

# Sack Pack Program Ramps Up For Year

BY JILL WERMERS  
Sack Pack Board President

As the summer begins to wind down, many of us start looking forward to another new school year. Our thoughts turn toward new school supplies, new school clothes and all the excitement that goes along with starting something new.

Unfortunately there are those in our community who will not have that same excitement. They will struggle with having enough to purchase the needed supplies and clothing for their children. This includes food as well.

Our schools seek to help by providing students with free and reduced lunches. This program provides healthy well balanced meals for children on weekdays throughout the school year. But what happens to them on the weekends when the children are not in school and there is nothing at home for them to eat? The Yankton Sack Pack program seeks to address this need by providing students with nutritional, child-friendly food to take home for the weekend.

The food chosen is shelf-stable, kid friendly and easily managed by the children. The food is usually packed on Wednesdays by volunteers and distributed to the schools on Fridays. All food is given to the children confidentially.

Some commonly asked questions about the Sack Pack Program are:



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## IS THERE A NEED FOR THE SACK PACK PROGRAM IN YANKTON?

The answer is yes! There is a tremendous need. Yankton's School Districts rate for free and reduced lunches is at 39 percent. This equates to 1 in 4 children that are living below the poverty line.

What does this program mean to the children who receive them?

These packs mean the difference between going hungry and having good nutrition over the weekend. Many educators will tell you that good nutrition is vital to children's ability to learn. Children who return to school on Mondays that have had adequate food over the weekend are more alert and ready to learn when they return from the weekend. It is our mission to ensure that

no child in the Yankton community has to go hungry.

## IS THERE A COST TO THE SCHOOL OR FAMILIES?

No. The Sack Pack Program is free to the school and families of children in need.

## WHO IS ELIGIBLE FOR THE PROGRAM?

All students are eligible for the Sack Pack Program who feels they have a need. As a program, we do not want to put restrictions on who can qualify, such as, qualifying for free and reduced lunches.

## WHO PAYS FOR THE FOOD?

The Sack Pack Program buys all the food that goes into the packs. Funds for the Sack Pack are provided ONLY by community support as

well as from United Way & Volunteer Services of Greater Yankton. Our program has been a United Way Partner Agency since Sack Pack began in 2008.

## WHAT SCHOOLS ARE PARTICIPATING?

This past school year, packs were provided to: Webster, Lincoln, Beadle, Stewart and the Yankton Middle School as well as Sacred Heart School. This coming school year we are happy to be able to provide meals to the Head Start Program and the Yankton School District Preschool Program.

## HOW MANY CHILDREN ARE PARTICIPATING?

We are anticipating on providing over 400 packs to students this school year.

What is the cost to provide meals to a child each week?

Each weekly pack has an average cost of \$4. It cost roughly \$160 per child for an entire school year.

## WHAT IS INCLUDED IN EACH PACK?

A typical pack has 2 juice boxes, 2 breakfast items, 2 entrée items, 2 snacks, can of vegetables and 2 fresh fruits. We have a rotating menu hence a variety of different foods distributed each week.

For more information on the Sack Pack program, please visit [www.yanktonsackpack.org](http://www.yanktonsackpack.org)

"Because Achieving Doesn't Stop for the Weekend"

# How Does Your Garden Grow?

BY LINDA WUEBBEN  
P&D Correspondent



Wuebben

So, how does your garden grow?

With silver bells and cockle shells? I imagine not and neither does mine but my garden is growing nicely this year. Until recently the rains have been plentiful here and you couldn't ask for nicer weather.

My garden's success is due to Bob's hard work because you see, after my knee revision last winter, I discovered during recuperation my gardening would be severely limited this summer.

One of the hardest things I have ever had to do was sit in my house and watch (or rather, I preferred to not watch) Bob plant and tend the garden. It had been my job for 40 years. It was hard to give up. I was the one who made the decision what to plant and where to plant it and when to plant it. I was just supposed to go cold turkey and give it up?

And it's just irritating to realize what a good gardener Bob is! He does such a wonderful job but then why wouldn't he? He's a farmer. He's been gardening on a much larger scale all his life.

So, we have had several meals of tomatoes, cucumbers, cabbage, green peppers, kohlrabi, peas, green beans, lettuce, radishes and just recently ate our first carrots and tasted the season's first sweet corn. Nature's bounty is so plentiful and we are enjoying it every day.

But needless to say, I get bored. I have done a lot of sewing and embroidering, cleaned a few closets and sorted through odd junk one collects over the years. But working outside has always kept my weight down and my sanity intact. After all, one can only watch so much of the Hallmark Channel before the numbness sets in and one fears cross-eyed vision has become permanent.

I was so bored I even Googled the word cockle shells to find out they are an edible clam widely found on the coastlands of Northern Europe which would make sense because the phrase I used comes from an English nursery rhyme, 'Mary, Mary, Quite Contrary'. The clams are

sold as a snack in the United Kingdom and are also served fried with bacon and a local bread which is known as a traditional

Welsh breakfast.

See, am I driving you crazy now, too?

I did manage to fill up the hand sprayer with water, oil, dish soap and cayenne pepper to spray the beans, squash, cucumbers, peppers, eggplant and cabbage for bugs. I was aghast early one morning to look out my kitchen window and see several birds pecking at my cabbage. I then realized there were so many bugs and worms, they were having a feast. That natural combination always seems to work for me. Sometimes later on, when the bugs are really bad in the squash, I have to dust the plants but this usually works well in early summer.

Our tomatoes are starting to kick in and I'm mentally gearing myself up for vegetable soup canning. Bob helps with the chopping and it goes pretty fast. And the aroma in the house when the vegetables are cooking is so mouth-watering. I can't help but think back to 2012 when we poured water on the garden and got little in return. Those memories will remain fresh for many years and keep reminding us to be very grateful for the good years.

I did manage to carefully navigate the garden when Bob was planting and sow my two rows of flowers which border each end of the garden - zinnias on one end and four-o'clocks on the other and a few gladiola bulbs. The outside rows look great but the glad bulbs I planted are not looking too hot. I visited my daughter near Nebraska City this weekend and envied her beautiful glads. I don't know much about glads - either they have beautiful blooms or they don't - but I am wondering if they have a fungus or something.

I will survive this bump in the road and move on, looking forward to other garden adventures but sitting on the sidelines really sucks. (Oops, can I say that?)

# S.D. FFA Members Discover Superpowers

The South Dakota FFA Association conducted its annual Leadership Retreats June 30-July 1, at Swan Lake, Viborg and July 15-18, at Camp Bob Marshall, Custer. A total of 144 students from 39 chapters throughout the state discovered their superpowers. National FFA Central Region Vice President Steven Brockshus attended the retreat at Swan Lake.

The retreats centered on a superhero theme, focusing on "What's Your Superpower?" FFA members developed and enhanced their leadership skills and self-confidence through interactive learning. The program featured workshops that helped members discover the value of servant leadership, character, attitude, a focused vision, communication, trust, and responsibility. They also examined social media responsibility and professional development enhancement. They will use these new skills and ideas to benefit their local chapters and communities. Retreat attendees also participated in service learning projects. Those attending Camp Bob Marshall worked on several projects in conjunction with the City of Custer. With the help of city employees and volunteers, FFA members worked in several parts of Custer to pick up garbage, weed city gardens, paint buildings, repair fence, and clear brush. Those attending Swan Lake worked with the city of Viborg to help build a picnic shelter, clean up a city park, and spruce up landscaping around the community center and town welcome sign.



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State FFA Officers that attended the Leadership Retreat were: president **Taylin Albrecht, DeSmet**; vice president **Kaden Eisenbraun, Wall**; secretary **Ellie Minihan, Brandon**; National Central Region vice president **Steven Brockshus**; treasurer **Nicole Hamilton, Hitchcock**; reporter **Jennifer Emery, Wall**; and sentinel **Andrea Collins, Sturgis**.

SD FFA has 4,252 members in 79 school districts in South Dakota, and 579,678 FFA members in 7,570 chapters in all 50 states, Puerto Rico and the Virgin Islands. FFA develops premier leadership, personal growth and career success through high school agriculture education curriculum.

The retreats were directed by the 2014-2015 State FFA Officers: President, **Taylin Albrecht, DeSmet**; Vice President, **Kaden Eisenbraun, Wall**; Secretary, **Ellie Minihan, Brandon**; Treasurer, **Nicole Hamilton, Hitchcock**; Reporter, **Jennifer**

**Emery, Wall**; and Sentinel, **Andrea Collins, Sturgis**. Retreat staff also included **Shania Jensen, Beresford**; and **Skylar Mix, Arlington**; SD FFA Ambassadors.

The retreat was sponsored by the SD Department of Agriculture, Monsanto, and Northland Ford. The SDSU College of Agriculture and Biological Sciences sponsored t-shirts.

Scholarships for individuals to attend sponsored by: East River Electric, the Walt Johnson Memorial, and the SD FFA Foundation.

## Young Honored For NSA Service

MANDAN, N.D. — After serving on the National Sunflower Association's Board of Directors for the past 14 years, Sully County farmer Tom Young was honored for his service. Young was recognized at the NSA's annual Summer Seminar held in Deadwood in earlier this summer.



Young

Young joined the NSA's board in 2000, representing the South Dakota Oilseed Council. In 2007, he was named second vice president and in 2009 first vice president. Young served as NSA president from 2011 to 2013. He was most recently chairman.

"Tom has been an enthusiastic and effective voice on behalf of sunflower," says John Sandbakken, National Sunflower Association Executive Director. "He's helped the organization through some big changes, and always been a strong advocate for sunflower."

"I'm happy to have had the chance to serve on the NSA's board of directors," says Young. "The organization does great work and it's noteworthy that the board is made up of growers, suppliers and processors. Everyone is truly interested in doing what's best for the industry."

## Friberg Installed As S.D. Bar President

Thomas H. Friberg of Beresford was installed as president of the State Bar of South Dakota during the annual meeting of the State Bar June 20 in Sioux Falls.



Friberg

Friberg is a partner in the law firm of Friberg, Nelson & Ask with offices in Beresford, Canton and Lennox. He is the attorney for the City of Beresford and the Beresford School District and is active in numerous community programs and projects.

Friberg is a graduate of the University of South Dakota where he was inducted into Phi Beta Kappa honor society, and of the University of Minnesota School of Law.

He is the first fourth-generation South Dakota lawyer to be the president of the State Bar. He is married to the former Jill Knutson Johnke, has one son and three stepchildren.

## Lundgren New Baldwin Plant Manager

Baldwin Filters, headquartered in Kearney, Nebraska, recently announced the promotion of George Lundgren to Plant Manager at its facility in Yankton.



Lundgren

In his new role, Lundgren will be responsible for all activities at the Yankton manufacturing site.

Lundgren joined Baldwin Filters 33 years ago and has worked as an assembler, line supervisor, production supervisor, project manager and production manager. He also earned a 6 Sigma Black Belt certification from Caterpillar during his tenure with Baldwin Filters.

# Online Tools Helping Farmers Use Climate Data

BROOKINGS — Two new online decision-making tools are available to farmers through the U.S. Department of Agriculture's Useful to Usable, or U2U, research project, according to state climatologist and South Dakota State University associate professor Dennis Today. The project is funded through the Agriculture and Foods Research Initiative.

Corn Growing Degree Days, or GDD, will show producers how their crops are developing in lieu of this year's planting delays and a cool summer, explained Today, who is the South Dakota U2U project director. GDDs are a measure of heat accumulation used to predict plant development rates.

Farmers can choose their location, when the corn was planted and the number of days it takes to reach maturity. The program then assesses current development compared to a 30-year average and projects tasseling and maturity dates, according to Today. The farmer can then compare that with when the first freeze has occurred during any of the last 30 years.

A second tool, the Climate Patterns Viewer, allows farmers to examine the impact global climate patterns, such as El Niño Southern Oscillation and the Arctic Oscillation, have had on the Corn Belt.

These and other online tools can be found by going to the U2U website at <http://www.agclimate4u.org> and clicking on the "Decision Dashboard" tab.

Farmers are producing crops under more variable conditions, so these tools can be critical to both food safety and the farmers' economic survival, Today explained. Two additional tools are under development — one looking at the impact of in-season nitrogen application and another to help farmers decide whether to invest in an irrigation system.

"The goal of U2U is to de-

velop a dashboard of tools people can use for decision-making not only within the season but also when looking ahead at multiple seasons,"

said Today. The project, which is headed by Purdue University, involves researchers from 10 land-grant universities in the Corn Belt.

"U2U capitalizes on the work scientists have been doing on longer-term practices that are better for sustainable corn production," Today said.

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