

## 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 Flegg'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.cityofyankton.org](http://www.cityofyankton.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 23.

■ Get Updates At Yankton Online ([www.yankton.net](http://www.yankton.net))

## GOT NEWS?

Call The Press & Dakotan At 665-7811

# 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 DAKOTACARE. "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 significance 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) or <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 health. The Start! program also offers extensive Web tools at [www.americanheart.org/start](http://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](http://www.habitatyanktoncounty.com).

If you are unsure if you could afford to own a home plan to attend Home Buyer Express offered through Consumer Credit Counseling Services, a partner agency of Habitat for Humanity, to register call 1-888-258-2227.

Habitat for Humanity offers a 0 percent interest rate for the life of the loan. Partner families

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.

## YRAA Pilot Training Scholarship To Be Offered

The Yankton Regional Aviation Association (YRAA) announces the opening for applications for the YRAA Pilot Training Scholarship.

The \$500 scholarship was established in 2005 and is one way the YRAA to promote general 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

given a "wannabe student" pilot, student pilot, or pilot seeking an advanced rating. The success of this program is in part dependent upon the receipt of good quality nominees with a strong interest in aviation. The deadline for submitting 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](mailto:skyhawk@iw.net) or call 605-665-8448.

## OBITUARIES

### Robert Marchand

Robert "Bob" Marchand, age 87, of Yankton, SD, died Tuesday, July 20, 2010, at his home in Yankton.

Memorial Services will be 2:00 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 Cemetery with military honors provided by the Ernest-Bowyer VFW Post No. 791.

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 grandson, 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



Marchand

Navy and served as a Pharmacist Mate First Class assigned to the Medical Corp. during World War II. He married Edith "Toots" Morton on August 7, 1946 in Fairmont, MN. Bob returned to Milford in 1947 and worked as a greens keeper at West Okoboji Golf Course. He later worked as a foreman at Beam's Washing Machine and Dryer Factory in Webster City, IA. He became a golf pro while living in Webster City and was the golf pro and greens keeper at the Webster City Country Club. In 1961, Bob and Toots moved to Yankton where Bob became the golf pro and greens keeper at Hillcrest Country Club, which he continued until 1987. In 1987, Bob was inducted into the South Dakota Golf Hall of Fame and was named the 18 Hole Superintendent of the Year by the South Dakota Golf Association.

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 Friend by the Yankton Quarterback Club and also was named as a Greyhound Great by Yankton College for his contribution to golf. He was always proud of having the opportunity of teaching golf to the young and was very proud that some of the golf students became State Golf Champions, High School Golf State Team Champions, and some joined the pro tour. His fondest memories were his marriage to Toots, when his children were born, and his grandchildren. He was a lifetime member of the Yankton VFW, a member of Hillcrest Country Club, and Christ Episcopal Church.

Survivors include his wife, Toots of Yankton; 2 children, Pam Marchand of Yankton and Rob (Mary) Marchand of Mitchell, SD; 2 grandchildren, Jay (Karmyn) Marchand of Sioux Falls and Kate Marchand of Mitchell; 2 sisters,

Darlene Jorth of Joice, IA and Mary Ann (Ted) Christensen of Oxnard, CA; brother Virg (Dee) Marchand of Milford, IA; and many nieces and nephews.

He was preceded in death by his parents; two sisters, Edna Mae and Margaret; and six brothers, Francis, Earl, Harold, Louis, John, and James.

In lieu of flowers, memorials may be directed to the Bob and Toots Memorial Fund to benefit youth golf in Yankton.

If you wish to send an online sympathy message to the family, please visit [wintzrayfuneralhome.com](http://wintzrayfuneralhome.com).

Yankton Press & Dakotan  
July 22, 2010



Online condolences at:  
[www.wintzrayfuneralhome.com](http://www.wintzrayfuneralhome.com)

### Dr. Marvin Kamback

Dr. Marvin Kamback, age 71 of Yankton passed away Saturday, July 17, 2010 at the Human Services Center, Yankton, SD.

Memorial Services will be 11:00 a.m. Saturday, July 24, 2010 at St. John's Lutheran Church, Yankton with Rev. Steve Weispennig officiating.

Visitations will be from 3-9 p.m. Friday, July 23, 2010 at the Opsahl-Kostel Funeral Home and 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 Merlin Lillie.

Dr. MC Kamback, of Yankton, South Dakota, passed away on July 17 after a long illness surrounded by his loving care givers at Spruce 1. 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. 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



Kamback

on his motorcycle. Dr. Kamback is survived by his wife, Daisy Kamback of Yankton, SD; sister Karen (Bill) Marble of Rocklin, CA; daughter: Libby Gage of State College, PA; son Christopher (Lesley) Kamback of Wood Dale, IL; step-sons: Brian Ruff of 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; step-grandchildren Josh and Riley of Wood Dale, IL; mother-in-law Dorothy Scherschlag 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/public/giving.page>) or to the donation of your choice in lieu of flowers.

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July 22, 2010



Online condolences at:  
[www.opsahl-kostelfuneralhome.com](http://www.opsahl-kostelfuneralhome.com)

### Andrea Guy

VOLIN — Andrea R. Guy, age 44, of Volin, SD passed away from pancreatic cancer at her residence on Monday, July 19, 2010.

Funeral services will be 10:30 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 Rites by the Gingrich-Dixon American Legion Post #13.

Visitations will be 5 to 8 p.m. Friday, at Faith United Lutheran Church with a prayer service at 7:00 p.m. Visitations will resume one hour prior to the service at the church. Opsahl-Kostel Funeral Home & Crematory,



Guy

Yankton, has been entrusted with the funeral arrangements.

Pallbearers will be Terry Sylberger, William Casey, Tyler Almond, Nick Schmidt, Brad Bender, and John Haas.

Andrea was born April 14, 1966 to Ron Gearhart and Irene (Saccento) Adamson at Clarion, IA. She was baptized and confirmed at the United Methodist Church at Goldfield, IA. She grew up in Goldfield, IA and graduated from Goldfield Community School in 1984. She joined the US Army in 1985 and served in active and

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 married Joe Guy on May 19, 2002 and together made their home in Volin, SD.

Andrea's memory is cherished by her husband Joe of Volin, SD; sons Kelly Guy of Sioux City, IA, John Guy of Volin, SD, and Larry Johnson of Albuquerque, NM; daughters Candice Johnson of Volin, SD, Cassandra Johnson of Crofton, NE, Nikki Guy of Volin, SD, Debbie Johnson of Santa Monica, CA, Neshia Benton of Webster, IA; two grandchildren Zander Robert and Kaden Cruz; brothers Robert (Nancy) Gearhart of Pooler, GA and Shannon Gearhart of Eagle Grove, IA; parents Irene (Delmar)

(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 (Harriet) Gearhart; Maternal grandfather Vince Saccento, Sr.; Father-in-law Ronnie Guy; Uncle Vince Saccento, Jr., and Grand Niece Ashley Gearhart.

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Online condolences at:  
[www.opsahl-kostelfuneralhome.com](http://www.opsahl-kostelfuneralhome.com)

### Bernard Petersen

Bernard "Bob" Petersen, 80, of Yankton died Wednesday (July 21, 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. Inurnment will be in the Cedar Hills Cemetery in Castle Rock, 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](http://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 be in the Wagner Cemetery, Wagner, at approximately 2:30 p.m.

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 service at the church.

### Gertrude Nelson

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

at Avera Sacred Heart Hospital, Yankton.

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. and a 7:30 p.m. vigil service.

### Sydney Hansen

Sydney Hansen, 79, of Yankton died Tuesday (July 20, 2010) at his residence.

Funeral services are at 10:30 a.m. Monday at Trinity 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 service at the church.

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**IN REMEMBRANCE**

**Robert Marchand**  
2:00 PM, Friday  
Christ Episcopal Church  
Yankton

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FUNERAL HOME  
and Cremation Service, Inc.  
605-665-3644

WINTZ  
FUNERAL HOME INC.  
Hartington, Colorado, Crofton  
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[www.wintzrayfuneralhome.com](http://www.wintzrayfuneralhome.com)

Thank You

The family of **Frank Zdenek** would like to thank friends and 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 Ruthenkulstlil 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 Sutura 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