

YANKTON TOWN AND COUNTRY GARDEN CLUB FLOWER/VEGETABLE SHOW



PHOTO: BRENDA K. JOHNSON
Parker Bailey, seventh grader of Gayville had tomatoes and a cantaloupe selected for Best of Show in the Junior Division.



PHOTO: BRENDA K. JOHNSON
Twila Burwitz of the Wakonda Garden Club received 1st Place Award in Design. Her entry was a Best of Show selection.



PHOTO: BRENDA K. JOHNSON
Donna Anstine of Yankton entered Flock of Sheep in the Design Division that were made from cauliflower, kalamata olives, and black-eyed peas.



PHOTO: BRENDA K. JOHNSON
Linda Richards of Yankton submitted this "Fairie Garden" entry that was among those considered for Best of Show.

RESULTS

President Betts Pulkrabek provided results for the show judged and displayed for the public on July 28th at the Yankton Community Public Library.	
ADULT DIVISION DESIGN Water Can Arrangement Category: Twila Burwitz of Wakonda Garden Club, 1st Place Anything Goes Category: Connie Zimmerman of Yankton, 2nd Place	JUNIOR DIVISION DESIGN Fairie Garden Category: Katrina Newland of Yankton
ADULT DIVISION HORTICULTURE Specimens Category: Betts	JUNIOR DIVISION HORTICULTURE Vegetables/Fruits Category: Parker Bailey of Gayville, 1st Place Cucumbers Vegetables/Fruits Category: Parker Bailey of Gayville, 2nd Place Cantaloupe

Dog Goes From Bad Boy To Hero

BY KATHY ANTONIOTTI
Akron Beacon Journal
(MCT)

AKRON, Ohio — A few weeks ago, Jennifer Yost of Springfield Township, Ohio, and her dog, Dizzy, participated in Hudson Safety Town's Dog Safety program.

On July 19, the pair demonstrated to children and their folks what to do if they are caught in a fire. Together, the pair showed the kids how to escape through a window after crawling under a layer of smoke on their bellies through a fire safety house.

Evidently, Dizzy, a 4-year-old black Labrador retriever/German shepherd mix, learned his lesson from the demonstration better than his mistress did. Yost, 20, admits she fell short. When fire struck her home the following morning, Dizzy resorted to something he had never done before: He bit her, but it may have saved her life.

But that is only part of this amazing story about the pair who have traded places, blurring the roles of hero and victim through their mutual love and devotion.

As with many good stories, the heroine (Yost) saved the unfortunate and misunderstood victim (Dizzy) from certain death. Three years ago, Dizzy had an aggression problem. Trainers and veterinarians agreed he should be put down because he was too mean to be rehabilitated.

Yost, who was only 17 at the time, disagreed. She saw a young dog with lots of energy that needed a job. So Yost, who knew very early in life that she was fated to be an animal advocate, adopted the pup and enrolled him in Paul Pollack's Sit Means Sit dog training program in Copley Township, Ohio.

"When I showed up at Jen's house to meet Dizzy for his evaluation, Jen had to hold him back from attacking me when I knocked on the door," Pollack remembered.

"I asked Jen to put his muzzle on and bring him out on a leash. When he came out of the house, he was growling and lunging at me. If he was not muzzled, I definitely would have been bitten.

"I was able to get him calmed down and looking to me for direction in about 10 minutes."

Dizzy's schooling was so successful that now Yost and Dizzy work for Sit Means Sit training other dogs and their owners.

He also is such a model canine citizen that Pollack feels comfortable using him for Safety Town demonstrations.

"Through the course of the (Hudson, Ohio) program, Dizzy played in a hotel last week, waiting for the damage to be repaired, her menagerie temporarily with rescue groups and friends. All in all, things could be much, much worse, she said.

And so the story ends, with the rescued being the rescuer.

A student at Kent State Univer-

sity in pre-veterinary medicine, Yost founded Bird Nerd Rescue/Sanctuary seven years ago in her home. The business is dedicated to the rescue, rehabilitation and adoption of domestic parrots. A year ago, she moved Bird Nerd to a 3,000-square-foot facility in Canton. Add to that, Yost teaches veterinary technician classes, bird handling and grooming along with her job at Sit Means Sit.

Just listing her schedule is exhausting, so it's no wonder that sometimes, she is, too. Friday is the only day that Yost, who lives with her mother, Debbie Yost, three dogs, five exotic rescued birds and four cats, gets to sleep in.

She described the events leading up to the fire.

"I got in late (Thursday) night after the demonstration. I then had to go back to the training facility and take care of the dogs who are here for boarding," Yost said.

When she got home she said, she thought she smelled something "weird," so thinking it was coming from the air conditioner, she unplugged it and went to bed.

She was still in bed when her mother left for work Friday morning. Yost said, but Dizzy started licking her face, trying to make her get up. She thought he was just being a pain and wanted her to let him outside.

Next, "He started barking and I pushed him away," she said.

Then, Dizzy bit her hand hard enough to draw blood. That got her attention.

"No way did you just bite me," she said as she jumped out of bed and realized the house was on fire and filled with smoke. The source was a fluorescent light in an aquarium in another bedroom, firefighters later determined.

"(A) fireman told me if I had slept another 20 minutes, I would have died from the smoke," Yost said.

Pollack said Dizzy's actions escalated in aggression because he had to "wake his mom. He went from trying to wake her up by crying and barking to biting her because he had to," he said.

Yost ran back inside eight times to remove animals from the burning home, Dizzy by her side. She scooped up handfuls of birds and carted them to an outdoor aviary.

"I did absolutely everything that I was not supposed to do," she said.

A scarlet macaw was the only animal left behind, but after being treated for smoke inhalation by an emergency veterinarian, the parrot is doing fine today.

Yost and her mother were staying in a hotel last week, waiting for the damage to be repaired, her menagerie temporarily with rescue groups and friends. All in all, things could be much, much worse, she said.

And so the story ends, with the rescued being the rescuer.

Home And Garden Checklist

BY DEBBIE ARRINGTON
McClatchy Newspapers
(MCT)

Vacation season often sees a spike in home burglaries. How do you keep your property safe (and your peace of mind) while you're away from home?

Installing motion-sensor lighting, window and door alarms plus timers for indoor and outdoor lighting are easy projects that most anyone can do, say the experts at the Home Depot.

Here are some tips to keeping your home protected and your garden growing during vacation or any time:

HOME CHECKLIST

- Deadbolts are a must. The most important line of defense for protecting your property is making sure you install deadbolts on every entry door to your home, say the experts. Get strong ones – Grades 1 or 2 offer the best protection.
- Considered the most durable, Grade 1 deadbolts extend at least 1 inch into the door frame. They're made to withstand at least 150 pounds of pressure and the equivalent of 10 hammer blows. More common for residential uses, Grade 2 deadbolts project up to five-eighths of an inch into the door frame and withstand impacts of up to 120 pounds of pressure.
- Link your outdoor lights to motion sensors. The sensors will startle intruders by instantly exposing them to light.
- Get them on camera. Consider installing an affordable video system that allows you to view the outside of your home. (It also will help to identify potential intruders.)
- Alarm systems have become more advanced and easier to in-

stall with Wi-Fi options. Consider alarms for windows and exterior doors.

- Make it look like you're at home. If you're going away on vacation, put timers on your interior lights. Specifically, look for timers that stagger when your lights go on and off from day to day. That prevents a predictable pattern from being established.
- Also, remember to put a hold on mail and newspaper delivery if you're away. You don't want mail and news- papers piling up at your door.

GARDEN CHECKLIST

- Harvest tomatoes, beans, squash, pepper and eggplants to prompt plants to keep producing.
- Give your plants a deep watering twice a week, more if they look droopy or grow in containers.
- Don't forget to feed your food. Give tomatoes, squash and other crops a boost with phosphate-rich fertilizer to help fruiting. Always water before fertilizing.
- Get started on the fall vegetable garden. Plant seeds for beets, carrots, Chinese cabbage, head lettuce, mustard, onions, parsley, parsnips, potatoes, rutabagas and turnips.
- Watch out for caterpillars and hornworms in the vegetable garden; they can strip a plant bare in one day. Hand-pick these bugs off plants in early morning or late afternoon.
- Enlist youngsters as bug catchers. Offer kids a 25-cent bounty for collecting them in a jar. Identify the beneficial butterflies-to-be (and relocate them to somewhere else in the garden); then dispose of the others. How do you tell which is which? Visit www.bug-guide.net and <http://butterflyweb-site.com/>

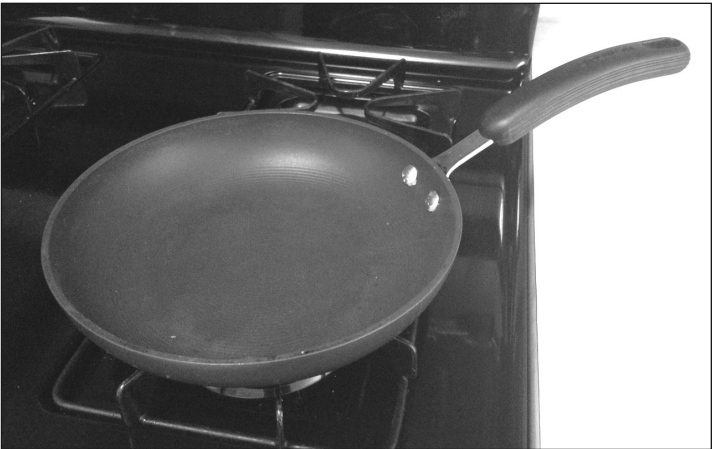
Do Your Part: Not All Cookware Created Equal

BY TERRI BENNETT
(MCT)

There are lots of reasons to cook at home — everything from trying out a fabulous dessert to serving up your family's favorite meal. Most times, it's enjoyable to cook and usually a whole lot healthier and affordable than eating out. But here's the thing. Do you know how safe the cookware you use is? It may not be as harmless as you think. Do Your Part to find out how your cookware choice can impact you and your family.

Keep in mind that not all cookware is created equal. To begin with, there is ongoing controversy about certain pans that are designed to be non-stick.

Their coating can actually leach a chemical known as perfluorooctanoic acid or PFOA when exposed to high heat and especially if scratched. PFOA has been linked to cancer and birth defects. Some non-stick cookware can also release PTFE (polytetrafluoroethylene), which



MCT
"Do Your Part" to find out how your cookware choice can impact you and your family.

can actually release toxic fumes known to create health problems for animals. And there's another important reason to avoid traditional non-stick cookware. It doesn't break down in our environment. You can find out more about PFOA and PTFE by going to DoYourPart.com/Columns.

If non-stick is a must have in

your home, there are more, safer options than ever. You can now find specifically PFOA-free and PTFE-free cookware in many home goods stores. Most are made to be non-stick by using ceramic and silicone. They come in all shapes and sizes and all price ranges. Earth Pan, Starfrit, and Green Pan are all good op-

tions. One word of warning, avoid using metal utensils on them because it can easily scratch the cookware's surfaces.

It's also good to know that safer cookware options are oftentimes much less expensive than those non-stick pots and pans. For general cooking, cast iron pieces are perfect. A standard cast iron skillet is not only durable; it can enhance the flavors of what you are cooking. And, get this — it'll probably only set you back about ten bucks. Cast iron is beloved by chefs and doesn't release any toxic chemicals. Other safe bets are stainless steel, ceramic, and glass cookware, which can even be made from recycled materials.

Taking a little extra time when cooking your favorite dishes will mean you're cooking up a meal that's a whole lot healthier. Remember, you can Do Your Part even while deciding what to make and how to cook it. Isn't that a delicious recipe?

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