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WEBINAR: JANUARY 17, 10-11 A.M.

LET'S TALK WORKPLACE DRUG TESTING

Hear an overview of the drug testing process from the collection and lab analysis to the MRO review that takes place in a strict regulatory environment. Guidance will be given to employers on drug testing options and which panels are most appropriate. We will also cover special situations in drug testing.

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PREVENT AND REPAIR INJURIES

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- Newsletter 1: MAKING YOUR OWN BABY FOOD EASY-PEASY BABY FOOD**
 - Header: SANFORD Children's Health, GET CARE, SAFETY RECALLS, CLASSES & EVENTS
 - Main Image: Three young children playing with colorful blocks.
 - Article Title: MAKING YOUR OWN BABY FOOD EASY-PEASY BABY FOOD
 - Text: Whether you help your perform specialist at Sanford make a complete
- Newsletter 2: SAFETY RECALLS**
 - Header: SANFORD Children's Health
 - Main Image: A red toy car and a yellow toy car.
 - Article Title: SAFETY RECALLS
 - Section 1: MANHATTAN TOY CHILDREN'S BOOK DUE TO CHOKING HAZARD. See full details >
 - Section 2: SKIP HOP CONVERTIBLE HIGH CHAIR DUE TO INJURY AND FALL HAZARDS. See full details >
- Newsletter 3: SNACK ATTACK!**
 - Header: SANFORD Children's Health
 - Main Image: A young girl eating a snack.
 - Article Title: SNACK ATTACK!
 - Text: \$1 million prize intended breakthroughs in
- Newsletter 4: SIMPLE & SAFE: HOUSEHOLD TOYS**
 - Header: SANFORD Children's Health
 - Main Image: Two young children playing with colorful blocks.
 - Article Title: SIMPLE & SAFE: HOUSEHOLD TOYS
 - Text: \$1 million prize intended to encourage breakthroughs in medical care.
- Newsletter 5: EXERCISE AS PLAY**
 - Header: SANFORD Children's Health
 - Main Image: A young girl playing on a slide.
 - Article Title: EXERCISE AS PLAY
 - Text: Catching this at an early stage makes the world of difference.

Each newsletter includes a 'Read full story >' link at the bottom of the main article.

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