

# COMMUNITY CALENDAR

The **COMMUNITY CALENDAR** appears each Monday and Thursday. Contributions to this list of upcoming events are welcome and should be submitted two weeks before the event. Submissions **MUST** be typewritten or legibly printed and include the name and phone number of a contact person. Send items to P&D Calendar, 319 Walnut, Yankton, SD 57078, or email to [news@yankton.net](mailto:news@yankton.net).

## MONDAY

**Line Dancing**, 9:30 a.m., The Center, 605-665-4685  
**Quilting**, 9:30 a.m.-3 p.m., The Center, 605-665-4685  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Daily Reprieve**, noon, open meeting non-smoking, 1019 W 9th St.  
**Interchange**, noon, Minerva's Bar and Grill, 605-660-8849.  
**Cribbage**, 1 p.m., The Center, 605-665-4685  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Whist**, 12:45 p.m., The Center, 605-665-4685  
**Hand & Foot Cards**, 1 p.m., The Center, 605-665-4685  
**River City Harmony Sweet Adelines**, 6:30 p.m., First United Methodist Church, 11th and Cedar, 605-661-7162  
**Divorce Care**, 7 p.m., Calvary Baptist Church  
**Divorce Care For Kids**, 7 p.m., Calvary Baptist Church  
**Daily Reprieve**, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

### FIRST MONDAY

**Yankton Republican Party Executive Meeting**, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605  
**Yankton Lions Club**, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694  
**Heartland Humane Society Board Meeting**, 6:30 p.m., 601 1/2 Burleigh  
**Yankton Parks Advisory Board Meeting**, 5:30 p.m., RTEC, 1200 W. 21st Street

### SECOND MONDAY

**Yankton Diabetes Support Group**, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456  
**Yankton School Board Meeting**, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998  
**Yankton Area Writers Club**, 7 p.m., Books & Beans, downtown Yankton, 605-664-6582  
**Tri-State Old Iron Association Meeting**, 7 p.m., JoDeans Restaurant, 605-665-9785.  
**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street  
**YHS Booster Club Meeting**, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

### FOURTH MONDAY

**NARFE Chapter 1053**, 10 a.m. at The Center, located at 900 Whiting Drive.

## TUESDAY

**Table Tennis**, 8:30 a.m., The Center, 605-665-4685  
**Yankton Community Forum**, 8:30 a.m. coffee, 9 a.m. meeting at Hillcrest, 605-664-5832  
**Ladies Pool**, 10 a.m., The Center, 605-665-4685  
**Weight Watchers**, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.  
**Yankton Alanon**, noon, non-smoking session, 1019 W 9th Street  
**Nurse**, 12:30-3:30 p.m., The Center, 605-665-4685  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Bingo**, 7-9 p.m., The Center, 605-665-4685. (Open to the public)  
**Open Billiards**, 7-9 p.m., The Center, 605-665-4685  
**Yankton Alcoholics Anonymous STEP Sessions**, 7 p.m. and 8:30 p.m., 1019 W. 9th St.  
**Vermillion Unity Alcoholics Anonymous**, 7:30 p.m., closed session, Trinity Lutheran Church at 816 E Clark St. Vermillion.  
**Vermillion Alcoholics Anonymous**, 8 p.m., non-smoking closed session, 16 1/2 Court St. Vermillion

## WEDNESDAY

**Line Dancing**, 9:30 a.m., The Center, 605-665-4685  
**Nurse**, 10 a.m.-noon, The Center, 605-665-4685  
**Quilting**, 10 a.m.-3 p.m., The Center, 605-665-4685  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Daily Reprieve**, noon, non-smoking open session, 1019 W. 9th St.  
**Whist**, 12:45 p.m., The Center, 605-665-4685  
**SHINE**, 1-4 p.m., The Center, 605-665-4685  
**Yankton Alcoholics Anonymous**, 7:30 p.m., non-smoking session, 1019 W. 9th St.  
**Springfield Footprints**, 7:30 p.m., non-smoking open session, Catholic church, Springfield

## BIRTHS

### ALEXIS WRIGG

David and Sarah (Haken) Wrigg of Luverne, Minn., announce the arrival of their daughter, Alexis Faith Wrigg, born July 26, 2012, at Sanford Hospital. She weighed 6 pounds, 12 ounces.

Alexis joins a brother, Logan, 3.

Grandparents are Steve and Nancy Wrigg, Viborg, and Dan and Bonnie Haken, Pipestone, Minn.

Great-grandparents are Milton and Reta Nielsen, Viborg, and Dena Van Ruler, Pipestone.

### CALE CAMERON

Jessica Peck Cameron and Garrett Cameron of Yankton announce the birth of Cale William Cameron, born Aug. 1, 2012, at Avera Sacred Heart Hospital, Yankton. Cale weighed 7 pounds, 13 ounces.

Cale joins a sibling, Kolden, 2 1/2.

Grandparents are Don and Diane Cameron and Michael and Barbara Peck.

Great-grandparents are Bill and Cleo Uhing and Mildred Cameron, Yankton.

### KYLEIGH ANDERA

Tyler Andera and Maggie Larsen of Yankton announce the birth of their daughter, Kyleigh Rae Andera, born June 16, 2012 at 11:14 a.m. She weighed 7 pounds, 13 ounces and was 20.25 inches long.

Kyleigh joins sisters Carmyn

Lanphear, age 5 and Kenidi Andera, age 4.

Grandparents are Curt and Karen Larsen of Gayville and Tom and Debbie Andera of Yankton.

Great-grandparents are Jim and Donna Bjornebo of Madison, the late Wilbur and Betty Larsen of Yankton, the late J. W. and Bernetta Vollmer of Yankton, Kay Andera of Chamberlain and the late Leonard and Verlyn Andera.

### RUBY MILLER

Justin Miller and Alissa Wade of Yankton announce the birth of their daughter, Ruby Ella Miller. She was born August 17, 2012, at 8:32 a.m., weighing 8 pounds and measuring 20 inches.

Siblings are Miguel, age 17; Tyler, 16; Robert, 12; Joseph, 10; and Billy, 4.

Grandparents are Scott and Julie Miller of Yankton, Richard and Colleen Wade of Sioux City and Mark and Debra Winckler of Yankton.

Great-grandparents are Margaret Miller of Marion, Elmer Unruh of Sioux Falls and Art Winckler of Yankton.



Miller

Obr

No gifts are requested.

Cards may be sent to 702 E. 15th Street, Yankton, SD.

BY COURTNEY PERKES

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HUNTINGTON BEACH, Calif. — On school nights, Patti Anderson asks her three children what they want for lunch the next day. Her fridge is stocked to accommodate requests for butcher-sliced turkey with string cheese, low-sodium soup or chopped bell peppers.

She usually leaves her signature on their lunches, too.

“You did a great job on your choices for lunch,” she writes in a note. “I hope you enjoy them. I love you.”

Anderson, a personal trainer who lives in Huntington Beach, has found that letting her children — who are 8, 10 and 12 — pick from a healthy range of options means they’ll eat their lunches. She doesn’t mind packing three meals to suit their tastes.

“It’s important to know they’re getting fed properly so their mind and body work together well to the best of their abilities,” Anderson said. “I know that they’re eating well and don’t just have a bag of chips.”

Beyond her own household, Anderson, 49, has introduced positive reinforcement for healthy lunches to the school cafeteria. During health and fitness week at John H. Eader Elementary, she inspected lunch bags and awarded raffle tickets for each healthy item students brought.

“It becomes fun,” she said. “It’s interactive with the children.”

As students head back to class, cooking and nutrition experts say school lunches can be a learning opportunity, especially when parents involve the students in the process.

Richie Robinson, a chef who teaches cooking classes for children, said kids become

more adventurous with food when they get involved with shopping and preparation.

“Make it a game or a ritual,” he said. “If they see the stuff and they touch it and they help prepare it, they’re more interested in eating it.”

Variety and creativity are also important. Parenting magazines often include good recipes, Robinson said.

“Mix it up,” he said. “Kids have taste buds. We gotta remember they’re little chefs.”

Jan Skaar, a clinical dietitian at Children’s Hospital of Orange County, said packing a healthy lunch is a good way to reduce the risk of obesity and ensure that kids have adequate energy for learning and after-school activities.

“Kids are growing, and they need their energy during the day,” Skaar said. “It’s a long stretch from the time they leave the house until late afternoon when they might get home. What they’re eating during the day is really important.”

Skaar’s youngest daughter, 16, has outgrown a Disney lunchbox. But she still likes taking her lunch to high school, now in a plain insulated bag.

“I still feel it’s really important for her to have good things to eat during the day,” Skaar said. “Every so often I’ve given my kids the opportunity to buy things at the school. Always they would come back and say, ‘There’s just nothing really good to choose from.’ They got in the habit of liking and wanting the homemade lunch rather than what was offered at school.”

She said parents can avoid the high sodium and nitrates of processed foods like Lunchables by creating their own versions.

Skaar’s favorite items to pack include string cheese, yogurt, fresh fruit, grape toma-

# Barn Quilt Designs Hope To Boost Tourism

BY MARY BETH BRECKENRIDGE

© 2012, Akron Beacon Journal

AKRON, Ohio — Paintings of quilt squares are popping up on barns around the country.

But they’re more than just a folksy attempt to beautify the rural landscape. These are the engines of a movement to promote tourism and spark economic development across rural America.

The movement was started by an Ohioan, Donna Sue Groves, and is the subject of the new book “Barn Quilts and the American Quilt Trail Movement” by Suzi Parron.

It all started with one boring tobacco barn.

That barn belongs to Groves, who lives in Southern Ohio’s rural Adams County. It’s on the nonworking farm she and her mother, Maxine Groves, bought in 1989, and its plainness bothered her.

She got the idea of painting a quilt-square design to beautify the unadorned exterior and honor her mother, a quilter. But years went by, and she never followed through.

“It got to be a joke among my friends,” she recalled. “They’d say, ‘Did you paint that quilt square yet?’”

Still, the idea stayed in the back of her mind. And when she went to work for the Ohio Arts Council and saw how murals painted on buildings could be used to build community pride and spur tourism, she recognized that her simple idea could have similar implications.

Why paint just one quilt square on one barn? she thought. Why not paint quilt patterns on a bunch of barns and create an art trail?

Tourists could come to see them, and the dollars they’d bring would benefit hotels, bed and breakfasts, gas stations,

restaurants and all sorts of businesses.

She was part of a group of volunteers that developed the concept, and in October 2001 Adams County put up the first square.

“Mother didn’t get her quilt square till three years later,” Groves said with a laugh.

But a movement had begun. In the years since, the quilt barn movement has spread to 43 states, where communities have created and installed quilt squares on barns or other sites and organized those sites into tourist trails.

The creation of a quilt barn trail is usually a well-planned undertaking that follows guidelines first established by the Adams County group and continually refined by groups that have followed. But “there are no hard-core rules that you have to follow,” Groves said. Communities typically identify barns to highlight and then come together to paint the designs on 8-by-8-foot plywood squares and mount them on the barns, she explained. The trail is then publicized to bring in tourists.

The effort tends to build camaraderie, Groves said, especially around the creation of the quilt squares. “Children, elders, everybody can paint on them,” she said.

It also tends to spark entrepreneurial efforts by farms along the trail, such as corn mazes, shops and petting zoos.

Some communities have tweaked the idea to display quilt squares on significant buildings or even create freestanding displays of squares mounted on posts.

Of course, sometimes individuals put up their own quilt squares outside of organized trails, and that’s just fine with Groves.

“That will be a unique sur-

prise along the trail,” she said. “I keep reminding people there are no barn police.”

Author Parron, who lives outside Atlanta, first encountered a quilt barn when she took a wrong road in Kentucky during a cross-country camping trip in 2008. She said she was impressed when she learned about the quilt squares’ purpose and especially liked that they honor the often-overlooked contributions of women to American agriculture.

“When you see a farm, you think of a man hard at work, not really a woman,” she said.

Parron thinks part of the appeal to the sponsoring communities is the chance to create art and display it for everyone to see. It’s almost the way a child feels when his or her artwork is hung on the refrigerator or the classroom bulletin board.

Some of the squares, like Groves’, are created to honor or remember a quilter. Parron related the story of one woman who created a barn quilt in the Dutch doll design that had special meaning for her mother. The mother was ill with ovarian cancer, so her daughter positioned the square where she could see it through her window.

To Groves’ and Parron’s knowledge, Summit County has only one barn quilt square, on the Century Barn at Crown Point Ecology Center in Bath Township, Ohio. That square was installed to mark the barn’s 100th anniversary in 2010 and honors the late Sister Laura Wallace, a master gardener at Crown Point and the creator of quilts for its annual Taste of Earth fundraiser, said Chris Norman, Crown Point’s executive director.

Bath Township quilter Nancy Terjesen designed the square using a traditional Dove in a Window motif. She said she chose that design because of the center’s natural setting and because

toes, sandwiches or rice cakes with peanut butter, and a granola or protein bar.

“We need to try and get away from those packaged foods and try to eat things that are fresher and not processed,” Skaar said. “I may have fruit cups packed in their own juice or water as a backup, but I’d much rather provide the fresh fruit and package those things in little baggies.”

For juice drinks, she said to check the labels for calories and sugar. She suggests letting kids pick out a reusable water bottle for school.

When it comes to picky eaters, Skaar said kids might require multiple exposures to a new food. She recalled her own experience with whole-grain bread and her daughter.

“The first time I made her sandwich she said, ‘Oh, Mom, you gave me cardboard bread.’ I just sort of ignored it and kept buying it. It wasn’t too much longer where she said to me, ‘You know, Mom, I like the cardboard bread.’”

## TIPS

### Ideas for packing healthy lunches

- View food preparation as a part of your child’s daily living skills.
- Think about school lunches when shopping and have plenty of options on hand.
- Pack lunches the night before and include your child.
- Protein bars make for an easy snack. Look for bars with protein ranging from 5 to 10 grams. Bars very high in protein (15- to 20-gram range) usually have an altered taste children might not like.
- In hot weather, freeze grapes, which will also help keep the rest of the lunch chilled.

the dove symbolizes hope in the biblical story of Noah’s Ark, a concept she relates to Crown Point’s mission.

The idea for the Crown Point square was championed by Stacia Davis Moore, an artist who was living in the Akron area at the time and had done volunteer work at the center. Moore met Groves at a workshop and was inspired by the quilt barn concept and its potential to tap the creativity of people of all ages and backgrounds.

Moore hoped the Crown Point barn could be part of a trail, but “that had not quite come together” by the time she moved to Athens, she said.

Norman said Crown Point shares that hope, but promoting a quilt trail has taken a back seat to other projects at the center. Still, he said he would welcome the chance to meet with other barn owners and government officials to explore creating a trail in the area or augmenting an existing trail elsewhere in the state.

He’d also like to see Crown Point install a second quilt square on another of its barns, perhaps in a more contemporary design to mark its upcoming 25th anniversary.

Those kinds of efforts bring joy to Groves, who said the quilt barn movement has “totally sustained me” during her own battle with cancer in recent years.

Besides promoting tourism, Groves said the quilt barn trails honor what she calls “the backbone of America” and raises awareness of the contributions of rural residents.

“We who live in rural America are just blessed with wonderful attributes and opportunities,” she said.

She hopes some simple quilt square will help others recognize that.

# Yankton Area Retired Teachers To Meet Sept. 6

All retired teachers in the larger Yankton community are urged to attend the first meeting of the Yankton Area Retired Teachers on Sept. 6 when the speaker will be Charlie M. Rogers, author of “South Dakota’s Challenges Since 1960.” This book is billed as a follow-up to Bob Karolevitz’s “Challenge: The South Dakota Story” and promises to be informative and entertaining.

The Yankton Area Retired Teachers group is not limited to those who are retired from teaching in Yankton, nor even in South

Dakota. Any retired teacher is eligible to become a member.

All meetings are held at JoDean’s Restaurant in Yankton on the first Thursday of the months of September, October, November, March, April and May. Meetings begin at 11:30 a.m. with a brief opening, then members enjoy the buffet or order from the menu and at noon or shortly thereafter the program is featured. A short business meeting follows the program. Reservations are not necessary.

Additional program features throughout the year include:

- Dr. Tom Gilmore telling of his medical missions to Haiti,
- Allison Spak with news of the Yankton Children’s Theatre,
- Bill Sohl and Bob Thue presenting information about the Yankton Men’s Shelter,
- Habitat for Humanity news from Dr. Michael McVay,
- a co-meeting with the Vermillion chapter of Retired Teachers,
- a music program featuring performers from the Yankton Middle School
- and the announcement of the local student whose Grandparent’s



Steuerwald-Hysell

Billie Steuerwald and Jerred Hysell announce their engagement.

Parents of the couple are Dave and Char Steuerwald of Sioux Center, IA, Roger and Laurie Wenzel of Mitchell, SD; and the late Jerry Hysell and Jean Hysell of Yankton, SD.

The bride-elect is a 2000 graduate of Mitchell High School. She now works at Xtreme Salon & Spa.

The groom-elect is a 2002 graduate of Yankton High School. He nows works at Jason Tramp Construction.

The couple is planning a Sept. 7, 2012, wedding.

## BIRTHDAYS

### CONNIE KENDALL

Connie (Nysveen) Kendall will be celebrating her “39 plus” (90th) birthday on Aug. 28, 2012. Greetings may be sent to: 2015 Green St., #139, Yankton, SD 57078.

### MARILLYN OBR



There will be an open house for Marillyn Obr, who will be celebrating her 80th birthday, on Sunday Sept. 2, 2012, from 1-4 p.m. at The Center, 900 Whiting Drive.

No gifts are requested.

Cards may be sent to 702 E. 15th Street, Yankton, SD.



**AM 1450**

**MORNING COFFEE**

**WEEKDAYS MONDAY-FRIDAY**

**Monday, August 27**

7:40 a.m. Yankton City Manager (Al Viereck)

8:15 a.m. Fundraiser (Heather Jensen)

**Tuesday, August 28**

7:40 a.m. The Center (Christy Hauer)

8:15 a.m. Alzheimer’s Walk (Tim Madden)

8:45 a.m. Dakota Territorial Museum (Crystal Nelson)