

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 P&D Calendar, PO Box 56, Yankton, SD 57078, or e-mail to newsroom@yankton.net.

Monday

Yankton Morning Optimist Club, 7:15 a.m., Fryn' Pan Restaurant.
Exercise & Current Events, 8:30 a.m., Autumn Winds East, 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.
Instructed Cardio Class, 11-11:45 a.m., The Center, 900 Whiting Drive.
Alcoholics Anonymous Daily Reprieve, noon, 12-24 Club, 1019 W. 9th.
Interchange Inc., noon, Waterfront Gourmet Grill, 201 Capital.
Pinocle/Whist, 12:45 p.m., The Center, 900 Whiting Drive.
Cribbage, 1 p.m., The Center, 900 Whiting Drive.
Alcoholics Anonymous Daily Reprieve, 7 p.m., 12-24 Club 1019 W. 9th.
River City Harmony Sweet Adelines, 6:30 p.m., First United Methodist Church, 11th and Cedar. 605-661-7162.
Missouri Valley Model Railroad Club, 7-9 p.m., 221 W. 3rd, lower level.
Yahweh-Shalom Charismatic Prayer Meeting, 7:30 p.m., St. Benedict's.
Narcotics Anonymous, 8 p.m., Vermilion Area Hospice, 25 S. Plum

FIRST MONDAY ONLY

Yankton Morning Optimist Club, 11:59 a.m., Fryn' Pan Restaurant
Yankton Republican Party Executive Meeting, 5:30 p.m., 401 Capitol, 250-1605 www.yanktongo.com
Heartland Humane Society Board Meeting, 6:30 p.m., 601 1/2 Burleigh.
Parents In Touch (ADD disorder), 7 p.m., at the Safety Center.
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. business meeting, Bonanza Family Restaurant, north Highway 81.

SECOND MONDAY ONLY

Yankton's Alzheimer's Support Group, noon, Majestic Bluffs Assisted Living Coffee Shop. (605) 668-8907.
Avera Sacred Heart Hospital Auxiliary, noon, Pavilion Conference Room. (605) 668-8104.
Tri-State Old Iron Association, 7 p.m., JoDean's Restaurant.
Yankton Area Writers Club, 7 p.m., Yankton Library (605) 664-6582.
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street.

THIRD MONDAY ONLY

Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. business meeting, Bonanza Family Restaurant, north Highway 81.
Yankton School Board Meeting, 5:30 p.m., RTEC, 1200 W. 21st Street.
Lewis and Clark Optimist Club, 6 p.m., Fryn' Pan. (605)664-1531.
Friends Of The Yankton Community Library, 5:30 p.m., Yankton Community Library, 515 Walnut.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar Street.

FOURTH MONDAY ONLY

National Association of Active and Retired Federal Employees (NAARFE), 10 a.m., The Center, 900 Whiting Drive.
Yankton Area Christian Writers, 1:30 p.m., Pine Lanes East, 2905 Douglas
Look Good... Feel Better, 4 p.m., Yankton Medical Clinic Library.
Dakota Prairie Quilt Guild, 7-9 p.m., Yankton Community Library.
Yankton Area Arts, 7 p.m., G.A.R. Hall and Gallery.

Tuesday

Table tennis/darts, 8:30 a.m., The Center, 900 Whiting Drive.
Yankton Community Forum, 9 a.m., Hillcrest Country Club, 2206 Mulberry.
Ladies Billiards, 10 a.m., The Center, 900 Whiting Drive.
Weight Watchers, 10:30 a.m. and 12:15 p.m. Weigh-ins 30 minutes before meeting time. 23rd St. Suites, 904 W. 23rd.
Alcoholics Anonymous Daily Reprieve, noon, 12-24 Club, 1019 W. 9th.
Yankton ALANON, noon, 1019 W. 9th St.
Yankton Rotary Club, noon, Hillcrest.
Kiwanis Club, noon, Fryn' Pan Restaurant.
Open cards, 12:45 p.m., The Center, 900 Whiting Drive.
Wii bowling, 1 p.m., The Center, 900 Whiting Drive.
National Alliance for Mental Illness (NAMI) Support Group, 2 p.m., Impact Office, 214 Capitol, 605-661-4434.
Izaak Walton Trap League trap practice, 5 p.m., (605)660-5402.
Springfield, 6 p.m., SHS teacher's lounge. (605)665-5786.
Boys Town Common Sense Parenting classes, 6:30-8:30 p.m., Trinity Lutheran Church, 403 Broadway. (605)665-4811.
DivorceCare, 8:45 p.m., Calvary Baptist Church, 2407 Broadway Avenue. (605)463-2502 or (605)665-9273.
Bingo, 7-9 p.m., The Center, 900 Whiting Drive.
Billiards/Snooker, 7-9 p.m., The Center, 900 Whiting Drive.
Alcoholics Anonymous STEP Meeting, 7 p.m., 12-24 Club, 1019 W. 9th.
Alcoholics Anonymous Alano Group, 8:30 p.m., 12-24 Club, 1019 W. 9th

FIRST TUESDAY ONLY

Morning Mothers of Preschoolers (MOPS), 9-11 a.m., (605)665-4672 or (605)660-4686.
Housing Authority, noon, Summit Activities Center. (605)668-5256.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut.
Fiddlers, 6 p.m., The Center, 900 Whiting Drive.
St. John's Lodge No. 1 A.F. and A.M., 7:30 p.m., Masonic Temple.

SECOND TUESDAY ONLY

American Diabetes Association Yankton Chapter, 7:30 p.m., Dining Room No. 1 of Sacred Heart Hospital.
Special Needs Adoptive Parents (S.N.A.P.), 7 p.m., meeting room 6, lower level, St. Luke's Regional Medical Center, Sioux City, Iowa.
VFW Auxiliary, 7:30 p.m., 209 Cedar Street.

THIRD TUESDAY ONLY

Visually Impaired Peer Support Group (VIPS), 1 p.m., Sunrise Apartment Dining Room, 2015 Green St. (605)665-3853 or (605)668-2940.
Cross Disabilities Peer Support Group, 3 p.m., Canyon Ridge Apartments, 1700 Locust, Yankton. (605)668-2940.
County Commission, 5 p.m., Yankton Government Center.
Helping Adults With Disabilities Participate in Yankton, 5:30 p.m., Chamber of Commerce.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut.
Fiddlers, 6 p.m., The Center, 900 Whiting Drive.
Evening M.O.P.S. (Mothers of Preschoolers), 6:15-8 p.m., 1700 Burleigh. (605)661-6979 or (605)665-4228.
Sons of Norway, 6:30 p.m., Christ the King Lutheran Church.
Crohn's-Colitis Support group, 6:45 p.m., Conference Room 3 of the Avera Pavilion.
Yankton County Right to Life, 7:30 p.m., Yankton County Extension Service Office, 901 Whiting Drive.

FOURTH TUESDAY ONLY

Compassionate Friends, 7 p.m., Avera Sacred Heart Hospital Conference Room. (605)665-1134 or (605)665-2514.
Lewis and Clark V-842 of the 4088, 7:30 pm., Moose Lodge Yankton.

Wednesday

Wii bowling, 9 a.m., The Center, 900 Whiting Drive.
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.
Mass, 11 a.m., Autumn Winds East and West (2905 and 2903 Douglas.)
Instructed cardio class, 11-11:45 a.m., The Center, 900 Whiting Drive.
Alcoholics Anonymous Daily Reprieve, noon, 12-24 Club, 1019 W. 9th.
Izaak Walton Trap League trap practice, 5 p.m., (605)660-5402.
Victims of Domestic Violence support, 5:30-6:30 p.m. Nursery provided (605)665-4811.
Bingo, 7 p.m., VFW Post 791
Yankton ALANON, 7:30 p.m., 1019 W. 9th St.
Alcoholics Anonymous Alano, 7:30 p.m., 12-24 Club, 1019 W. 9th
Narcotics Anonymous, 8 p.m., First United Methodist Church, Room 101. (605)857-0378.

FIRST WEDNESDAY ONLY

Partnership Bridge, 1 p.m., The Center, 900 Whiting Drive.
SECOND WEDNESDAY ONLY
Antique Auto Club, 7 p.m., The Center, 900 Whiting Drive
THIRD WEDNESDAY ONLY
The Airport Advisory Board, 8:30 a.m., Chan Gurney Municipal Airport.
Partnership Bridge, 1 p.m., The Center, 900 Whiting Drive.

Area Soldier Represents S.D. At Competition

BY SGT. REBECCA LINDER

Task Force Rushmore Public Affairs

FORT RICHARDSON, Alaska — Leadership plays a big role in being a noncommissioned officer and that is exactly what Sgt. Chastity Oswald, of the 196th Maneuver Enhancement Brigade, showed while representing the South Dakota Army National Guard in the regional NCO of the Year competition June 11-13 at Fort Richardson, Alaska.

Eight NCOs, including Oswald, from the Northwest Region of the U.S. competed in the three-day competition. The days were filled with several events to test the soldier's leadership skills, knowledge, and demonstrate soldier warrior tasks.

The competition kicked off early the first day in Fort Richardson with a physical fitness test, where the soldiers had to show their athletic abilities in three events; the push-up, the sit-up and two-mile run. Each soldier had two minutes to do as many push-ups, followed by sit-ups as they can, then run two-miles under a certain amount of time. The soldiers then received an overall score based on the totals of each event.

Oswald and the other competitors then had to shower, change into their Class-A uniforms, and get ready for the next challenge, which

was a 50-minute interview board, with a variety of questions to test their knowledge on the standards of the Army. While waiting for the board, Oswald had to also take a written exam of 25 questions.

Testing the soldier's knowledge and fitness abilities was just the beginning of the competition. There were more challenges to come and the obstacle course filled with 13 different obstacles was next. The course was a mile-and-a-half long and the competitors had to complete various obstacles from climbing ropes and confidence ladders to low crawling across boards that were raised up off of the ground.

Oswald, now deployed to Afghanistan with the 196th, said this was her favorite part of the competition because after each event she felt she accomplished something and it motivated her to keep going to the next obstacle.

After the obstacle course, the soldiers got a few hours of sleep and then were flown on a C-23 low-flying aircraft through the mountains to Fort Greeley. When the soldiers landed they were tasked to complete a six-mile, unexpected

ruck-march within an hour-and-a-half to their next challenge — the M-4 qualification range, where they had to shoot 23 out of 40 targets to qualify.

The next challenge was the warrior training task lanes including a move-to-shoot range — where targets popped up and the soldier's had to decide if they were friendly or enemies and to shoot or not, a 9-line MEDEVAC (medical evacuation) scenario — involving calling in the request, loading the casualty on the pick-up point. Other lanes included a grenade exercise and a quick-magazine-change lane with the M-9 pistol and the M-4 carbine rifle.

After qualifying with their rifles, each soldier was given four points to locate on a land-navigation course. In four hours or less, the soldiers had to find the points in a dense forest environment using only a map, protractor and compass.

Hand-to-hand combatives was the final event of the competition. Oswald, the only female in the contest, was paired up with the lightest guy for a single-elimination bracket style match.

The event ended with an awards ceremony and then Oswald was sent off to meet up with her unit in Afghanistan. Even though the competition

was filled with long, rainy days, Oswald said she stayed motivated and put 100 percent into the entire competition.

"I have never done anything more challenging in my military career," said Oswald. "I had a lot of fun and even though it was a competition, everyone helped out and continued to support each other throughout the competition. This was a once in a lifetime opportunity and I was proud to serve my state."

Oswald, a native of Viborg, who currently lives in Sioux Falls, has been working full-time for the 196th for more than two years and has been in the SDARNG for nine years.

BIRTHDAYS

CLARA JILG

Clara Jilg will be celebrating her 100th birthday on Sunday, Aug. 1, 2010. Please join us in honoring her

amazing life during an open house at 2-4 p.m. Aug. 1 at the Menominee Parish Center, Menominee, Neb. No gifts please. If you could write a note with your fondest memories of Clara, it would be deeply appreciated.



Jilg

BIRTHS

KARSTEN WATSON

Anthony and Emily Watson of Junction City, Kan., announce the birth of their son, Karsten Anthony Watson, born June 26, 2010, at 6:46 p.m., weighing 5 pounds, 7 ounces and measuring 19 1/2 inches long.

Grandparents are Jim and Lisa Plummer of Tyndall; Joel Hamre and Angie Cameron of Hillsboro, N.D.; and Jeff Watson of Volin.

Great-grandparents are Lynn and Pat Porter of Hillsboro; Willie and Barb Grant of Springfield; and Bev Hamre of Hillsboro.

LUKE BIERLE

Cory and Jennifer Bierle of Scotland announce the birth of their son Luke Daniel Bierle, born June 18, 2010, at 7:34 p.m. weighing 8 pounds, 2 ounces and measuring 20 3/4 inches long.

Grandparents are Dick and Peg Behl of Scotland, and Danny and Janice Bierle of Lesterville. Great-grandparents are Marilyn and Bud Behl of Scotland, and Evelyn Bierle of Lesterville.

ZANDER ZANDSTRA

Chad and Darcy (Mettler) Zandstra of Rapid City announce the birth of their son, Zander Dennis Zandstra, born May 29, 2010, at 11 a.m. He weighed 6 pounds 10.2 ounces and was 20 inches long.

Grandparents are Larry and Kathy Mettler of Yankton, and Steve and Cindy Zandstra of Rapid City.

Great-grandparents are Delores Mettler of Yankton, and Harry and Jessie Hiedrich of Rapid City.

MILES METTLER

Ryan and Domonique Mettler of Plano, Texas, announce the birth of their son, Miles David Mettler, born May 29, 2010, at 4 a.m. He weighed 7 pounds, 8 ounces and was 19 3/4 inches long.

Grandparents are Larry and Kathy Mettler of Yankton, Deborah Saurage of Sheridan, Wyo., and John Saurage of Billings, Mont.

Great-grandparents are Delores Mettler of Yankton, Rena Saurage of Opelousas, La., and Francis Ardoin of Lake Charles, La.

RILEY KEPPEN

Joe and Monica Keppen of Scotland announce the birth of their son Riley John Keppen, born June 23, 2010, at 3 p.m. He weighed 9 pounds, 1 ounce and was 20 1/2 inches long.

Riley joins his sibling Rory, 3. Grandparents are Steve and Shirley Cap and Ray and Pam Keppen all of Scotland.

Great-grandparents are Viola Woehl of Scotland, Shirley McNary of Mitchell and Mary Keppen of Madison.

KESTON MOLLMAN

Bowen and Sonya Mollman of Yankton announce the birth of their son named Keston Michael Mollman. Keston who was born June 17, 2010, weighed 6 pounds, 11 ounces and was 20 inches long.

Grandparents are Bob and Jonabeh Mollman of Watauga and Stephen and Mary Nehl of Carson, N.D.

Great-grandparents are Art and Delores Long of McIntosh.

MENUS

Menus listed below are for the week of July 19-July 24. Menus are subject to change without notice. All meals are served with milk. YHS Combo Line meals are served with choice of milk or shake.

Yankton Summer Food Service
 Monday — Pepperoni Pizza
 Tuesday — Chicken Fries
 Wednesday — Spaghetti O's
 Thursday — Turkey Tenders
 Friday — Chicken Burger

Yankton Senior Citizens Center
 Monday — Beef Vegetable Soup
 Tuesday — Baked ham
 Wednesday — Hamburger Stroganoff
 Thursday — Beef Roast
 Friday — Baked Potato Bar

Tabor Senior Citizens Center
 Monday — No Meals
 Tuesday — BBQ Ribs
 Wednesday — Oven Fried Chicken
 Thursday — Beef Porcupine Balls
 Friday — No Meals

Information Day

Your chance to learn about great educational options right here in Yankton with Mitchell Technical Institute and RTEC!

Full-Time • Part-Time • Dual Enrollment
Financial aid & funding available
 Today's popular technical programs in high-demand areas like Energy and Communications!

Come learn more!

Wednesday, July 21
3:00-6:00 PM



RTEC
 1200 W. 21st St.



CALENDAR OF EVENTS

- July 20**
 - CROHN'S & COLITIS SUPPORT GROUP**
 5:30 p.m.
 Professional Office Pavilion Conf. Room
 (605) 665-7199
- July 26**
 - GENERAL CANCER SUPPORT GROUP**
 10:30 - 11:30 a.m.
 Cancer Center Conference Room
 (605) 668-8850
- July 27**
 - BLOOD DRIVE**
 12 - 6:30 p.m.
 Benedictine Center Lobby
 Siouland Community Blood Bank
 (877) 224-6208
- August 3**
 - NATIONAL NIGHT OUT**
 9 a.m. - 8 p.m.
 Memorial Park
Free finger prints, DNA sample, identification card, glow stick.
- August 9**
 - AMERICAN CANCER SOCIETY'S "LOOK GOOD FEEL BETTER"**
 3 p.m.
 Cancer Center Conference Room
Reservations are required.
 (605) 668-8850

Avera
 Sacred Heart Hospital

Look no further.

www.AveraSacredHeart.com

Please Verify Your Calendar Listings

In an effort to assure that the Press and Dakotan is offering the most up-to-date information available, please verify that your listing is correct.

We are asking that you e-mail us at newsroom@yankton.net with any listings you would like to have continued to run in the Community Notebook section which runs on Monday and Thursday. New listings are also invited.

Information submitted should include:

- Name Of Group
- Contact Phone Number
- Time The Group Meets
- Day The Group Meets
- How Often Group Meets
- Location Of Meeting

Please Note: The Updated Calendar Will Begin Running August 1.

DUCTWORK cleaning

Don't Breathe Dirty Air!
 Get your home's ducts professionally clean and breathe easier.

Larry's
HEATING & COOLING

920 Broadway, Yankton **665-9461**