

## GARDEN DIGEST

### Yankton Citywide Cleanup Week Scheduled

The annual Yankton Citywide Cleanup is scheduled to begin on Saturday, April 9. Residents on city garbage collection routes may dispose of materials at no additional charge.

Materials may be dropped off at the Solid Waste Transfer Station located at 23rd and Kellen Gross Drive from April 9-16 on the hours posted below.

- Saturday, April 9 — 8:00 a.m. to 3:45 p.m.
- Monday, April 11-Friday, April 15 — 8 a.m.-7 p.m.
- Saturday, April 16 — 8 a.m.-3:45 p.m.

City crews will pick up the materials that have been placed at the curb on April 11-15. This service is only available for residential customers on the regular city garbage collection routes.

For further information, go to the City website, <http://www.cityofyankton.org/utilities/solidwaste/cleanup.php> or contact the City of Yankton Street Department at 668-5211.

### KYB Great American Cleanup Saturday

Knology and Outdoor Channel, America's Leader in Outdoor TV, invite Yankton area residents to get a jump start on their spring cleaning at the "Great American Cleanup."

The event, which is being held in conjunction with Knology's 2011 Clean Our Communities initiative, Outdoor Channel's volunteer program, Outdoor Channel Corps and Keep Yankton Beautiful, will take place on Saturday, April 9, running from 8:30 a.m.-noon. Volunteers are asked to meet at the large shelter area of Memorial Park in Yankton for registration and to receive cleanup routes.

Each April, Knology — with the assistance of Outdoor Channel — chooses an area in each of its 13 markets as part of its Clean Our Communities initiative and encourages community members to volunteer on a given day to work together in carrying out city-wide cleanup efforts.

In addition to participating in the actual cleanup event, volunteers will be able to sign up for a prize drawing.

### How To Safely Consume Fruits & Vegetables

SIoux FALLS — World Health Day is April 7, and the American Cancer Society wants to help you stay healthy by reminding you about the quality and safety of the food you eat.

Pesticides are helpful in boosting efficient plant yield and preventing insects from harming plant life. But concerns still arise over pesticides being used for produce eaten by humans, so here are some tips on how to avoid pesticide ingestion from the American Cancer Society's health guidebook, Nutrition for Cancer Survivors (2010).

The "Dirty Dozen" is a list containing fruits and vegetables with the highest amount of pesticide residue. The "Dirty Dozen" list includes: peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears.

The "Clean Fifteen" list, on the other hand, is made up of fruits and vegetables containing the smallest amount of pesticide residue. This list includes: onion, avocado, sweet corn, pineapple, mango, asparagus, sweet peas, kiwi, cabbage, eggplant, papaya, watermelon, broccoli, tomato and sweet potato.

But if your favorite fruit or veggie falls on the "Dirty Dozen" list, don't worry; the nutrition guidebook says you can still eat it by just putting a little extra effort into preparing it. A product spray or produce wash can be used to help remove pesticides. These can be found in your grocery store, or you can make your own (recipes below). Even if your favorite foods fall on the "Clean 15" list, it never hurts to wash produce — all produce.

#### PRODUCE WASH RECIPE

- 1/2 cup white vinegar
- 3 tablespoons salt

Stir until salt is dissolved. Pour into sink full of water. Soak produce for 15-20 minutes. Rinse in cool water, & pat dry.

#### PRODUCT SPRAY RECIPE

- 1 tablespoon lemon juice
- 2 tablespoons baking soda
- One cup of water

Spray produce; allow produce to sit for 2-5 minutes. Scrub produce, rinse and pat dry.

For more information on nutrition, visit the American Cancer Society bookstore online to see all of the books and cookbooks on staying well at [www.cancer.org](http://www.cancer.org).

### What Grows Well Around Yankton Seminar Set

A free seminar on "What Grows Well Around Yankton" will be held at the Yankton County Extension Building, 901 Whiting Drive, at noon on Tuesday, April 26.

Stan Hoffart will lead a discussion and take questions.

For more information, contact Allen Sinclair at 605-665-6756 or visit [sinclair@valyousat.net](mailto:sinclair@valyousat.net).

### Youth Outdoor Expo Tomorrow At YMS

The 2011 Youth Outdoor Expo will be held April 9 at the Yankton Middle School, located at 21st and Mulberry. It runs from 10 a.m.-4 p.m.

This event will include indoor and outdoor interactive displays. Activities are scheduled to include archery, an inflatable obstacle course, search and rescue, no-trace camping, lashing and rope bridge, compasses and maps, tent building and campsites, Dutch oven cooking, utensil-less cooking, a bloodhound demonstration, buck saw, canoeing lessons and flags.

Entities involved with the Expo include the National Field Archery Association; the Department of Game, Fish and Parks; the South Dakota Highway Patrol; the U.S. Geological Survey; multiple emergency services; the Lewis and Clark Dutch Oven Services; Gavins Point Fish Hatchery; the U.S. Army Corps of Engineers; the Boy Scouts of America; and the Dakota Territory Girl Scouts.

For more information, visit the Youth Outdoor Expo page on Facebook.

### Riverboat Days Board Seeks Volunteers

The Riverboat Days Board of Directors is looking for a group to run the clean-up crew over Riverboat Days weekend in August. Any local group interested should contact the Riverboat Days office at [office@riverboatdays.com](mailto:office@riverboatdays.com) or at 665-1657.

### Nutrition Workshop To Be Held At YHS

Good Nutrition is important for all children, but what exactly is "Good Nutrition?" Learn about the basics of good nutrition and how this can impact your child's development at a free public workshop at 7 p.m. on Thursday, April 14, at RTEC, 1200 W. 21st St., north of Yankton High School.

Sponsored by South Dakota Parent Connection and USD Center for Disabilities, Parent Education and Support sessions are held each month via video-conference (Dakota Digital Network-DDN) across South Dakota. When available, materials for the presentation will be posted for viewing and printing prior to each session at [www.sdparent.org](http://www.sdparent.org), under Events "Support Groups" tab.

If you have questions or concerns about specific foods, nutritional supplements, additives or allergies, submit ahead of time, so your specific issue may be addressed. Submit your question by email to [sdpc@sdparent.org](mailto:sdpc@sdparent.org) or call 1-800-640-4553.

Parking and main entrance are on the south side of the building. Child care is not provided. The workshop is appropriate for parents and those working with or supporting students with cognitive, developmental, emotional/ behavioral, or physical special needs and their families.

For more information or to pre-register for future sessions, contact South Dakota Parent Connection at 605-361-3171, 1-800-640-4553, [sdpc@sdparent.org](mailto:sdpc@sdparent.org) or register on the website under Events tab.

■ Get Updates At Yankton Online ([www.yankton.net](http://www.yankton.net))

# Clean-Up Week Kicks Off In Yankton



COURTESY PHOTO

300 Yankton High School students participated in the Great American Cleanup on Wednesday with a cleanup of their campus, parts of 19th Street and the length of West City Limits Road. The students collected almost 30 bags of garbage as well as a few bags of cans and plastic bottles for recycling. Dr. Angie Hejl, Yankton High School Biology teacher and organizer of the cleanup event, with help from the Honor Society seniors, said "[this cleanup] shows the community that we have great kids who really want to give something back." Dr. Hejl said the students had been concerned about not being able to attend Saturday's Great American Cleanup due to conflicts with jobs, activities and the like. Conducting their cleanup on April 6 ensured they would be able to participate, and they had a great response from student volunteers as a result. The students also saw this as a great way to kick off the Great American Cleanup on Saturday and show their concern and support for their community.

## How To Make Every Day Earth Day

Family Features

Earth Day is a great reminder that there are many ways people can have a positive impact on the planet. But being more eco-conscious can go beyond just one day. Try these easy and earth-friendly tips in your daily life to help take good care of your family, home and planet.

**Trade Transportation.** According to [www.epa.gov](http://www.epa.gov), leaving your car at home just two days a week can reduce greenhouse gas emissions by an average of 1,600 pounds per year. So, try public transportation if you can. Carpool, walk or bike to work — and get the kids in on the act, too. Some schools sponsor "Walk to School" days to help cut emissions and get kids more physically active.

**Clean Green.** You don't need harsh chemical cleaners to take care of household cleaning. Natural products like Baking Soda can tackle many of your everyday chores. Church & Dwight Co., Inc, the maker of Arm & Hammer was the first corporate sponsor of the original Earth Day in 1970 and even though the initial celebration was over forty years ago, Baking Soda is still as safe and natural as it was back then. Arm & Hammer Baking Soda can be used to scrub away build-up on the grill, freshen the carpet, and can even take on patio furniture cleaning and pool care, too. You can also keep recycling bins deodorized with a regular sprinkling of Baking Soda. Get more tips at [www.armandhammer.com](http://www.armandhammer.com).

**E-Cycle.** If you have electronics that you no longer use, many of them can be recycled. Recycling old computers, DVD players and other electronics helps save natural resources, and reduces land, air and water pollution due to hazardous substances such as lead and chromium. Find out where to recycle your electronics at [www.earth911.com](http://www.earth911.com).



PHOTO COURTESY OF GETTY

**Wash Wisely.** The average washing machine uses 40.9 gallons of water per load, according to [www.epa.gov](http://www.epa.gov). If you are looking to buy a new washer, shop for a high-efficiency one that uses less than 28 gallons per load. Wash only full loads of laundry to save more water and energy.

**Go Outdoors.** Even if you live in an urban area, there are still ways you can plant your own garden. Without a backyard, head up to the roof. Planting a rooftop garden can help absorb pollution, reduce heat gain and ultimately result in energy savings. For easy maintenance, plant trees and perennial flowers to create an urban oasis or try a vegetable garden and enjoy fresh produce from

an unexpected location.

**Try a Natural Makeover.** Spruce yourself up with natural products that will make your skin and hair feel refreshed. To exfoliate your face and body, make a paste of three parts baking soda to one part water and rub in a gentle circular motion to remove dead skin cells. For squeaky clean hair, sprinkle a small amount of baking soda into your palm with your favorite shampoo and rinse as usual. Baking soda will help to remove residue and leave hair cleaner and more manageable.

It may not seem like much, but every step you take makes you, your home and the earth — a little better off.

## Home Care: What Can Your Lawn Do for You?

Family Features

Homeowners all over the country take great pride in their lawns. But a lush, green lawn can do more than boost egos. A healthy lawn can reduce allergens and dust, increase the value of a home, and reduce erosion and runoff.

#### REDUCING ALLERGIES

Of all Americans who are allergic to pollen-producing plants, 75 percent are allergic to ragweed. While a single ragweed plant may only live for one season, it produces up to one billion pollen grains during that time. A well-maintained lawn can help limit the amount of ragweed in the air, as it is typically free of many pollen-producing plants as well as other weed problems, such as poison ivy, poison oak and poison sumac. More than one half of the U.S. population is

allergic to these noxious weeds.

#### BOOSTING YOUR REAL ESTATE VALUE

A study conducted by Virginia Tech University estimated that attractive landscaping can increase the value of a home anywhere from 5 to 11 percent, depending on location. It was also reported that landscape investments are recovered fully, and sometimes doubled by the increased home values.

"Potential buyers can be immediately swayed by an unsightly yard, leaving them to wonder if the lack of care and attention to the lawn has been carried to the inside of the house," said Gray Mattern, Realtor in St. Petersburg, Fla. "If the buyer doesn't get past the negative first impression, he or she may decide to bypass the home completely without looking at the interior. In this buyer's

market, it's important to appeal to a wide range of prospective buyers."

#### REDUCING DUST AND SOIL EROSION

Healthy grass holds soil in place and prevents runoff from being washed into lakes, rivers and streams. The University of Minnesota released results of a research study showing a lawn that is not fertilized actually has more runoff than a lawn that is properly fertilized, due to the increased health of the grass.

"Proper lawn care practices will be rewarded by an aesthetically pleasing property and will result in a variety of environmental benefits," explained Dr. Cathie Lavis, horticulture professor, Kansas State University, Manhattan, Kan. "A key factor to success is selecting the right grass variety for both your region and particular site conditions."

#### HOW TO MAINTAIN A HEALTHY LAWN

"Lawn maintenance includes timely mowing and watering. Additionally, grass quality is generally measured in terms of color, density and uniformity," said Lavis. "Scheduled fertilization and an awareness of pests and their control will contribute to lawn quality."

Two elements of good lawn health are proper pesticide use when necessary and proper fertilizer use to ensure the grass has the nutrients it needs to thrive. A properly fertilized, healthy lawn helps prevent weeds, while pesticides control weed populations already present or before they emerge. Proper pesticide use also keeps grubs and insects at bay.

To get more information on the benefits of a healthy lawn, visit [www.debugthemths.com](http://www.debugthemths.com).

Open  
Mon-Fri  
9am-5pm

**LEWIS & CLARK  
FAMILY  
MEDICINE, PC**

**Family healthcare  
for newborn thru adult  
Walk-Ins Welcome**

Brandi Praveck, CNP  
Family Practice  
Lewis & Clark Specialty Hospital

1101 Broadway, Suite 103A, Morgyn Square • Yankton, SD  
(605) 260-2100 • [www.lewisandclarkfamilymedicine.com](http://www.lewisandclarkfamilymedicine.com)

**Gary R. Johnson • Rick Merkel • Ben Merkel**

Rural • Residential • Commercial

- Electrical • Telephone
- We trench H.O. Lines, footings & Electrical Lines
- Our Bucket Truck Reaches 50' PLUS! • We Set Poles

FAST COURTEOUS SERVICE • 214 CAPITAL ST., YANKTON  
605-665-5686

P&D CLASSIFIEDS WORK FOR YOU! CALL (605) 665-7811