www.yankton.net

## **REGION** DIGEST

## Work Completed On James River Bridge

From P&D Staff Reports

Work has been completed on the James River Bridge located east of Yankton on Whiting Drive by Fleeg's Riverside Road House.

The Yankton County Highway Department began painting and maintenance work on the bridge July 7 and had been closing it to traffic between the hours of 8:30 a.m. and 4:40 p.m.

The Highway Department wishes to thank Yankton County residents for their patience as the project was completed.

## Nurses Host Breastfeeding Class July 28

The Yankton Community Health Nurses will host a free one-session breastfeeding class on Wednesday, July 28, at the Yankton County Government Center, 321 W. Third St. The class runs from 5-7:30 p.m.

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, No. 1, for more information or to register for the class. Class size is limited to 6-8 women and their support person so call soon.

## Swimming Lessons From Aug. 2-13

The Yankton Recreation Department has openings in the August session of American Red Cross Swimming Lessons at Memorial Park Pool. This two-week session runs from Monday, Aug. 2, through Friday, Aug. 13. Swim Levels I, II, III, IV and V are available. Visit www.city-

ofyankton.org to get a full listing of swim level times.

You can view, register and submit payment for all of the summer programs and activities directly from the City of Yankton's website. Or, walk-in and register at the Summit Activities Center

Monday through Friday 8 a.m.-5 p.m. For further information, call 668-5234 or stop by the Summit Activities Center at 1801 Summit Street.

## Tabor Rummage Sale Set For Aug. 7

The Tabor Town Rummage Sale will be held on Saturday, Aug. 7, running from 8 a.m.-noon.

Anyone wishing to participate and be listed on the flyer should call Char at 463-2457 or Kathy at 463-2482 before July

#### ■ Get Updates At Yankton Online (www.yankton.net)

**GOT NEWS?** Call The Press & Dakotan At 665-7811

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# **AHA Searches For Healthy Hearts, Lifestyles**

SIOUX FALLS — The American Heart Association and DAKOTACARE are looking for healthy hearts. The organizations are sponsoring the Lifestyle Change Awards at the three Start! Heart Walks across the state.

"We want to recognize South Dakotans who have made heart healthy changes for their overall well-being," says Dr. Paul Amundson, a volunteer for the American Heart Association and Medical Director at DAKO-TACARE. "Heart disease is our number one killer, so we need to do what we can to decrease those risk factors. The Lifestyle Change Awards are one way to draw attention to the importance of a healthy lifestyle.

The Lifestyle Change Award recognizes individuals who have made positive changes to

improve their quality of life and health over the past year such as losing weight, becoming active, eating healthier and/or managing chronic diseases such as diabetes. Awardees are chosen based on criteria evaluating the signifi-

cance of the change that was achieved; any obstacles that were surpassed in achieving the goal; and the power that positive lifestyle change had not only on the individual achieving it but also those around him/her (i.e. family, friends, co-workers, community). "It only takes small changes to make a big impact on your

heart health," says Dr. Amundson. "For example, exercising 30 minutes a day five days a week can lower your blood pressure, cholesterol, and decrease your stress level

- thereby lowering your risk for heart disease

To nominate someone, you need to tell us what change they've made to improve their lifestyle, why they deserve a Lifestyle Change Award, and provide their contact information as well as yours. Entries can be made at www.southdakotaheartwalk.org <http://www.southdakotaheartwalk.org> and must be turned in by Aug. 20. A volunteer committee will judge the nominees for each region. The awards will be given out at the Start! Heart Walk for that region. The Eastern South Dakota Start! Heart Walk will be held at Falls Park Aug. 28; the Black Hills Heart Walk at Canyon Lake Park in Rapid City Sept. 18; and the Central South Dakota Start! Heart Walk at Steamboat Park in Pierre Sept. 25.

The American Heart Association has a series of online tools that can encourage lifestyle changes. The Start! program is an initiative for the American Heart Association in which tools are provided to businesses and individuals to get America literally walking to better heart health. The Start! program also offers extensive Web tools at www.americanheart.org/start including myStart! Online, a program that motivates users by connecting them to experts, related health and nutrition information, and virtual teams, for an interactive and customized experience. To learn more about Start! go online or call (800) AHA-USA1. Start! is made possible in Eastern South Dakota by Avera Health, Avera Heart Hospital, and nationally by Subway Restaurants.

# Habitat For Humanity Seeks Duplex Location

Habitat for Humanity of Yankton County is seeking a qualified family for a duplex located on National Street in Yankton. Applications are available at the Habitat office located at 231 Broadway Ste. 8, or can be printed from the website at www.habitatyanktoncounty.com. If you are unsure if you could offered through Consumer Credit Habitat for Humanity offers

pay the full price of their home kept affordable through donations of material and time. Our families are selected based upon need, ability to pay and willingness to partner with Habitat by providing 300 sweat equity hours. Habitat for humanity's requires that the total household income does not exceed 60 percent of the area's median income based upon HUD standards and that you have either lived or worked in Yankton County for a minimum of one year. For more information contact

Julie Dykstra at 260-4224. life of the loan. Partner families

Darlene Jorth of Joice, IA and

Mary Ann (Ted) Christensen of

Oxnard, CA; brother Virg (Dee)

Marchand of Milford, IA; and many

his parents; two sisters, Edna

Mae and Margaret; and six broth-

ers, Francis, Earl, Harold, Louis,

may be directed to the Bob and

Toots Memorial Fund to benefit

In lieu of flowers, memorials

He was preceded in death by

nieces and nephews.

John, and James.

eral aviation in southeastern South Dakota and northeastern Nebraska. The YRAA has 103 members from area towns (Menno,

Springfield, Tripp, Tyndall, Vermillion, Volin, Wagner, Yankton, Bloomfield, Creighton Hartington, Randolph and Wayne).

The scholarship will be

Training Scholarship.

## YRAA Pilot Training Scholarship To Be Offered The Yankton Regional

given a "wannabe student" Aviation Association (YRAA) pilot, student pilot, or pilot announces the opening for seeking an advanced rating. applications for the YRAA Pilot The success of this program is in part dependent upon the The \$500 scholarship was established in 2005 and is one way the YRAA to promotes genaviation

> an application for the scholarship is Aug. 1. The application form for the YRAA Pilot Training Scholarship can be requested from Steve Hamilton, 303 Golf Lane, Yankton, SD 57078; or e-mail skyhawk@iw.net or call 605-665-8448.

Dr. Marvin Kamback

Yankton passed away Saturday, July 17, 2010 at the Human

11:00 a.m. Saturday, July 24, 2010

at St. John's Lutheran Church,

Visitations will be from 3-9

sahl-Kostel Funeral Home and

p.m. Friday, July 23, 2010 at the

Services Center, Yankton, SD.

Yankton with Rev.

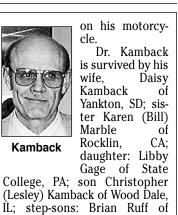
Weispfennig officiating.

Merlin Lillie

Dr. Marvin Kamback, age 71 of

Memorial Services will be

receipt of good quality nominees with a strong interest in The deadline for submitting



OBITUARIES

Yankton

afford to own a home plan to attend Home Buyer Express Counseling Services, a partner agency of Habitat for Humanity, to register call 1-888-258-2227. a 0 percent interest rate for the

Bob started working as an

inspector for the new Fox Run Golf

course and later worked part time

at Fox Run as part of the grounds

crew until retiring in 2008. He was

named the Yankton Golf Team Best

by the

Quarterback Club and also was

named as a Greyhound Great by

Yankton College for his contribu-

tion to golf. He was always proud

of having the opportunity of teach-

ing golf to the young and was very

Cemetery with military honors provided by the Ernest-Bowyer Golf Course. He later worked as a VFW Post No. 791.

**Robert Marchand** 

Yankton.

Robert "Bob" Marchand, age

Memorial Services will be 2:00

87, of Yankton, SD, died Tuesday,

July 20, 2010, at his home in

p.m. on Friday, July 23, 2010, at Christ Episcopal Church in

Yankton with Reverend James

Pearson officiating. Inurnment

will be in the Yankton City

Gathering of family and friends will be on Thursday from 5:00 to 8:00 p.m. at the Wintz & Ray Funeral Home in Yankton with a prayer service and video tribute at 7:00 p.m. Pallbearer will be Bob's grand-

son, Jay Marchand. Honorary pallbearer will be Bob's granddaughter, Kate Marchand. Bob was born on March 3,

1923, to John and Edna (Powers) Marchand in Milford, IA. He grew up in Milford and graduated from Milford High School in 1941. He enlisted into the United States Association

VOLIN - Andrea R. Guy, age

Funeral services will be 10:30

44, of Volin, SD passed away from

pancreatic cancer at her resi-

dence on Monday, July 19, 2010.

a.m. Saturday, July 24, 2010 at Faith United Lutheran Church,

rural Volin, with Rev. Velma Larson

officiating. Burial will be in the

Zion Lutheran Cemetery, rural

Volin, with Military Graveside

Andrea Guy

#### dents became State Golf foreman at Beam's Washing Champions, High School Golf State Machine and Dryer Factory in Team Champions, and some Webster City, IA. He became a golf joined the pro tour. His fondest pro while living in Webster Čity memories were his marriage to and was the golf pro and greens Toots, when his children were keeper at the Webster City born, and his grandchildren. He Country Club. In 1961, Bob and was a lifetime member of the Toots moved to Yankton where Yankton VFW, a member of Bob became the golf pro and Hillcrest Country Club, and Christ greens keeper at Hillcrest Episcopal Church. Country Club, which he continued until 1987. In 1987, Bob was

Friend

Navy and served

as a Pharmacist

Mate First Class

assigned to the

Medical Corp. dur-

ing World War II.

He married Edith

"Toots" Morton on

August 7, 1946 in

Fairmont, MN. Bob

returned

Yankton,

will

Casey,

Almond.

Schmidt,

Andrea was born April 14, 1966

been trusted with

Pallbearers

Sylberger, William

Bender, and John

be Terrv

arrangements.

has

funeral

Tyler

Ňick

Brad

Milford in 1947 and worked as a

greens keeper at West Okoboji

to

Survivors include his wife, Toots of Yankton: 2 children. Pam inducted into the South Dakota Marchand of Yankton and Rob Golf Hall of Fame and was named (Mary) Marchand of Mitchell, SD; the 18 Hole Superintendent of the 2 grandchildren, Jay (Karmyn) Year by the South Dakota Golf Marchand of Sioux Falls and Kate Marchand of Mitchell; 2 sisters,

reserve duty until 1992. She loved

her work in medical records at

Sanford Hospital (Vermillion). She

also ran the Volin Café during the

years of 2004 and 2005. She mar-

ried Joe Guy on May 19, 2002 and

daughters Candice Johnson of

Volin, SD, Cassandra Johnson of

Crofton, NE, Nikki Guy of Volin, SD,

Debbie Johnson of Santa Monica,

CA, Nesha Benton of Webster, IA;

proud that some of the golf stuyouth golf in Yankton. If you wish to send an online sympathy message to the family, please visit wintzrayfuneral ome.com. Yankton Press & Dakotan



Online condolences at: www.wintzravfuneralhome.com

(Saccento) Adamson of Volin, SD and Ron (Pam) Gearhart of Woolstock, IA; and Maternal Grandmother Lois Saccento of Goldfield, IA. She was preceded in death by her Paternal grandparents Sam

together made their home in Volin, (Harriet) Gearhart: Maternal Andrea's memory is cherished grandfather Vince Saccento, Sr.; by her husband Joe of Volin, SD; Father-in-law Ronnie Guy; Uncle sons Kelly Guy of Sioux City, IA, Vince Saccento, Jr., and Grand John Guy of Volin, SD, and Larry Niece Ashley Gearhart. Johnson of Albuquerque, NM;

Yankton Press & Dakotan July 22, 2010

Crematory, Yankton with a 7:00 p.m. prayer service. Visitations will resume one hour prior to the service at the church. Marvin's family invites everyone to a lunch following the memorial service at the Opsahl-Kostel Funeral Home and Crematory Honorary Urn-bearers for Dr. Kamback will be Chris Kamback, Leon Cantin, Larry Hintgen and

Steve

Dr. MC Kamback, of Yankton, South Dakota, passed away on July 17 after a long illness surrounded by his loving care givers at Spruce I. Dr. Kamback attended Sacred Heart School and graduated from Yankton High School in 1957. He went on to attend Yankton College and graduated from USD receiving a BA for English Literature in 1961 and a MA for Psychology in 1962. Dr. Kamback received his PHD from Vanderbilt University in 1965. Dr. ers. Kamback specialized in pain management and in the area of addiction and worked to help those afflicted with mental illnesses. He helped many people

throughout his lifetime. He was

an avid flower gardener; bird

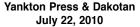
watcher and he loved to travel.

He once traveled across Europe

Yankton, SD, Bruce Ruff of Reno, NV; granddaughters: Jaedyn Gage of State College, PA, Kaylee Ruff of Yankton, SD; grandson Jacob Ruff of Reno, NV; stepgrandchildren Josh and Riley of Wood Dale, IL; mother-in-law Dorothy Scherschligt of Yankton, SD; sisters-in-law Sue (Joe) Hersman of Tyndall, SD, and Joy (Tom) Harrington of Andover, NJ; brother-in-law Gene (Nicki) Hollmann of Havre, Mont.

Dr. Kamback was preceded in death by his first wife. Genevieve Esterling, his mother Pauline and his father Carl Kamback.

Memorials can be made to the Yankton Community Library, Hazelden Organization (http://www.hazelden.org/web/p ublic/giving.page) or to the donation of your choice in lieu of flow-





Online condolences at: www.opsahl-kostelfuneralho

402-254-654



MINTZ & RAY∭∕INTZ **FUNERAL HOME** FUNERAL HOME INC. Hartington, Coleridge, Crofton and Cremation Service, Inc 605-665-3644 www.wintzrayfuneralhome.com

The family of Frank Zdenek ØÛ would like to thank friends and Tohank e relatives who remembered us with cards, telephone calls, plants, flowers, food brought to the house and the many kind expressions of sympathy to us. Our thanks to Father Joe Puthenkulathil and Msgr. Carlton Hermann for their visit, prayers and words of encouragement and messages at the prayer service and funeral. Thank you to the casket bearers, to Vern and Billy Ray Kaul for the beautiful music, to Ron Matuska for being the lector, to Florence Sutera for playing the organ and to the church choir. Thank you to the ladies of the Altar Society who prepared and served the lunch. To Dr. Robert Neumayer and staff at Sacred Heart Hospital for your loving care. To the Hospice staff for your kindness, understanding and devotion to the family. And thank you to Opsahl-Kostel Funeral Home staff for all your help and assistance. To all the relatives and friends, thank you so much for the caring and many acts of kindness. May God bless you all. His life was long and full. We will miss him very much

Helen Zdenek • Anna Mae & Marvin Engstrom family Jeanette & Ron Matuska family • Marci & Roger Henderson family Joan & Rick Kline family • Larry & Crystal Zdenek family Randy & Deb Zdenek family

## **Bernard** Petersen

Bernard "Bob" Petersen, 80, of Yankton died Wednesday (July 21, p.m 2010) at Avera Sacred Heart Hospital, Yankton.

Funeral services are at 10:30 a.m. Saturday at Trinity Lutheran Church, Yankton, with the Rev. David Wildermuth officiating. service at the church. Inurnment will be in the Cedar Hills Cemetery in Castle Rock, Gertrude Nelson Colo.

Visitation is 3-8 p.m. Friday at Wintz & Ray Funeral Home, Yankton, with a 7 p.m. prayer service. Visitation resumes one hour prior to the funeral at the church.

To post an online sympathy message, visit wintzrayfuneralhome.com.

## Carol St. Pierre

Carol (Gullikson) St. Pierre, 73, of Yankton died Wednesday (July 21, 2010) at her residence surrounded by her family.

Funeral services are at 11 a.m. Tuesday at Christ Church Episcopal, Yankton, with the Rev. Jim Pearson officiating. Burial will at Avera Sacred Heart Hospital, be in the Wagner Cemetery, Yankton. Wagner, at approximately 2:30

Visitations is 6-9 p.m. Monday at Opsahl-Kostel Funeral Home and Crematory, Yankton, with a 7 p.m. prayer service. Visitations will resume one hour prior to the and a 7:30 p.m. vigil service.

### Sydney Hansen

Gertrude W. Nelson, 94, of Yankton and formerly of Mission Hill, died Tuesday (July 20, 2010)

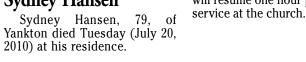
a.m. Memorial services will be Aug. 23, 2010, at Sacred Heart Catholic

Church , Yankton. Entombment will be in Sacred Heart Cemetery. Visitation will be 5-8 p.m. Aug. 22, at Wintz & Ray Funeral Home, Yankton, with a rosary at 7 p.m.

2010) at his residence.

Lutheran Church, Yankton, with the Rev. Dave Wildermuth officiating. Burial will be in the Pleasant Hill Cemetery, rural Yankton. Visitations is 6-8 p.m. Saturday

at Opsahl-Kostel Funeral Home and Crematory, Yankton with a 7 p.m. prayer service. Visitations will resume one hour prior to the





Rites by the Gingrich-Dixon to Ron Gearhart and Irene American Legion Post #13. (Saccento) Adamson at Clarion, Visitations will be 5 to 8 p.m. IA. She was baptized and con-Friday, at Faith United Lutheran firmed at the United Methodist Church with a prayer service at

Church at Goldfield, IA. She grew 7:00 p.m. Visitations will resume up in Goldfield, IA and graduated one hour prior to the service at from Goldfield Community School the church. Opsahl-Kostel in 1984. She joined the US Army in Funeral Home & Crematory, 1985 and served in active and

Haas

Guy

