The Press & Dakotan Weather Center

Yankton's F	orecast	Yankton Almanac	Regional Forecast	National Forecast
Monday 20	Sunny Precip Chance: 0% Wind: NW, 15-25 High: 56 Low: 31	Yesterday's High / Low57° / 48°Normal High63.1°Normal Low38.8°Record High92° in 1987Record Low20° in 1953Last Year High / Low79° / 45°	Pierre 55/30 Huron 56/28 Brookings 49/30 Ghamberlain 56/28 Mitchell 56/29 Sioux Falls 52/31	Today Tomorrow Location: Hi Lo W Anchorage 46 35 pc 45 33 pc Atlanta 76 53 t 70 49 s Boston 49 49 ra 64 46 sh Chicago 57 40 sh 54 41 pc Dallas 73 51 s 74 58 s
Tuesday 21	Sunny Precip Chance: 0% Wind: Light winds High: 63 Low: 33	Yesterday's trace Month to date 1.25" Year to date 2.21" Avg.year to date 3.92" Maximum this date 2.04" in 1941 Sun and Moon	Winner 56/29 Yankton 52/31 Winner 56/32 56/31 Sioux Center Nebraska Vermillion Sioux City	Detroit 63 41 sh 53 38 sh Green Bay 55 36 sh 45 32 ra Houston 79 60 pc 77 60 mc Kansas City 61 40 s 60 46 s Las Vegas 89 66 s 87 64 s Los Angeles 71 55 pc 68 55 pc Miami 86 76 t 85 76 t
Wednesday 22 Thursday	Sunny Precip Chance: 0% Wind: NW, 5-10 High: 58 Low: 31 Sunny	Sunrise Sunset Today 6:38 a.m. 8:18 p.m. Tomorrow 6:37 a.m. 8:19 p.m. Moonrise Moonset Today 8:08 a.m. 10:43 p.m. Tomorrow 8:55 a.m. 11:44 p.m.	O'Neill 55/32 Norfolk 55/32 Omaha 57/36	Minneapolis 44 34 sh 48 32 pc New York City 62 53 ra 65 48 pc Philadelphia 71 55 ra 67 46 s Phoenix 92 62 s 89 58 s San Francisco 62 51 mc 61 52 mc Seattle 68 51 s 66 50 pc Tampa 83 71 t 83 70 t Washington, D.C. 76 54 t 71 49 s
23	Precip Chance: 0% High: 58 Low: 35	First Full Last New 4/25 5/3 5/11 5/17	Forecast for TodayTodayTomorrowS. DakotaTodayTomorrowHiLoWHiLoWAberdeen5330s5628sVermillion5630s6332sBrookings4930pc5430sWatertown4929sh5228sBrookings4930pc5430sWatertown4929sh5228s	AG InformationLowest Relative Humidity21%Hours of Sunshine14Pan Evaporation0.17"4" Soil Temperature59.2
Friday 24	Partly Cloudy Precip Chance: 20% High: 59 Low: 36	Weather key: s-sunny, pc-partly cloudy, mc-mostly cloudy, cl-cloudy, t-thunderstorms, sh-showers, ra-rain, sn-snow, fl-flurries, w-wind	Custer 46 29 s 55 33 s Winner 56 32 s 62 34 s Deadwood 47 30 s 58 32 s Iowa Iowa	Gavins Point DamLake Temperature49°Lake Elevation1206.45Discharge24,500 cfsSpillway Release0 cfsTailwater1154.83

Prize

From Page 1

This is a 13.8 percent growth which is almost double the 7 percent growth projected for all industries.

The Yankton team created the video as part of a project in their Anatomy and Physiology course under the instruction of Dr. Angie Hejl.

'This criteria fit into this course very well and was another way for the students to show proficiency through a project, rather than just taking a test," Hejl said.

"I have to say, I was extremely pleasantly surprised," she added. "I shouldn't have been, because these students are very hard workers. But the caliber was great. And not to diminish, what these girls have done – but all the projects were wonderful.'

In an interview with the Press and Dakotan, the junior girls said they all wanted to go into a healthcare field of study or a career that mixes marketing and healthcare.

The video the team made promoted many different healthcare-related careers.

'We filmed a trainer, a pharmacist and a dietitian so people knew a few of the many options they could take in the health care industry, Frick said. "We hope it really does promote and people think about joining the healthcare industry because it's growing."

From Page 1 en said the v

South Dakota **Beef Checkoff Educating Dietetic Students About Beef Nutrition**

PIERRE — Dietetic intern students from the University of South Dakota (USD) will soon have the opportunity to learn about current beef nutritional research, thanks to the Beef Checkoff Program. The South Dakota Beef Industry Council (SDBIC) will be providing a Dietetic Internship Media Training Day on SDSU's campus in Brookings April 24.

Holly Swee, RD, LN, SDBIC director of nutrition, will present an overview of beef nutritional information with the interns, and the students will also have a chance to meet with a South Dakota cattle producer, who will share the beef production story — from pasture to plate.

"This event is a unique opportunity to work with dietetic interns as well as local dietitians in education and provide them with resources to help them meet their com-

Heroes

petency needs," said Swee. At the same time, this event allows us the opportunity to provide the interns with recent nutritional research regarding lean beef in a healthy dietary pattern."

Some of that research that will be presented includes the Beef In An Optimal Lean Diet (BOLD) Study, which was published by the American Journal of Clinical Nutrition and Journal of Human Hypertension. Participants in the BOLD Study experienced a 10 percent decrease in LDL cholesterol from baseline when they ate lean beef daily as part of a heart-healthy diet and lifestyle containing less than 7 percent of calories from saturated fat.

To access more results from the BOLD Study, check out: http://www. beefitswhatsfordinner.com/ CMDocs/BIWFD/Bold/BOLD-FactSheet.pdf/.

professionals was trained for a moment like this and when the moment arrived, they were ready." Hawkins said he thinks

Prior to the training day, the interns will receive beef education materials to review in preparation for interviews with Daren Williams, National Cattlemen's Beef Association executive director of communications. Williams assess the students' knowledge of beef through mock interviews and provide constructive feedback and tips to help prepare them when responding to their clients and media about beef. The training day will also include a cooking demonstration and critiques of the students' work.

This is important outreach because these interns will help shape nutrition education to consumers in the future," said Swee. "We want them to be familiar with the current research regarding beef and know where to find reliable resources on this topic as well."

For more information on Beef Checkoff Program, check out www.sdbeef.org/

communities. I just don't know how to emphasize all the commitment that all the staff of these organizations commit to their community.

Crohn's, Colitis Meeting Slated Tuesday

There will be a Crohn's and Colitis support group meeting on Tuesday, April 21, at 6:45 p.m. Avera Sacred Heart Campus Pavilion 409 Summit, Yankton.

This meeting is for patients with Crohn's or Colitis and their family and friends.

For information, call Kathy Ryken at 665-8667 or Dave Brown at 665-7199, evenings.

Yankton To Host Arbor Day Festivities

The public are invited to the Arbor Day festivities and the celebration of Yankton's 31st year as a Tree City USA. The festivities will be held at Fantle Memorial Park, located at the corner of 19th Street and Douglas, on Friday, April 24, beginning at 10 a.m.

An Autumn Blaze Maple will be planted as part of the Arbor Day celebration which will help provide shade and beautiful fall color to the park for future generations.

The Autumn Blaze Maple has been donated to the City of Yankton by the group Advance America.

If you have questions, contact the Department of Parks and Recreation Office at 668-5231.

Tutor Training Program To Be Offered

If you are over the age of 18 and looking to get involved in your community and you are able to donate 2-3 hours per week to assist an adult learner, this is your opportunity.

- A 10-hour Tutor Training program for volunteers will be held at Southeast Job Link on the following dates and times:
 - Monday, April 27, from 5:15-8:15 p.m.;

 - Monday, May 4, from 5:15-8:15 p.m.;
 and Monday, May 11, from 5:15-9:15 p.m.
- Meals will be provided to those attending.

Topics include characteristics of Adult learners, "compassion," teaching adults with learning disabilities, creation of lesson plans and much more.

Registration is requested. Contact Sheri, Teresa or Veronica at (605) 668-3480.

Professional Dev. Institute At MMC

Mount Marty College is opening a new Professional Development Institute intended to provide contemporary annual professional development opportunities to teachers, with

main focus was to encourage younger people to enter into the healthcare industry.

'We wanted to take the best approach in encouraging people to at least look into it, she said. "We filmed it, acted in it and did all the editing ourselves.

The \$500 that was given to YHS will be used to buy new equipment for the anatomy class, Golden said.

"I think we all feel pretty honored that we received this award," she said.

The video may appear on regional television as a public service announcement, which will be determined by the sponsors.

The video can be viewed at www.yrahec.org.

Follow @hartjordynne on twitter.

LOTTERIES

SATURDAY RESULTS

DAKOTA CASH: 03-08-18-24-26, Estimated jackpot: \$57,000 HOT LOTTO: 06-16-23-36-45, Hot Ball: 14. Estimated jackpot: \$6.93

million

POWERBALL: 13-22-23-29-31, Powerball: 17, Power Play: 3 WILD CARD: 01-09-13-22-25, Wild Card: QD. Estimated jackpot:

\$575.000 2 BY 2: Red Balls: 6-21, White

Balls: 3-13 MYDAY: Month: 11, Day: 29, Year: 2

PICK 3: 8-5-6 PICK 5: 09-10-12-23-33.

SUNDAY'S RESULTS 2 BY 2: Red 08 19; White 02 06



office of Emergency Medical Services said in a statement to the Press and Dakotan. 'This award recognizes the services of the agencies, the dedication of those involved and the expertise of their training. This group of

these kinds of awards should be given to our local heroes more often.

"All the first responders commit themselves to long hours away from home, continuous training and stressful situations," he said. "They are so committed to their

ON THIS DATE

75 YEARS AGO Saturday, April 20, 1940

• Eight counties in northeast Nebraska are to become the first rural testing ground in the United States for the federal government's

new food stamp plan for the distribution of surplus commodities. · The annual industrial art ex-

hibit of the Yankton County rural schools is to be open for public viewing on the third floor of the courthouse from April 24 to 27.

50 YEARS AGO

Tuesday, April 20, 1965 · Yankton citizens, as well as many visitors, are today paying tribute to one of Yankton's most noted sons, Chan Gurney, who has sent most of the time from 1938 until the present in Washington D.C., first as U.S. senator for 12 years and later as a member if the Civil Aeronaut-

ics Board of 14 years. • Dr. Martin Luther King Jr. says there have been signs of progress in the Negro's struggle for civil rights in Alabama, but adds, "We must make sure that noble words are implemented.

the-scenes work that they do that people just don't know about. You don't know until you need them."

They do so much behind-

Follow @hartjordynne on twitter.

• Two area facilities were in-cluded among the 10 South Dakota

day. • Yankton took another step Thursday in its efforts to provide more jobs and economic opportunities in the community with

Administrative **Professionals Week** April 20th-24th

Sending Smiles Vase Single Gerbera In Vase	^{\$} 13.95
Desktop Posy Vase Mixed garden flowers in clear bud vase	^{\$} 19.95
You're The Greatest Garden mixed flowers vased	^{\$} 29.95

^{\$}42.95 It's Your Day Mixed flowers in travel cup with tin of tea



25 YEARS AGO

Friday, April 20, 1990

companies that released the most toxic chemicals into the air in 1988. a government report stated Thurs-

ground-breaking ceremonies for Summit Precision, Inc.

courses offered on the Yankton campus.

The transcripted credits can be used for teaching certificate renewal.

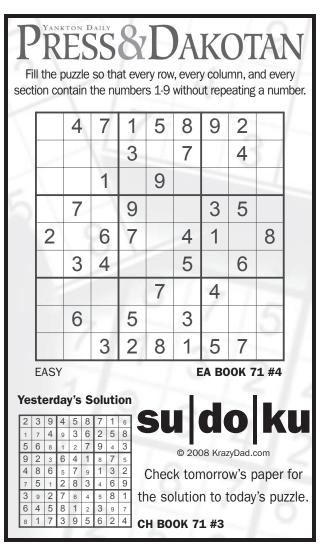
This first summer, two workshops will be offered within the Professional Development Institute:

• June 8-9 — "Teaching for Meaning with Backwards Design": Aversion of the popular backwards lesson design plan known by its trademarked title "Understanding by Design."

• June 11-12 — "Emotional Intelligence in the Classroom": Taught by a local professor at Mount Marty College who specialized in Social and Emotional Learning throughout her doctoral course of studies.

Mount Marty College will also continue to give one credit for the annual Yankton Area Mental Wellness Conference hosted on campus June 3-4, 2015.

Visit http://www.mtmc.edu/mastered/pdi.aspx for more information and for registration details, or contact Dr. Debbi McCuin at deborah.mccuin@mtmc.edu.





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