

COMMUNITY NOTEBOOK

The Community Notebook 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 F&D Calendar, PO Box 36, Yankton, SD 57078, or e-mail to newsroom@yankton.net.

Thursday

Youth Alive, 7:45 a.m., YHS Library.
Table tennis/darts, 8:30 a.m., The Center, 900 Whiting Drive.
Wii bowling, 9 a.m., The Center, 900 Whiting Drive.
Ladies Billiards, 10 a.m., The Center, 900 Whiting Drive.
Sertoma, noon, Waterfront.
Alcoholics Anonymous Daily Reprieve Group, noon, 12-24 Club, 1019 West Ninth.
Toastmasters Club No. 6217, noon, Sacred Heart Hospital, (605)668-8326.
Thursday cards, 12:45 p.m., The Center, 900 Whiting Drive.
Dominos, 1 p.m., The Center, 900 Whiting Drive.
Cribbage, 1 p.m., The Center, 900 Whiting Drive.
Senior Bowling, 1:30 p.m., Centennial Lanes, Crofton, Neb. (402)388-4640.
Weight Watchers, 5:30 p.m., 23rd St. Suites, 904 W. 23rd. 1-800-651-6000.
TOPS No. SD 45, 5:30-6:30 p.m. weigh-in; 6:30 p.m. meeting, RTEC, Room 134, (605)665-3738 or (605)667-9274.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut.
Celebrate Recovery, 7 p.m., Calvary Baptist Church, 2407 Broadway, (605)665-5594.
Alcoholics Anonymous Alano, 8:30 p.m., 12-24 Club, 1019 W. 9th.
Overeaters Anonymous, Thursday Evening, (605)665-0443.

SECOND THURSDAY ONLY

Yankton Classic Cruisers 7:30 p.m., 308 N. Summit Ave., Hartington, Neb. (605)463-2660.

Friday

Exercise & Current Events, 8:30 a.m., Pine Line Estates, 2905 Douglas Line Dancing, 9:30-11 a.m., The Center, 900 Whiting Drive.
Foster Rehabilitation Support Group, 10-11 a.m., Trinity Lutheran Church, Room 105, (605)260-1980.
Exercise & Current Events, 10:15 a.m., Pine Line Estates West, 2903 Douglas Ave.
Instructed cardio class, 11-11:45 a.m., The Center, 900 Whiting Drive.
Alcoholics Anonymous Daily Reprieve, noon, 12-24 Club, 1019 West 9th.
Contract bridge, 1 p.m., The Center, 900 Whiting Drive.
Parent's Night Out, 5:30 p.m., Calvary Baptist, By Reservation Only (605)665-5594.
Bingo, 7-9 p.m., The Center, 900 Whiting Drive.
Billiards/Snooker, 7-9 p.m., The Center, 900 Whiting Drive.
Porchlight Alcoholics Anonymous, 8 p.m., United Church of Christ, 210 W.5th St.
Alcoholics Anonymous Alano Group, 8:30 p.m., 12-24 Club, 1019 W. 9th.

SECOND FRIDAY ONLY

Parkinson Support Group, 1:30 p.m., Benedictine Center, (605)665-7158 or (605)668-8325.
Town & Country Garden Club, 1:30 p.m., Community Library.

Saturday

Speaker's Voice Toastmasters, 7 a.m., Fryn' Pan Restaurant.
Yankton Toastmasters, 7:30, Fryn' Pan Restaurant.
Weight Watchers, 9 a.m. (weigh-ins 30 minutes before meeting time), 904 W.23rd. 1-800-651-6000.
Alcoholics Anonymous Daily Reprieve Group, noon, 12-24 Club, 1019 West Ninth. Non-smoking meeting.
Games of Choice & Socializing, 2 p.m., 2905 and 2903 Douglas Ave.
Alcoholics Anonymous Daily Reprieve Group, 6:45 p.m., 12-24 Club, 1019 West Ninth.

FIRST SATURDAY ONLY

Friends of the Yankton Community Library Book Sales, 10 a.m.-1 p.m., Enter by west door off alley.

SECOND SATURDAY ONLY

La Leche League of Yankton, 10:30 a.m., Yankton Community Library, (605)260-2838.
A.L.S. (Lou Gehrig's disease) Support Group for patients and care givers, 11 a.m., Sanford Hospital, Sioux Falls. 665-5883.

Sunday

Alcoholics Anonymous Daily Reprieve Group, 8 a.m., 12-24 Club, 1019 West Ninth.
Alcoholics Anonymous Alano Group, 8 a.m. and 8 p.m., 12-24 Club, 1019 West Ninth.
Marian Prayer Group, 1 p.m., Adoration of the Blessed Sacrament, Chapel of St. Joseph, House of Mary Shrine, Lewis and Clark Lake. 665-1119.
Coffee Time and Visiting, 2 p.m., 2905 and 2903 Douglas Ave.
VFW Auxiliary Bingo, 6:30 p.m., VFW Club.
One Hour Experience, 6:30 p.m., MUC building USD campus. 712-251-8860.

HEALTH

From Page 1

in (with that)," she said. To that end, the local Master Gardeners will offer three presentations Saturday morning at the SAC. They are "Starting Seeds Indoors," which takes place at 9 a.m., "Container Gardening for Beginners," at 9:45 a.m. and "Attracting Songbirds" at 10:30 a.m. On the fitness end, \$1-a-day and free passes will be available to cover Feb. 13-15 to encourage residents to check out the facilities at the SAC and the Avera Sacred Heart Wellness Center. Above all, festival aims to increase public awareness of local opportunities for healthy activities. "If they get an opportunity to learn more about something else they can do to improve their health and well-being, certainly that's a major component to it," O'Connor said. "If you learn about something going on in the community that's regularly avail-

able, then hopefully you'll make a lifestyle change to be (healthier)."

"I think just providing the education, the opportunities, getting the word out, is going to help people stay active and fit," she said.

Some of the other free events are:

- A yoga class to be held from noon-1 p.m. Saturday in the SAC meeting room B and C.
- Ice skating and skate rental will be available at Alcoa Ice Arena from 1-4 p.m. Feb. 14, sponsored by Healthy Yankton and the Summit Center.
- A Swim-and-Gym will be held Feb. 15 at the SAC for students in grades K-8, sponsored by the Yankton Optimists.
- Educational sessions will be offered at the Avera Sacred Heart Wellness Center: Power Toning, 12:15-1 p.m.; Water Aerobics 5:15-6:15 p.m. and Yoga, 5:10-6:10 p.m. Monday.

For more information, visit www.healthyyankton.org or call O'Connor at 668-8590.

DAVE SAYS:

Paying (Or Not) For Your Child's Wedding

Dear Dave,
 Our daughter is 24, engaged to be married, and we can't afford to pay for the kind of wedding she wants. My husband and I have had some financial difficulty over the last few years, and we are finally beginning to slowly dig our way out. On top of this, we're still paying on her student loan from college. Should we let her know the situation up front, and how can we keep from feeling guilty about things?

—Gina
Dear Gina,
 The big thing is that first you and your husband should be on the same page. You need to come to a decision about exactly what you're willing and able to do. It doesn't sound like it will be much, though. Especially if you're trying to get your own finances in order and still paying on her student loan.

Now, how do you not feel guilty about all this? I think that's a personal journey you'll both have to take. A wedding is a wonderful thing, but it's not any less wonderful when it doesn't cost an arm and a leg. It also doesn't make you child abusers or bad parents just because you're not willing to go \$20,000 into debt to throw a fancy wedding!

I think, too, that you owe this kid some straightforward and honest communication. Most 24-year-olds don't have a firm grasp on reality. Even at that age, they don't think about where the money's coming from. They're just



by Dave Ramsey www.davesays.org

bopping along and assuming Mom and Dad will pull thousands of dollars out of the air for a big Barbie and Ken wedding. She needs to know that things just aren't like that in the real world.

Let her know that you love her and want to help, but you're going to be very limited on what you can do financially. Besides, you can have a great wedding without throwing around lots of cash. A marriage is about love, not dollars and cents. And when it comes to the money, a wedding is like anything else you'd buy. My rule of thumb is pay cash or don't do it!

—Dave

IS IT RIGHT TO DROP COVERAGE?

Dear Dave,
 I recently heard someone on television say it was a good idea to cancel the collision and comprehensive portions of your auto insurance coverage if you want to save money. What do you think about this? My husband and I are trying to follow your plan. We have \$1,000 in our

emergency fund, and we drive a couple of old, used cars. Would this idea work for us? — Anonymous

Dear Anonymous,
 Obviously you'll save money if you're not paying out as much to the insurance company. But I don't think dropping that coverage is a good idea. Let's say you don't have much money saved up, and then you total your car. How're you going to get to work or to the grocery store? It would leave you in a bad situation, wouldn't it?

If you're driving a couple of beaters, the insurance doesn't cost that much. Cheap cars mean cheap insurance. Self-insuring is a good idea sometimes with some things, but I don't believe in it when you're talking about your cars and you're broke! In my case, I've got enough money to just write a check and buy another car if something happens to mine. But when I added up what the car costs versus what they charge me for insurance, it looks like a decent deal to me. I'm just not willing to take the risk with that much money.

The purpose of insurance is to protect you from risks that you are unwilling or unable to take yourself. That's why I still have full coverage on my car. The cost benefit analysis told me it was a good idea. I suggest you keep it, too!

— Dave

*For more financial help please visit daveramsey.com.

MUSIC

From Page 1

Kaye because she would be so helpful," she said. "I rely so much on Kaye. I have e-mailed her so many questions, and she has saved me so many times."

Meanwhile, Waltner was helping FHS junior Alex Eisenbeis as he was about to enter the contest room.

The judge, former Mount Marty College instructor Jack Lyons, looked over his critique sheet as he awaited Eisenbeis' entrance.

Lyons admitted the day could get long, as he was scheduled to judge more than 50 entries from 8:30 a.m. to 4 p.m. But he said the enjoyment of seeing youthful performances keep him coming back as a judge.

"I have been doing this for decades," he said. "I don't teach anymore, but I have an interest in what young people are doing. I enjoy them, and I want them to continue their musical pursuits." Lyons said he was impressed with the wide range of performances he had already seen that morning.

"The students have high standards. I have had students sing in Italian and German," he said. "I think most singers go for what shows off their voice best. They select what is the right range and most comfortable for them."

Lyons said he tries to strike a balance in his comments.

"I compliment them when they do right. I do suggest they open their mouth more," he said. "But I tell them, the more frequently they do this, the easier it gets." At that moment, Eisenbeis entered the room showing self-assurance. He maintained eye contact with audience members. At the end, he flashed a smile signaling that he nailed the number.

"I felt confident," he said. "I'm not nervous. You just do your best."

Then again, a small roomful of people might seem less intimidating than his previous performances.

Eisenbeis, a bass, has performed in musicals at Schmeckfest, the annual festival bringing thousands of people to the Freeman Academy campus. He performed as one of Fagin's gang in "Oliver," and he will perform in this spring's "Joseph and the

Amazing Technicolor Dreamcoat."

Regardless of the setting, a good performance means reaching the audience, Eisenbeis said.

"You have got to sell the story," he said. "With the song I just finished, you have to show people that you are in love with the sea."

Even for Yankton students on their home turf, Wednesday's contest was challenging.

YHS senior Elle Tieszen, a soprano, said she felt confident after her ensemble completed its number. The ensemble was one of her three contest entries.

"We had an exceptionally good group," she said. "I usually sing a solo, but the group is easier and more fun because there are more people to help out."

The key is to remain focused, Tieszen said. "You need to take a deep breath, and you'll be OK," she said.

Tieszen is nearing the end of a stellar YHS career that has included All-State Chorus and awards at the state one-act play contest. She played Dorothy in a Lewis and Clark Theater production of "The Wizard of Oz."

She will take her career to the next level when she enrolls at the American Musical and Dramatic Academy (AMDA) in New York City. She auditioned and was selected for the academy, which she likened to the movie and television program "Fame."

"I plan to go into the performing arts," she said. "I want to go into musical theater."

Another YHS student, Nick DeJong, had sung with a choir earlier in the morning. As a student volunteer, he was now manning the doors so spectators didn't interrupt contest performances.

DeJong could sense the nervousness among contestants as they entered the room.

"About half of them, mostly

guys, had a pale look on their face," he said. "I could see them going over the words under their breath."

Menno bus driver Jerome Hoff also sensed jitters among his passengers.

"We have 37 contestants here today," he said. "Some are nervous, but they're always that way."

McGuire could also see her students' anxiousness on the ride to the contest.

"As we got closer to Yankton, the bus got quieter. Then when we hit town, and it was dead silent," she said. "I told them, 'You'll be OK, you'll be fine. You'll have nothing to worry about.'"

Still, McGuire noticed butterflies as contestants took the stage. "For the first 20 seconds, they are shaking. Then, they're all right," she said.

The students feel tremendous satisfaction with their efforts, McGuire said.

"Some kids are scared and hope for a 'B' (excellent rating)," she said. "They end up getting a 'C' (superior rating), and they're surprised that they have done so well."

McGuire has played in the

Rose Bowl parade and has sung at Carnegie Hall. But she encourages her students to enjoy the fine arts even if they never reach those venues.

As part of that encouragement, McGuire requires her students to take five individual lessons and perform at contest.

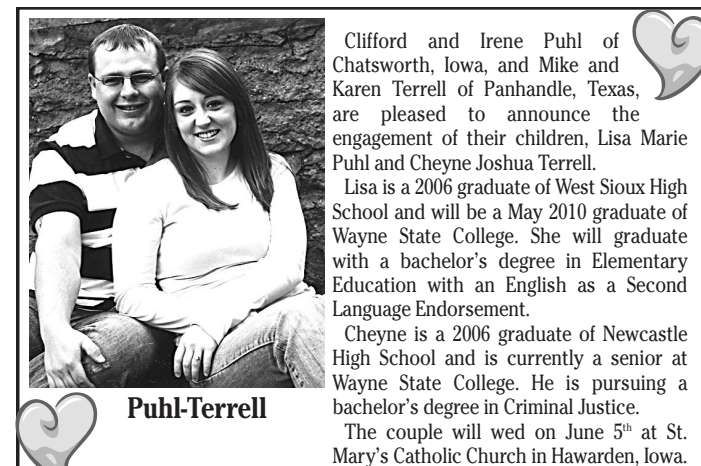
"Many of them try duets or ensembles, but I encourage some of them to take a solo," she said.

"This year, we have 11 solos — 10 girls and one boy. This year, we have eight boys in the contest. Last year, we had four boys, so we have doubled it in one year."

The region music contest allows students to enjoy their peers in a different setting, McGuire said. "They see friends that they just played on the basketball court, and now here they are at the region music competition," she said.

Avon school board chairman Jerry Finck attended Wednesday's contest. He was pleased to see his school do well.

"It's fun to be here. You see the kids do well in the arts," he said. "We have a good music program, and they are doing all right today."



Puhl-Terrell

Clifford and Irene Puhl of Chatsworth, Iowa, and Mike and Karen Terrell of Panhandle, Texas, are pleased to announce the engagement of their children, Lisa Marie Puhl and Cheyne Joshua Terrell. Lisa is a 2006 graduate of West Sioux High School and will be a May 2010 graduate of Wayne State College. She will graduate with a bachelor's degree in Elementary Education with an English as a Second Language Endorsement. Cheyne is a 2006 graduate of Newcastle High School and is currently a senior at Wayne State College. He is pursuing a bachelor's degree in Criminal Justice. The couple will wed on June 5th at St. Mary's Catholic Church in Hawarden, Iowa.

Sponsored by **HyVee HealthMarket** Avera Sacred Heart Hospital

Healthy Eating FOR Life

EMPLOYEE OWNED

WELLNESS EVENTS February 2010

HealthMarket Stock-up Sale February 11th, 12th & 13th
 Stop by the HealthMarket and stock-up on all your favorite items - everything in the HealthMarket is 10% off!

Sweet & Healthy Treats
Friday, February 12th - 1:00 p.m. - 7:00 p.m. (HealthMarket)
 Need a quick idea for your valentine? Stop by the HealthMarket and sample a variety of dark chocolates and learn about the health benefits of chocolate!

Go Red for Heart Health - Avera Sacred Heart Professional Office Pavilion - \$10.00
Monday, February 15th - 5:30 p.m.
 Join us at the Avera Sacred Heart Professional Pavilion for a presentation by Dr. Will Hurley of Yankton Medical Clinic, PC, who will review "Importance of Knowing Your Risk for Heart Disease". He will be followed by author and trainer, MK Mueller. Enjoy a heart-healthy fine dining meal experience and wine tasting, education and entertainment in celebration of heart month. Register by calling 1-877-At-Avera (1-877-282-8372).

Keep The Beat - Heart Healthy Recipes
Thursday, February 18th - 1:00 p.m. - 5:00 p.m. (HealthMarket)
 Join Brenda in the HealthMarket for recipes provided by the National Heart, Lung and Blood Institute and how to order the Keep the Beat Recipe book, a collection of heart-healthy recipes to help reduce your heart disease risk.

Cholesterol Lowering Foods (HealthMarket)
Saturday, February 20th - 10:00 a.m. - 12:00 noon & 1:00 p.m. - 5:00 p.m.
 Join Brenda in the HealthMarket and learn how soy protein, flaxseed and other foods can help reduce the risk of heart disease. Brenda will be sampling Edamame Dip and will also provide additional recipes using soy and flaxseed.

Stop by the HealthMarket for these in-store specials in the month of February!

- Yes! Natural hair and body products all 10% off week of February 8th-14th
- Mrs. Meyers Cleaning products all 10% off week of February 22nd-28th
- Just Tomatoes Freeze dried fruits and veggies on sale for \$4.89 week of 22nd-28th
- Burt's Bees products all 10% off week of February 29th-March 7th

Problems with WATER DAMAGE

WE CLEANING & RESTORATION

We work with all major insurance companies.

665-5700
1-800-529-2450

ICRC CERTIFIED FIRM 24 HOUR EMERGENCY WATER DAMAGE RESTORATION

YOUR NEWS!
 The Press & Dakotan

CHANGE THE WORLD, HAITIAN RELIEF FUND DRIVE

BRING IN YOUR CHANGE JARS TO ANY BANK 360 LOCATION in Yankton, Beresford, or Elk Point and donate your change to Haitian relief. All money received will be donated to the Red Cross for Haitian Relief. Also, if you take out any loan at Bank 360 in February, we will donate \$10 to the cause.

BERESFORD | YANKTON | ELK POINT