

Remember To 'Walk A Mile In Her Shoes'

BY LAUREN HANSEN

United Way & Volunteer Services of Greater Yankton

For the past five years, local heroes have warmed our hearts as they march through downtown Yankton dressed in red high heels. These men are walking for the Yankton Women's and Children's Center annual "Walk a Mile in Her Shoes" event, creating awareness for domestic violence and sexual assault.

There is an old saying: "You can't really understand another person's experience until you've walked a mile in their shoes." This event asks men to literally walk one mile in women's high-heeled shoes. It's not easy walking in these shoes, but it gets our community talking about something that's really difficult to talk about: family violence.

Yankton Women's and Children's Center (YWCC) Director Desiree Warren-Johnson emphasizes that the impact of domestic violence and sexual assault is long-lived, but so is the support provided by these heroes, those who chose to walk the walk.

"The community of Yankton should be proud that so many are willing to take a lighthearted approach towards creating awareness for a very serious issue," she said.

Family violence does not just affect women. It affects families, friends, coworkers and communities.

Warren-Johnson reminds our community that we are not immune to these acts of violence. "Our community may be small, but anyone in the domestic violence field, law enforcement or emergency care,

can tell you that there are a large number of violent acts that occur behind the four walls of a home. A home should be a safe place, but unfortunately for many, it is not."

In 2012, the YWCC had record breaking numbers, with 1,437 shelter nights. So far, in 2013, those numbers have reached 606 shelter nights.

To continue to meet the needs and foster awareness, the YWCC, a United Way Partner Agency, is gearing up for their sixth annual "Walk a Mile in Her Shoes" event and are seeking Yankton's most courageous men to come out and participate.

The funds raised from the walk go toward providing necessities such as food and shelter to victims, as well as 24-hour response services, support groups and legal advocacy.

The event will take place Saturday, Aug. 31, in conjunction with this year's Rockin' Ribfest celebration.

Warren-Johnson encourages participants to walk with their children, grandchildren or nieces and nephews. "The goal is to teach a new generation the importance of respect for one another and to build a safe community."

Registration is \$20 per person, and includes a T-shirt and use of the red high heels. If you or someone you know would like to participate, create a team or sponsor a participant, please contact the YWCC at 605-665-4811.

All registrations are due by Aug. 12. Be a hero against family violence, and walk a mile in her shoes.



SUBMITTED PHOTO
The sixth annual "Walk a Mile in Her Shoes" event will be held in Yankton on Saturday, Aug. 31, in conjunction with Rockin' Ribfest in downtown Yankton. "Walk a Mile" draws awareness to family and domestic violence in the community.

Local Karate Student Earns Black Belt



SUBMITTED PHOTO

Mason Ballard of Yankton recently earned his first-degree black belt in karate. Mason, along with Heather Barron-Galvan, Pete Moore and Shawn Mann, approached karate instructor Tom Hoile about 18 months ago about continuing their education after Charlie Barron, the group's sensei (instructor) and Heather's father, passed away suddenly. Hoile, who was a good friend of Barron's, agreed to do it. The group trained in both Norfolk, Neb., and Yankton. All of the black belt-level rank testing is done at the Sho-Rei Shobukan (SRSK) organization national training convention in Lincoln, Neb., every June. The national convention consists of several days of rigorous training with time to relax and socialize with our fellow practitioners afterward. Testing is conducted by chief instructor Shihan John Roseberry and a panel of seniors assists. Both Barron-Galvan and Moore have achieved second degree black belt status. Pictured are, from left: Pete Moore, Bill Gaines, Mason Ballard, Heather (Barron) Galvan and Shawn Mann.

Yankton Resident Selected To Serve In Leadership Role

Sherrie Lewis, Community Program Specialist for USDA Rural Development has been selected to serve in an important leadership capacity during the coming year. She has been selected to serve as the National Association of Credit Specialists (NACS) Vice President. Lewis's selection will require her to carry NACS concerns to the National Office, participate in the NACS Zone Meetings, and the Annual Meeting next year.



Lewis

NACS is a consultative employee association, organized in 1973, whose purpose is to initiate and promote improvements in the delivery system of Rural Development programs and services to Rural America.

USDA, through its Rural Development mission area, has a portfolio of programs designed to improve the economic stability of rural communities, businesses,

residents, farmers and ranchers and improve the quality of life in rural America.

USDA has made a concerted effort to deliver results for the American people, even as USDA implements sequestration — the across-the-board budget reductions mandated under terms of the Budget Control Act. USDA has already undertaken historic efforts since 2009 to save more than \$828 million in taxpayer funds through targeted, common-sense budget reductions. These reductions have put USDA in a better position to carry out its mission, while implementing sequester budget reductions in a fair manner that causes as little disruption as possible.

Eagle Eye Ride



SUBMITTED PHOTO

Kevin and Renae Kulhavy present a check to Barb Uthe for taking the SD Motorcycle Course. The organizers want to thank everyone who participated in the ride and all the businesses that donated to the Eagle Eye Ride in Memory of Mary "Carda" Simek. Winners: 1st Place — Christine Irwin; 2nd Place — Brian Christensen; \$100 Cash Prize — Alex Slagle; and 50/50 Winner \$187.00 — Judy Fischer.

Ullrich Trust Helps YAF Campaign



SUBMITTED PHOTO

Dick Kulbel and Duane Frick trustees of the Otto Ullrich Trust present Dr. Wayne Kindle, President of the Yankton Area Foundation with a \$5000 check as part of the YAF Capital Campaign. The Yankton Area Foundation, a local non-profit corporation, was established to provide a reliable source of funds for the purpose of benefiting the social and economic well-being of the community of Yankton, South Dakota, and the surrounding area. The Foundation provides a source of grant funding for community needs and projects today and for years to come.

MEETINGS

TOASTMASTER CLUB 1294

Yankton Toastmaster Club 1294 met Saturday, July 27, 2013, at 7:30 a.m. at the Fry'n Pan Restaurant. The meeting was called to order by President Steve Hamilton. The invocation was given by John Swensen. Vernon Arens was introduced as the Toastmaster of the meeting. He called on grammarian Joy Winthers to give the word of the day, which was "fluent, fluency" and means flowing smoothly.

Table topics were lead by Jana Lane on the subject of definition for obscure words. Speeches were given by Mike Arens on "The Value of Life" from the Speaking To Inform manual, Kathy Hejna on "My Most Frightening Moment" from the Entertaining Speaker manual.

Master Evaluator of the

meeting was Kevin Buhl, who evaluated the meeting and called on Jeremy Skrenes to evaluate Arens, Hamilton to evaluate Hejna. Presentations were also given by grammarian Winthers, joke master Harry Voelzke, ah Counter/Nail Dropper Janice Stone, timer Doug Fickbohm, and Vote counter Winthers. Table Topic winner was Swensen, best speaker was Hejna, and best evaluator was Hamilton.

Other participants in the meeting was Janice Kruse. Guests at the meeting were Emily Hejna and Rachel Hejna. Guests are welcome. For more information call 665-9217.

INTERCHANGE

Interchange met on Monday, July 29, 2013 at noon at Minerva's. The meeting was

called to order by Vice President Frani Kieffer and the Pledge of Allegiance was recited.

Jane Bobzin invited several cast members from the production "Oklahoma" to give members a sneak preview of the musical currently being performed at the Lewis & Clark Theatre; Jackie Quinn announced that Yankton Area Arts will feature the "Not So Famous Basoon Band" in concert on Tuesday evening at 8 p.m. at the Riverside Park amphitheater, the Mighty Mo exhibit is showing at the G.A.R. Hall with First Friday reception being held August 2nd along with Art in Bloom floral arrangements being featured; and Lois Varvel announced that the Dakota Territorial Museum will host a brown bag lunch this Fri-

day at noon with a discussion about the Missouri River. Deb Overseth of the Retired Senior Volunteer Program was the hostess and introduced her speaker, Lauren Hanson, Executive Director of the United Way. Lauren gave a talk about how she came to work at the United Way, and what happens during the United Way year. This year's "Live United" kick off campaign will begin on Aug. 26 at the Yankton High School Bucks football game.

The next meeting of Interchange will be held on Monday, Aug. 5, 2013, at noon at Minerva's. Kathy Nordstrom of Wohlenberg, Ritzman & Co. LLC will be our hostess. Her speaker will be Tracie Moeller, personal trainer and fitness expert who works at the Summit Activities Center.

P&D Seeks Submissions For Military Tribute Section

The Press & Dakotan is paying tribute to the military in its annual Heritage edition, coming out in September. As part of the effort, we are asking for submitted items from our readers.

We are seeking first-hand accounts and photos of military experiences. The special edition will cover a wide variety of stories from different eras, from World War II to the present.

Submitted articles should not exceed 800 words in length.

We welcome a broad range of contributions. Areas of interest include family military history, Native American and women's military stories, and life on the homefront during wartime, just to name a few.

Of particular interest are photos from our readers reflecting both the war and home fronts.

For more information or to submit contributions, email kelly.hertz@yankton.net or call 665-7811 or (800) 743-2968, Extension 110. Submissions can also be mailed to Editor Kelly Hertz at 319 Walnut Street, Yankton SD 57078. The deadlines for submissions has been extended to Monday, Aug. 12.