

City To Consider Meridian Plaza Concept

From P&D Staff Reports

The Yankton City Commission will consider a plan Monday to change Walnut Street from Second Street to Riverside Drive into a green space with trail connections.

The work as proposed would get under way in May and is expected to last through the end of July. During that time, the north entrance to the top level of the Meridian Bridge will be closed. However, access will be maintained to the bottom level, and users will still be able to get on the top tier of the bridge from the Nebraska side.

In other business Monday, the commission will consider a Chan Gurney Airport ground communications outlet radio agreement with the South Dakota Department of Transportation and a listing agreement for city-owned commercial and industrial property.

The meeting gets under way at 7 p.m. in the City of Yankton Meeting Room, located at the Technical Education Center, 1200 W. 21st St.

Property Owners Reminded To Remove Snow

The City of Yankton reminds property owners that public sidewalks are to be kept clear of snow and ice. Property owners who have snow covered sidewalks adjacent to their property need to make arrangements for snow removal within 24 hours after a snowfall.

Snow removed from driveways, sidewalks or parking lots cannot be placed in the streets.

Free Breastfeeding Class To Be Offered Wed.

The Yankton County Community Health Nurses are offering a one-session breastfeeding class, provided free of charge, at 5-7 p.m. Wednesday, Jan. 25, at the Community Health Office, Yankton County Government Center, 321 W Third St.

The class will be offered quarterly and should be attended in the last 6-8 weeks of your pregnancy.

Call the Community Health Nurses office at 260-4400 #1 for more information or to register for the class. Class size is limited to 6-8 women and their support person.

Free Bariatric Seminar Scheduled In Yankton

The public is invited to attend a free educational presentation on Bariatric Surgery for Weight Loss using the adjustable LAP-BAND® System at 7 p.m. Wednesday, Jan. 25, at the Best Western Kelly Inn, 1607 East Highway 50, Yankton.

General Surgeon Michael D. Haley, MD, FACS, on staff at Avera Queen of Peace Hospital in Mitchell, is a trained bariatric surgeon and uses the BioEnterics® LAP-BAND® System, and will be the featured speaker at the Bariatric Seminar.

Individuals 80 to 100 pounds overweight that have been unable to keep pounds off with over-the-counter medication, exercise, or other weight loss programs now have a minimally invasive surgery option that significantly reduces the capacity for food intake. The LAP-BAND® System is adjustable and is placed laparoscopically without cutting or stapling of the stomach or gastrointestinal rerouting to bypass normal digestion.

Patients will experience reduced pain, trauma, and recovery periods, as well as sustained, healthy weight loss primarily because the procedure creates an earlier feeling of fullness and limits food consumption. Dr. Haley has been trained and credentialed in the laparoscopic placement of the BioEnterics® LAP-BAND® Adjustable Gastric Banding System and began performing the procedure at Avera Queen of Peace Hospital in 2004. He is among the first surgeons in the area to perform the LAP-BAND® System procedure and will be available for questions following the presentation.

The LAP-BAND® System is currently the #1 implantable device prescribed for weight loss worldwide. To date, more than 450,000 LAP-BAND® Systems have been distributed worldwide. LAP-BAND® System patients on average achieve weight loss comparable to gastric bypass surgery at five years after surgery. According to our latest statistics, at 24 months after surgery our patients are achieving a loss of 50 percent or greater of their excess weight. The LAP-BAND® System has a perioperative severe complication rate reported as less than 1 percent in a study by Parkheta.

In addition to Dr. Haley, staff at Avera Medical Group Bariatrics includes Nathan Hinker, CNP; Mindy Miller, RN, Bariatric Coordinator; and Deb Schoenfelder, RN.

For more information about bariatric surgery using the LAP-BAND® System, please attend the presentation or call Avera Medical Group Bariatrics at 996-5482.

OBITUARIES

Joseph Bertrand

SCOTLAND — Funeral arrangements for Joseph Bertrand, 55, of Scotland are pending with Goglin Funeral Home of Scotland.

Joe died on Friday, January 20, 2011 at Landmann-Jungman Memorial Hospital in Scotland.

Online condolences may be sent at www.goglinfh.com.

**Goglin
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www.goglinfh.com

Donald Behl

SCOTLAND — Funeral arrangements for Donald Behl, 82 of Scotland are pending with Goglin Funeral Home of Scotland.

Donald died on Friday, January 20, 2011 at Avera Sacred Heart Hospital in Yankton.

Online condolences may be sent at www.goglinfh.com.

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Irene Zautke

PLAINVIEW, Neb. — Irene Zautke, 76, of Plainview, Neb., died Wednesday, Jan. 18, 2012, at Faith Regional Health Services, Norfolk, Neb. She was the mother of James Zautke, Yankton.

Funeral services are at 10:30 a.m. Monday at Zion Lutheran Church, Plainview, with burial in Pleasant View Cemetery.

Visitation will be 4-8 p.m. Sunday at Stonacek Memorial Chapel, Pierce, Neb.

Barbara Buggs

Barbara Buggs, 35, of Yankton died unexpectedly at her home on Tuesday, Jan. 17, 2012.

Funeral services are at 2 p.m. Tuesday, Jan. 24, at Opsahl-Kostel Funeral Chapel with the Rev. Jeff Mantz officiating. Burial of the cremated remains will be in Roswell, N.M., at a later date.

Visitations will be one hour prior to the service at the funeral home.

NATIONAL HONOR SOCIETY INDUCTEES AT YHS



KELLY HERTZ/P&D

Seventy-eight members of the Yankton High School Class of 2013 were inducted into the YHS Arikara Chapter of the National Honor Society during induction ceremonies held Thursday night at the YHS Commons. The guest speaker was Sioux Falls Mayor Mike Huether, a Yankton High School graduate. The new inductees include: Mindy Doering, Taylor Hirsch, Kelsey Huntley, Brady Knodel, Jena Nelson, Christopher Robinson, Rachel Ruffinott, MiKayla Vetter, Banan AbdAlkreem, Kali Adams, Joshua Arens, Morgan Bakke, Theresa Barnes, Evan Bergeson, Jacob Bies, Frae Binder, Maria Binder, Tyler Bryan, Kelsey Butler, Savannah Chambers, Olivia Christopher, Jessica Culver, Fiona Dahlberg, Carlie Drobny, Dustin Dvorak, Jessica Erickson, Kourtney Erickson, John Fanta, Kelsy Fitzgerald, Alexis Fokken, Megan Ford, Katie Freng, Jessica Goeken, Melissa Gonzalez, Derek Gravholt, Katelyn Greenaway, Sarah Hicks, James Hisek, Mikala Hora, Andrew Hummel, Maddie Husman, John Iverson, Casey Johnson, Alyssa Klimisch, Drew Konopasek, Katie Kotschegarow, Mackenzie Larson, Jase Likeness, Cameron Luken, Sarah McDonald, Megan Mingo, Abigail Mitchell, Jocelyn Moon, Sarah Pearson, Cawssie Pospishil, Payton Prickett, Erin Rasmussen, Alex Rehurek, Jessica Roth, Michael Rucker, Tristin Rueb, Sarah Santos, Alexander Savage, Silas Schaeffer, Clara Schild, Paden Schmidt, Allyssa Schroeder, Brianna Shindler, Cayla Slattery, Whitney Specht, Adam Spencer, Nichole Steiner, Eric Stratman, Kayla Sylvester, Payton Terca, McKayla Thieman, Samuel Wendte, Molly Wermers, Devin Westerman, Jessica Winterringer, Kennedy Winterringer, Jessica Wirth and Stephanie Wooten.

American Cancer Society: Excess Weight Connected With Cancer

The American Cancer Society offers this fact sheet on the connections between excess weight and cancer:

- Excess body weight increases the risk of developing and dying from many types of cancer.
- About one in three cancer deaths in the U.S. is related to nutrition and physical activity, with obesity as a major factor.
- Two out of three Americans are overweight or obese.
- Evidence suggests that a diet low in vegetables, fruits and whole grains, and high in red and processed meats can increase the risk of several of the most common cancers.
- Avoiding weight gain has clear benefits for reducing the risk of heart disease, diabetes, and cancer.

- Public policy efforts aimed at obesity, physical inactivity and poor nutrition offer a critical opportunity for disease prevention, particularly among children. The Society is working in partnership with other organizations to improve nutrition and increase physical activity in schools and remove barriers to healthy lifestyles in communities.
- The American Cancer Society recommends a diet high in fruits, vegetables, whole grains, and lean protein and limited consumption of processed and red meats and alcohol.
- Balancing caloric intake with physical activity plays an important role in maintaining a healthy weight or losing weight.
- The Society recommends at least 30 minutes of physical activity 5 or more days/week;

45-60 minutes is preferable.

• For tips on staying healthy, visit www.cancer.org/healthy.

• Overweight and obesity are clearly associated with increased risk for developing many cancers, including cancer of the breast (postmenopausal), colon, endometrium, esophagus, and kidney.

• Observational studies show that obesity also increases the risk for cancers of the pancreas, gallbladder, thyroid, ovary, and cervix, and for multiple myeloma, Hodgkin lymphoma and aggressive prostate cancer.

• The link between body weight and cancer risk is believed to stem from multiple effects on fat and sugar metabolism, immune function, level of hormones (including insulin and estradiol) and cell growth.

Welders

From Page 1

they don't like to hire employees away from other companies in town.

"We don't want to get to the point where we are robbing from each other," she said. "We want new employees, the individuals who haven't had the skill set to come in and get it. We want to hire them."

"One of the things about the RTEC classes is, we will allow students to leave work to come to the classes and then come back and finish their shifts," Benjamin said. "That is how efficient this class is. It doesn't just train for welding; it trains for attendance and attitude, the things an employer looks for. You can come in and weld all day, but if you don't come in at six and there is a shortage in my line, I have to find someone to fill that gap."

Svatos said it is a matter of learning the three A's: attitude, aptitude and appetite.

"It is one thing to come through the door and want to do something; it is something else when you need to learn the skill set," he said. "It doesn't just stop with putting the gun in your hand and welding out in our facility. We have 15 welding booths and our goal is to fill those 15 booths, and put a quality product out to our employers."

While Svatos said he feels the community may be reaching the saturation point in terms of people taking the training, two potential applicant pools could provide the

potential that employers are looking for: women and students just graduating from high school.

"I have four females currently working for us as welders," Benjamin said. "One of them is in a lead role for us right now. To be honest with you, they have the finesse with the welders that sometimes they are our better welders, just because of the eye-hand coordination and manual dexterity that a woman carries. Not saying one is better than the other, but I am saying I would hire 10 women today if I could find them. Right now, any woman that walks through the door that has welding (skills) gets an interview."

Noting that the females who have taken the RTEC welding courses have been some of the best welders he has seen, Svatos also said the impression of a manufacturing career being a dirty job, needs to be corrected.

"Welding and manufacturing is a great career track," he said. "Looking back, if I had been exposed to manufacturing in school, hands down, that is the way I would have gone. Just because of the variety of jobs, the job security is there. I would be pretty scared right now if I had a general degree. For parents, they have to start putting these options in front of the kids in middle school, let them know that career and technical education is not a punishment, it is a reward. Look at the job demand that is out there. They are calling for the highly skilled technical educated workers."

At Yankton High School they are using the facilities at RTEC to help train students in the industrial manufacturing and fabrication class as well as going into other classes talking to students about

the opportunities in the community.

"I think we are doing what we can in the school district to let the students know what opportunities we have," Benjamin said. "We are in the schools talking about the positions. Telling that manufacturing is not a dirty job. In the past you always thought people would walk out full of grease. That isn't true. In our facility you can work a full shift, leave and go to wherever you want to go. We just need to change the mindset. It is a \$3,000 investment. If it doesn't work out, you are not invested \$40,000 like with a four year degree."

The courses offered at RTEC are skill sets that provide opportunity here in Yankton.

"More than anything, it is an investment in time to get these positions," Svatos said. "I always tell people, 'Don't let the financial piece hold you back.' There are funding sources available for the training. Some of these companies will help with tuition assistance to make these education opportunities become a reality. Don't discount the cost of an education,

because there are so many values to an education that it can't be left on the back burner."

Currently the 12-week course at RTEC costs \$3,000. The next session begins in late January and is already booked full. The following session begins in late March.

"We can't predict the future. If we could we would all be rich and healthy for the rest of our lives," Benjamin said. "However, the future is very optimistic. We have nothing but growth in mind and that is how our future looks. None of us could have predicted the recession. I can't predict what will happen tomorrow. But if you are asking us what our outlook is on the economy, we are very optimistic."

Kocer agreed. "There is just fabulous potential in Yankton, it is a great community to live in, to raise families in — it is ideal," she said. "We have it all here; people just need to take advantage of it. But that means they need to step forward and put forth some investment on the forefront. It will return to them in dividends many times over."

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Fill the puzzle so that every row, every column, and every section contain the numbers 1-9 without repeating a number.

	9				3	4
5				1	2	
			5		8	
	1		7	6		9
	4			3		1
		5		3		
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CHALLENGING

CH BOOK 28 #8

Yesterday's Solution

8	4	9	2	5	1	3	7	6
2	5	1	6	7	3	4	8	9
7	3	6	4	8	9	2	5	1
1	7	8	3	9	6	5	4	2
6	2	3	5	4	8	1	9	7
5	9	4	1	2	7	6	3	8
9	1	5	8	3	2	7	6	4
3	6	7	9	1	4	8	2	5
4	8	2	7	6	5	9	1	3

su|do|ku

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Check tomorrow's paper for the solution to today's puzzle.

INT BOOK 28 #8

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