

YAA Hosting Artist Reception Friday

Yankton Area Arts is hosting an Artist Reception to honor area painter Jolene Steffen at 5-7 p.m. Friday, April 13, at the G.A.R. Gallery. There is no charge for the reception, the public is invited to attend, and refreshments will be served.

Steffen will be on hand to introduce her exhibit entitled "Soul of the Heartland" as well as speak about her artistic philosophy and background during the Gallery Talk which will begin at 5:30 p.m.

The G.A.R. Hall Art Gallery and Yankton Area Arts are located at 508 Douglas. The gallery is open to the public free of charge from 1-5 p.m. weekdays and from 1-3 p.m. on Saturdays. For more information call 665-9754, email yaa@iwnet.net or see www.YanktonAreaArts.org.

It's Time For 'Great Nebraska Trash-Off'

LINCOLN, Neb. — Spring has sprung early in Nebraska this year, and roadside litter is one of many things that grab our attention. Who cleans up all that trash? Adopt-a-Highway volunteers are gearing up for the 22nd annual Great Nebraska Trash-Off, April 14-May 13.

Sponsored by the Nebraska Department of Roads, the Trash-Off is the perfect time for groups to do some "spring cleaning" along their adopted section of highway. All of that picking up means thousands of trash bags will be filled with lots of litter.

Denise Wallman, NDOR Operations Division, is the State Coordinator for the Adopt-a-Highway Program.

Catholic Workman Easter Party Set For Tabor

TABOR — The F.C.S.L.A. WO#93/Catholic Workman members and Family Easter Party will be held April 15 in Beseda Hall Tabor. The potluck brunch begins after the 8:30 a.m. Mass, followed by a short meeting and Easter Egg Hunt.

There will be no noon potluck.

4-H Leaders Honored By Tributes During April

April is National Volunteer Month, and during the month, 4-H alums will have an opportunity to say thank you to their former 4-H leaders for the impact they had on their young lives. The 4-H Leader Tribute Campaign provides that opportunity.

Those who donate to the campaign will be able to recognize their former leader, share a favorite memory about that leader and also provide critical resources needed for future 4-H volunteer training.

"A former 4-Her might not always remember the name of the club they were in but they never forget the name of their 4-H leader. The relationship between a youth and a 4-H volunteer is a bond like no other," said Audrey Rider, 4-H Youth Leadership Field Specialist.

"4-H leaders looked over our shoulders and guided us on our first 4-H projects; they gave us encouragement during our first demonstrations. They shared our triumphs and our disappointments," added Mary Ellen Aamot, a former 4-H club member and retired SDSU 4-H Specialist.

And, the 4-H program does not operate without them. South Dakota 4-H is delivered through a network of 3,500 volunteers supported by thirty-one county 4-H Youth Program Advisors across the state. Together they reach nearly 9,000 youth in community clubs and thousands more in other 4-H activities. A typical volunteer easily gives 10 hours a month. Even using a \$10/hour rate, their "job value" to 4-H and SDSU Extension tops \$4.2 million.

Tributes (by an individual, 4-H club or group) will be listed on a "virtual" 4-H Leader Tribute Wall on the 4-H Foundation website. The name of the volunteer and their club will be displayed along with the donor and the donor's favorite memory. A traveling tribute wall will be taken to statewide 4-H events and featured at the 2012 State Fair in Huron.

To make a tribute on-line, go to sd4hfoundation.org and click on 4-H Leader Tribute. For more information, call the South Dakota 4-H Foundation at 605-688-4943 or email lanell.quam@sdstate.edu.

Summer Accounting Institute Slated For USD

VERMILLION — High school sophomores and juniors interested in an accounting career or majoring in business can register now for the University of South Dakota 2012 Summer Accounting Institute.

Students from the region are encouraged to attend the five-day Institute, which is July 15-19. Under the direction of Erin Cornelsen, M.P.A., an accounting instructor at USD. The accounting institute will address educational, career exploration, and professional opportunities in accounting, including a field trip to a nationally-recognized public accounting firm and various regional businesses. Additional activities include faculty presentations, educational videos and fun events such as Frisbee golf, swimming, movies and more. Participants will also have an opportunity to meet national, regional and local employers who hire USD accounting graduates. Students attending the weeklong institute are also eligible for scholarships to attend the accounting program at the Beacom School of Business.

Past sponsors of the Summer Accounting Institute are Deloitte; Eide Bailly, KPMG, McGladrey & Pullen Certified Public Accountants, The South Dakota CPA Society, Ernst & Young, Daniel & Jennifer Meyer, Casey Peterson & Associates, Ltd., Dereck & Deidre Budahl, Jones, Kramer & Haber, LLP, Daktronics, Lurie Besikof Lapidus & Company, USD Beacom Opportunity Fund, Shull and Co., Ketel Thorstenson, LLP, and Williams and Company, PC.

For more information about the 2012 Summer Accounting Institute or to download a registration form, go to www.usd.edu/business/accounting/summer-institute.cfm. There is a cost to register; however, the registration fee is waived for students who are ranked in the top 10 percent of their class. These students need to include a letter from their high school principal or guidance counselor to verify their class ranking. Students can also earn one college credit upon successful completion of the Institute. The deadline to register is May 18.

For more, contact Erin Cornelsen, Erin.Cornelsen@usd.edu, (605) 677-5499 or Lynne Roach, lroach@usd.edu, (605) 677-5559.

BIRTHDAYS

JOY LIEN

Joy Lien of Yankton will celebrate her 101st birthday on April 14, 2012. A card shower is re-

quested. Send your well-wishes to Joy at the Yankton Care Center, 1212 W. Eighth St., Yankton, SD 57078.



Brightway Electric LLC

Yankton

Locally owned * Proudly Serving South Dakota & Nebraska.

Licensed ~~Insured~~ Warrantied Work Residential ~~Commercial~~ Service

Mike Suing
605-760-3505

Rod McNatt
605-661-9594

Let us "Brighten" your way!

Bucket Truck Available



Bergstrom - Ankeny

Mr. and Mrs. Kevin and Claudette Ankeny, of Yankton, SD, would like to announce the engagement of their son, Aaron Ankeny, to Kelsey Bergstrom, daughter of Tim and Sandy Bergstrom, of Aberdeen, SD.

Kelsey graduated from the University of Minnesota in 2007, and will be a 2012 graduate of the Sanford School of Medicine of the University of South Dakota. Kelsey will start her residency in pediatrics this summer at the University of Minnesota.

Aaron graduated from the University of Nebraska in 2007, and will be a 2012 graduate of the Sanford School of Medicine of the University of South Dakota. Aaron will start his residency in emergency medicine this summer at Regions Hospital, St. Paul, Minnesota.

They are planning a May 19, 2012 wedding in Sioux Falls, SD.



Mike Rosmann

Finding Our Best Places To Think

BY MIKE ROSMANN, PH.D.

I do some of my best thinking in the raspberry patch.

At the end of a mind-numbing day that has frazzled me, from late July until the first hard frost, I often end up picking red raspberries from our ever-bearing canes.

Most gardeners, farmers and others who have access to the outdoors will attest they do some of their best thinking in their "raspberry patches." For me it's not always the raspberry patch, where I can isolate myself from responsibilities temporarily.

The tall rows of pole beans that have climbed cattle panels that I attached to steel posts in one of my raised bed gardens provide another good place for solitude. I can pick beans and meditate at the same time.

The thick groves of pines and cotoneaster bushes surrounding our farm and the tall prairie grass on our CRP ground also provide good places to meditate. I don't take my cell phone with me, but I tell my wife, Marilyn, where I am headed so she can find me if necessary.

I have to allow sufficient time to become grounded. I let my mind sail to wherever it wants to go.

It always sails to the things that most need to be attended to. My gut tells me what is important to review.

Maybe I said something hurtful or inadvertently offended someone. Or maybe I was treated unfairly and now I feel angry.

LESSONS FROM PICKING BEANS

Metaphorically speaking, picking beans is a lot like life. If I approach the garden thinking there won't be many beans to harvest, I usually can't find enough for a meal.

I pay the price for this outlook the next time I pick beans because I usually discover



Dr. Mike
ROSMANN

life is, too — some of our most teachable moments occur when we bottom out. When I learn, I become buoyed up.

Some of the best people I encounter are those at the bottom of the human pecking order. They know humility and acceptance better than most of us. I learn from them.

GAINING INSIGHT

I have a wanderlust friend who spent several months during the 1970s working with Mother Teresa, the Albanian nun who devoted her life to caring for the most destitute in Calcutta, India.

Tom asked Mother Teresa when he began his sojourn if she would teach him compassion. For several weeks Tom worked in the hospital operated by the Missionaries of Charity.

Periodically he repeated his request to Mother Teresa; she did not answer him.

Just as Tom was about to give up his request and move on with his life, that evening Mother Teresa told Tom to meet her at 4 a.m. the next day by the hearse the sisters used to haul the sick and dying to the hospital. She asked Tom to drive the vehicle.

overly mature beans I previously overlooked.

Now, they are beyond their peak of delicious flavor and tenderness. If I proceed to pick beans with an attitude that I will find enough for a meal, I almost always find enough for supper.

Some of the best beans are at the bottom of plants and hidden among the stems and leaves. That's the way

As they traversed the streets of Calcutta, Mother Teresa directed Tom to pull next to a sickly man too weak to drag himself to the curb. She gathered the gravely ill man in her arms and told him, "My brother, you are saved."

Together, she and Tom maneuvered the dying man onto a gurney and lifted him into the hearse.

After unloading the sick man at the hospital, the two set out to find other indigents in great need of care. They spotted an emaciated man lying in his vomit on the side of the road and covered with flies and feces.

Mother Teresa directed Tom to pick up the man. As he approached the deathly ill man, Tom was so put off by his odor and filth he halted; he began to cry.

After several minutes Tom regained his composure. Tom cradled the sick man in his arms and easily lifted him into the hearse by himself, gently voicing, "Be comforted my brother."

But, as Tom thanked Mother Teresa for teaching him, she said, "Thank the man who you just cared for."

WHERE YOU DO YOUR THINKING

My experiences of insight usually aren't as powerful at Tom's, but in their own way completely remake my outlook. They bypass me if I don't discipline myself to meditate.

If I neglect prayer on a regular basis, something always nudges me. Meditation is cleansing and "opening up."

Sometimes I don't find the answers right away and I have to spend a lot of time in my garden or other niches to figure out things right. I can feel when I have attained peace.

Where do you meditate and work through issues?

Sponsor: Lewis & Clark Behavioral Health

Races

From Page 1

cil, filling the vacancy created when former councilman Kevin Tjeerdsma won election as mayor, Berndt said.

Tjeerdsma defeated Grogan in the mayor's race, but she retained her seat on the council and ran for re-election to her Ward II spot in Tuesday's election.

CENTERVILLE — In the school board race, newcomers Shelli Eide and Sylvia Kroger won the two 3-year terms with respective 146 and 106 votes.

Incumbent Greg Laska finished third with 79 votes.

Eide and Kroger will join the school board beginning with the first board meeting in July, according to school business manager Angie Poll.

A new face was guaranteed in Tuesday's election, as one incumbent did not run for re-election, Poll said.

The school election saw 170 votes cast for 17 percent turnout, she said.

FREEMAN — City voters decided two races and chose new leadership both times.

In the mayor's race, challenger Samuel C. Sorensen defeated incumbent Clifford "Lonnie" Tjaden 240-129 for a two-year term.

The mayor's election saw 39 percent of 952 registered voters casting ballots, according to city

finance officer Lisa Edelman.

In the Ward I council race, challenger Donna Waltnr defeated incumbent Royce Breneman 73-62 for a two-year term.

The Ward I race saw 43 percent turnout out of 314 registered voters for the ward, Edelman said.

MISSION HILL — Bob Johnson defeated Roy Mellegaard 34-31 for a 3-year term on the Board of Trustees.

A new face was guaranteed as incumbent Ben Westergren chose not to run for re-election, according to finance officer LeAnne Cutts.

The election saw 65 of 114 registered voters cast ballots for 57 percent turnout, Cutts said. However, the actual percentage was higher as a number of names, such as former residents, have yet to be purged from the voter registration list, she said.

The Mission Hill election canvass will be held Thursday night, Cutts said.

TRIPP — In Ward III, challenger Victor Olson defeated incumbent Gerald J. Schoenfelder 46-19 for a 2-year term on the city council.

The voter turnout was not immediately available.

VOLIN — In the town race, challenger Corey Logan defeated incumbent Charles Flemming 39-12 for a 3-year term on the Board of Trustees.

The election drew 51 of 110 registered voters for 46 percent turnout, according to town finance officer Jerry Knodel.

Yankton Transmission Specialists

• Transmissions • Drive Lines
• Transfer Cases • Differentials
2 Year / 24,000 Guarantee

2409 East Highway 50
(605) 665-1175

DON'T YOU WISH ALL MEN CAME WITH A 100% SATISFACTION GUARANTEE?

Receive Savings Up To

\$2250 Now!

Larry's Heating & Cooling has earned the right to be called a Carrier Factory Authorized Dealer. That's why your installation is 100% satisfaction guaranteed.

Free Estimates ~ Financing Available

Larry's HEATING & COOLING

920 Broadway Yankton, SD • 665-9461 • 1-800-491-9461




YOUR NEWS! THE PRESS & DAKOTAN

Insurance Division Warns About Non-Traditional Health Insurance

PIERRE — The Department of Labor and Regulation's Division of Insurance warns consumers about non-traditional health insurance policies such as limited medical benefit insurance or mini-med plans.

Such policies are not comprehensive major medical health insurance and offer a low level of coverage. There is no limit to how much consumers might have to pay for medical expenses.

"These plans are often sold as a cheap alternative and seem too good to be true," said State Insurance Director Merle Scheiber. "The limited coverage plan may cost less than a major comprehensive plan. However, a person may have to pay for more expenses on their own."

Common phrases consumers should beware of include:

- Real health insurance
- Guarantee issue or

acceptance

- No pre-existing conditions
- Premium is only good for limited "open enrollment" period
- Designed to pay for smaller, more common claims
- Affordable health insurance

To protect themselves, insureds should also ask the agent for their National Producer Number and be sure they are licensed in South Dakota.

"Consumers are at risk if they don't fully understand the actual insurance benefits, limits and exclusions," said Director Scheiber. "A costly illness or injury could lead to having to borrow money or face bankruptcy."

To learn more about limited medical benefit insurance plans and mini-med plans, read the Division of Insurance consumer alert at http://dlr.sd.gov/insurance/consumer_alerts.aspx.

THE WEIGHT IS OVER!



Erick Hoffman
lost 90 pounds in one year

"I tried different diets and exercise but never saw results. After witnessing the success a family member had with the LAP-BAND, I spent time researching and understanding the impact it could have on my life. After only 24 hours in the hospital, I was back home, ready to begin making the right choices. Now I run and lift weights and simple tasks are not as taxing as they used to be — I have even hiked Harney Peak."

JOIN US FOR A FREE EDUCATIONAL SEMINAR

Bariatric Seminar by Michael Haley, MD, FACS
Monday, April 16 • 7:00 P.M.
Best Western Kelly Inn
1607 East Hwy 50, Yankton, SD
For information, call 605-996-5482.

With the LAP-BAND® System, you can finally take control of your obesity and lose your excess weight once and for all. The only thing you'll gain is a happier, healthier life.

- Least invasive, safest surgical option
- No stomach stapling or intestinal re-routing
- Only adjustable surgical option for customized weight loss
- Completely reversible

Avera
Medical Group
Bariatrics
Mitchell

2200 North Kimball, Suite 950, Mitchell, SD • 605-996-5482

Put your health - and your life - first