

New School Year, New Chance To Get Organized

BY MELISSA RAYWORTH
Associated Press

As she raises two daughters while managing a yoga studio, Nashville mom Jennifer Derryberry Mann swears by Google calendars on her phone to keep everyone organized.

For Kelly Ubinger, working and raising four kids in Pittsburgh requires a huge, paper wall calendar with everyone's activities recorded.

In Washington, D.C., single mom El Brown uses the digital organizing app Cozi to coordinate life with her son while running a business and pursuing a doctorate degree.

Strategies vary widely, but many parents agree that having some kind of system to manage schedules is important — especially at this time of year.

"Families with kids can wing it on lazy summer mornings," says Cynthia Ewer, founder of OrganizedHome.com. But "back-to-school brings new organizational challenges. Adding school, extracurricular activities and sports to a family's schedule can cause chaos unless you've got a good grip on time management."

As the school year begins, some suggestions on creating and improving a family system that works:

WHERE

Designate spots for permission slips, soccer cleats, musical instruments and more — what Ewer calls "the miscellany that will float through the household starting on the first day of school" — so you don't waste time trying to find it each day.

She suggests creating a "family launch pad" in a common area. You might place a file box on a shelf and fill it with color-coded folders (one for each child's paperwork), or tack plastic pouches to a wall, each labeled with a child's name. Donna Smallin Kuper, founder of Unclutter.com, uses Post-It Wall Pockets for this purpose.

Add hooks beneath the pouches or shelf for jackets and lunch boxes, and place labeled bins on the floor beneath each hook. Have kids drop backpacks in their bin, along with other items that go with them to school. Bins and baskets are helpful for kids, says Smallin Kuper, because tossing shoes or unfolded clothing in them is much simpler — and more likely to happen — than arranging shoes in a row, or folding clothes and putting them in drawers.

WHAT

The family organization app Cozi (at Cozi.com) includes a calendar function that can be shared among family members' devices and easily updated by kids or parents. The app also lets you record meal plans, and shopping and "to do" lists.

Similarly, Outlook, Apple and Google calendars can be customized with color-coded entries for each family member, and updated and shared among devices.

If you prefer low-tech, a large paper calendar hung in a central spot can be color-coded for each person, and you can achieve some of the portability of a digital calendar by snapping a photo of the calendar with your phone before leaving home.

Mann, the Nashville yoga teacher, combines both approaches: She uses Google calendar but also has her daughters' schedules written in colorful marker and tacked to the wall.

A digital list-maker can help you avoid making multiple, time-consuming trips to the store. Family members can update it from wherever they are, and you can look at it while you're running errands. (Besides Cozi, check out the Evernote and Omnifocus apps.)

WHEN

Ubinger goes through the kids' backpacks to retrieve papers as soon as they get home, signing permission slips and adding appointments to her calendar to make sure they're not forgotten.

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CYNTHIA EWER

Craft blogger Jennifer Yates has created a family "command center" using two old window screens, one for each child. She glued clothespins onto the frames for posting papers; attached wooden hymnal holders reclaimed from church pews to hold other papers and small items; and added a row of hooks.

"It hasn't helped me always turn in things on time," Yates says, "but at least it keeps us from losing important papers. And it gives us a place to show off their work, too."

Smallin Kuper suggests getting kids involved in keeping things organized; it's "a way to strengthen bonds."

"You might even have just one child help you for the week with cleaning, laundry and meal prep. It makes them feel special to have that one-on-one time with you, and they are learning skills for life," she says.

The truly organized say weekday mornings also can be made easier by prepping lunches and snacks ahead of time. Smallin Kuper suggests taking time Sunday to prep individual baggies of cut vegetables or nuts and raisins. Also do breakfast prep for the week ahead: Make a large pot of oatmeal to keep in the refrigerator, chop plenty of fruit for fast, healthy breakfast smoothies and use a muffin tin to bake mini-omelets for the whole family.

EMBRACE ROUTINE

Routine can be a powerful force to keep families on track. For younger kids, post a "morning checklist" and "bedtime checklist" in their rooms. The morning plan might specify which sibling gets the bathroom first, and remind them to brush their teeth. The bedtime routine can include laying out clothes for the morning and making sure homework is in the backpack.

Kids also can help set the table for the next morning, Smallin Kuper says.

To keep homework on schedule, she suggests the TimeTimer app. "It counts down the time with a red disk that makes it easy to see how much time has elapsed and how much time is left," she says.

If this all sounds like a lot of work, think of what the alternative might look like (frazzled). And when your carefully constructed system does occasionally fail, remember that you can try again tomorrow.

"It is really just controlled chaos, held together with constant forward movement," laughs blogger Karen Vogel, who has homeschooled her six kids in northern Virginia.



On left is a cutout of the first bishop in the diocese Bishop Martin Marty and current bishop (right) Bishop Paul J. Swain.

SUBMITTED PHOTO

125th Sioux Falls Diocese Anniversary Celebration Ended With Smiles

The Benedictine Sisters of Sacred Heart Monastery in Yankton spent time at the 125th Legacy Event, in Sioux Falls Aug. 14-16, the final event concluding the year-long celebration of the anniversary of the diocese, this involved attending events, educating and sharing their story alongside the visual of a Bishop Martin Marty cutout.

Marty, who began his South Dakota career in Yankton, was very active in ministry to Native American and in getting the church organized so it could become a diocese. He also had an important role in getting Sacred Heart Monastery founded. In fact, his home was, and still is located on what would become the monastery campus. A couple of sisters from Sacred Heart Monastery shared how the Legacy event impacted them and the people they encountered.

Prioress Sister Penny Bingham noted, "There was such enthusiasm for our shared Catholic faith today, as well as for the legacy of faith in the diocese these past 125 years. It was wonderful to share about our life with other Sisters on Friday — and with the broader audience on Saturday. And what a gift to connect with people I had known from earlier years in ministry!"

Sister Mary Carole Curran shared, "It was a wonderful event, reconnecting with so many people I have known

and worked with over the years. The speakers were excellent, and visiting with Bishop Kettler was a real perk." The joy in uniting as a faith family was a high point at the closing Mass, which was in a full Convention Center Arena. Mass began with several banners representing each diocese, organization and school in the East River.

Sister Bonita said, "The Convention Center was alive with hundreds of people and was electric with energy. I attended the Friday and Sunday Masses, one of the keynote addresses and 2 breakout sessions. I was inspired and renewed by the experience. It was a blessing for me to celebrate being Catholic with the many who were in attendance. What a terrific example of evangelism!"

The witness of a strong rooted faith and the renewal of faith for the future could be seen in various ways, it also shown through Sisters Bonita Gacnik, Carmella Luke, Eileen O'Connor, Julie Peak, Patricia Ann Toscano and Postulant Theresa Lafferty at the closing mass, singing joyful hymns with the diocesan choir.

For more information visit the Facebook page for Sacred Heart Monastery at <https://www.facebook.com/shmvocation> or website <http://yankton-benedictines.org> for pictures, stories and facts about the beautiful witness of faith of this past weekend.

Governor Signs Proclamation Supporting SD Guard, Reserve Employers

PIERRE — Gov. Dennis Daugaard demonstrated his support of employers who employ National Guard and Reserve members by signing a proclamation announcing Employer Support of the Guard and Reserve Week in South Dakota Aug. 16-22. The proclamation coincides with President Barack Obama's national proclamation announcing ESGR Week.

The proclamation recognizes employers who provide critical support to members of the National Guard and Reserve; allowing citizen warriors to serve whenever the nation calls, often foregoing financial gain and making sacrifices in the process.

ESGR is a Department of Defense agency that works to develop and promote a culture in which all American employers support and value the military service of their employees.

"Having Gov. Daugaard proclaim ESGR week in South Dakota means that we have the strong support from our governor for the U.S. military, especially our National Guard, Army Reserve and Navy Reserve men and women in South Dakota," said Ron Mielke, South Dakota ESGR state chair. "It also helps the citizens of this state understand the important role that ESGR has in building and maintaining the best relationship possible between our Reserve component members and their employers."

The proclamation coincides with the 2015 Secretary of Defense Employer Support Freedom Award to be given Friday at the Pentagon to 15 employers nationwide. Black

Hills Corp of Rapid City is one of the award recipients. The prestigious award is the nation's highest honor given to employers for exceptional support of National Guard and Reserve employees.

National Guard and Reserve forces comprise nearly half of the nation's military strength, and stand ready to answer the call to serve, whether serving alongside active duty counterparts all across the globe or responding to humanitarian crises at home and abroad.

Mielke says the proclamation also pays special tribute to the commitment of dedicated and supportive employers who continue to make service in the Reserve components possible.

"We are always looking for ways to increase the awareness of our ESGR committee in South Dakota to both our great employers but also the public in general," he said. "Our employers across the state need to know that ESGR is there for them as a resource to use relative to their relationship with Guard and Reserve employees in their organization."

SHIINE Acquires Senior Medicare Patrol To Address Medicare Fraud In South Dakota

PIERRE — The South Dakota Senior Health Information and Insurance Education (SHIINE) program was recently awarded the Senior Medicare Patrol (SMP) grant opportunity from the Administration for Community Living. The SMP mission is to empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect and report health care fraud, errors and abuse through outreach, counseling and education.

Ask questions of your provider, Medicare plan or

1-800-Medicare (1-800-633-4227) when:

- You don't understand the charges billed
- You don't think you received the service
- You feel the service was unnecessary
- You were charged for the same Medicare-covered product or service twice

The SHIINE program will assist beneficiaries in addressing suspected fraud, errors and abuse. If fraud or abuse is suspected, SHIINE refers cases to the proper authorities for further investigation.

SHIINE is a volunteer program with three regional offices that serve South Dakota. If you are interested in being a volunteer of the SHIINE program please contact the coordinator in your region.

- Eastern South Dakota: —Tom Hoy Phone: 605-333-3314 or 1-800-536-8197 E-mail: shiine@activegen.org
- Central South Dakota: —Dusty Rempfer Phone: 605-224-3212 or 1-877-331-4834 E-mail: shiine@centralsd.org
- Western South Dakota: —Debbie Stangle Phone: 605-342-8635 or 1-877-286-9072 E-mail: shiine@westriversd.org

Administered by the South Dakota Department of Social Services, SHIINE is a federally-funded program that advocates for consumers, and educates them on Medicare, fraud and other related health information, helping consumers make timely and informed decisions about resources to best fit their needs. The program is free for eligible seniors.

Bee Smart And Bee Prepared

Bees, wasps, hornets and yellow jackets are part of the Hymenoptera species. They become a nuisance in our area from late summer until the first freeze. While a majority of people will only develop a minor local reaction to a sting, others are at risk for a severe allergic reaction.

A typical minor local reaction is a small area of redness and painful swelling at the site of the sting. This will resolve in a few hours to a few days.

A severe allergic reaction (anaphylaxis) occurs in up to 8 percent of the population. Hymenoptera stings cause at least 40 deaths a year in the United States. One study showed that half of the patients who died as a result of a bee sting didn't

know that they had an allergy to the venom. Symptoms generally begin within several minutes. Symptoms to be alert for include:

- Itching
- Sweating
- Flushing
- Hoarse voice
- Wheezing
- Shortness of breath
- Throat tightness
- Lightheadedness

If you are stung by a bee or wasp, wash the area with soap and water. If there is a stinger — remove it promptly. Cool compresses every 10-15 minutes per hour may be beneficial. Consider an antihistamine (Benadryl) for itching. If you have had a previous allergic reaction please seek immediate medical attention.

- Never swing, strike

or run away from a bee or wasp. Quick movements can provoke them to sting.

- If you're eating outdoors, keep your food covered — especially fruit and soft drinks.

• Trash containers should have tight-fitting lids. Pet bowls should be cleaned after using.

- Avoid using perfume, aftershave lotions, scented soaps and shampoos when you will be in areas where bees and wasps congregate.
- Avoid wearing bright, colored flowery prints. Jewelry that is shiny may also attract bees and wasps.
- If you have a known allergy to bees and wasps you should carry an EpiPen.

If you are stung — call the Poison Center. The experienced nurses know what

symptoms to observe for and will give you expert advice. Just call 1-800-222-1222. Don't ever hesitate to call.

THANK YOU

I would like to thank everyone who remembered me on my 90th birthday. Each and every card made it special.

Odilia Ellis

Thank you to all my relatives and friends for the cards, greetings, gifts and flowers. Thanks to my girls and their families for my 80th birthday party. Also to my family and friends for joining us for a lovely afternoon of being together. What a blessing to live in a great community!

Marlene Nebola

www.yankton.net

COUPON

YANKTON MALL

DC Lynch Shows

Riverboat Days Carnival

8 Rides 1 Ticket Per Ride - except Zipper (2)
Additional coupons available from mail merchants
For \$10

Friday, Saturday, Sunday
Aug. 21, 22, 23

Gross - Knipping

Steve and Anita Gross and Shelley Knipping are pleased to announce the engagement and upcoming wedding of their children Kylie Mackenzie Gross and Jordan Lee Knipping. The bride-elect is a Medical Lab Scientist at Sanford Medical Center. The groom-elect is an Agronomist at Wilbur-Ellis. The couple is planning an October 10, 2015 wedding at Bishop Marty Chapel in Yankton.