

COMMUNITY  
**CALENDAR**

The **COMMUNITY CALENDAR** 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 email to news@yankton.net.

**THURSDAY**

**Table Tennis**, 8:30 a.m., The Center, 605-665-4685  
**Ladies Pool**, 10 a.m., The Center, 605-665-4685  
**Yankton Sertoma**, noon, Pizza Ranch, 605-661-7159  
**Daily Reprieve**, noon, non-smoking open meeting, 1019 W 9th street.  
**Avera Sacred Heart Hospital Toastmasters**, noon, Benedictine Center; open session 605-665-6776  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Dominos**, 1 p.m., The Center, 605-665-4685  
**Weight Watchers**, 4 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.  
**Weight Watchers**, 5:30 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.  
**Take Off Pounds Sensibly (TOPS #SD 45)**, Weigh-in 5:30-6:30 p.m., meeting 6:30-7:30. RTEC building, 1200 W. 21st St. For more information call 605-665-3738 or 667-9274.  
**Yankton Area Banquet**, 6 p.m., United Church of Christ, Fifth and Walnut  
**Celebrate Recovery**, 7 p.m., Calvary Baptist Church, Youth Room #4, 2407 Broadway, Yankton, 605-665-5594  
**Freeman Alcoholics Anonymous**, 8 p.m., non-smoking closed meeting, City Hall, 3rd and Poplar, Freeman.  
**Yankton Alcoholics Anonymous**, 8:30 p.m., open session, 1019 W 9th St.  
**Yankton Alanon**, 8:30 p.m., 1019 W 9th Street

**THIRD THURSDAY**

**HSC Friendship Club**, 5 p.m., July: Max Pub, Volin, 605-665-5956

**FRIDAY**

**Line Dancing**, 9:30 a.m., The Center, 605-665-4685  
**Cardio Exercise**, 11 a.m., The Center, 605-665-4685  
**Daily Reprieve**, noon, non-smoking open meeting, 1019 W 9th Street.  
**Bridge**, 1 p.m., The Center, 605-665-4685  
**Bingo**, 7-9 p.m., The Center, 605-665-4685  
**Open Billiards**, 7-9 p.m., The Center, 605-665-4685  
**Vermillion Alcoholics Anonymous**, 8 p.m., non-smoking closed session, 16 1/2 Court St, Vermillion  
**Porchlight**, 8 p.m., non-smoking closed session, United Church of Christ, 210 W 5th Street

**SECOND FRIDAY**

**Parkinson Support Group**, 1:30 p.m., Benedictine Center.

**SATURDAY**

**Weight Watchers**, 9 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.  
**Each Day a New Beginning**, 10 a.m., non-smoking closed session, 1019 W 9th Street  
**Daily Reprieve**, noon, non-smoking closed session, 1019 W 9th Street.  
**Vermillion Unity Alcoholics Anonymous**, 7:30 p.m. closed session, Trinity Lutheran Church, 816 E. Clark, Vermillion.

**SUNDAY**

**Alcoholics Anonymous**, 8 a.m., closed meeting, 1019 W. 9th Street  
**Tyndall Alcoholics Anonymous**, 8 a.m., non-smoking, 1609 Laurel St., Tyndall  
**Vermillion Unity Alcoholics Anonymous**, 7:30 p.m., closed meeting, Trinity Lutheran Church, 816 E. Clark, Vermillion

**MONDAY**

**Line Dancing**, 9:30 a.m., The Center, 605-665-4685  
**Quilting**, 9:30 a.m.-3 p.m., The Center, 605-665-4685  
**Cardio Exercise**, 11 a.m., The Center, 605-665-4685  
**Daily Reprieve**, noon, open meeting non-smoking, 1019 W 9th St.  
**Interchange**, noon, open meeting, Minerva's Bar and Grill, 605-660-8849.  
**Cribbage**, 1 p.m., The Center, 605-665-4685  
**Pinochle**, 1 p.m., The Center, 605-665-4685  
**Whist**, 1 p.m., The Center, 605-665-4685  
**River City Harmony Sweet Adelines**, 6:30 p.m., First United Methodist Church, 11th and Cedar, 605-661-7162  
**Daily Reprieve**, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

**FIRST MONDAY**

**Yankton Lions Club**, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694  
**Heartland Humane Society Board Meeting**, 6:30 p.m., 601 1/2 Burleigh  
**Yankton Parks Advisory Board Meeting**, 5:30 p.m., RTEC, 1200 W. 21st Street  
**SECOND MONDAY**  
**Yankton Diabetes Support Group**, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456  
**Yankton Republican Party Executive Meeting**, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605  
**Yankton School Board Meeting**, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998  
**Yankton Area Writers Club**, 7 p.m., Books & Beans, downtown Yankton, 605-664-6582

**COMMUNITY CONNECTIONS**

**Creating Miracles At Meetings**

BY PAM KETTERING

Yankton Area United Way

Meetings. Don't you just love them? I have the opportunity to attend quite a few meetings. Some of them I really look forward to attending. Other meetings are just okay. Then there are the meetings that I drag my feet, think of a dozen other issues that need attention, rather than attend the "dreaded" meeting.

Regardless of my foregone conclusion of attending a meeting, I am very appreciative of the creative solutions that are generated when a group of people gather around a table, share their thoughts, and build a seed of an idea until it germinates into a plan or program of action.

Have you ever attended a meeting or been in a group of people when a person has an idea that is just "off the wall"? Those words start an amazing process. Thinking in the groove takes a detour. Some detours lead to a dead end. Other detours take a part of that idea; add a little twist that soon generates additional sparks. When this process occurs with a group of minds thinking on the same path toward a common goal and when all comments are welcome, miracles happen!

These miracles are not necessarily huge, unless you consider the satisfaction of accomplishment of each person involved, the momentum felt when everyone is energized, the relationships developed during the process, and the ownership of the miracle of each of the participants upon exiting the meeting. This is when I love meetings!

Last week I attended a meeting in Huron --- South Dakota. Eight South Dakota United Way Directors gathered together to network. We were of like minds on the same mission - working in our communities for its citizens. It was great! We mostly talked about common projects like the Imagination Library, Delta Dental Care Mobile, campaign planning, allocation process,



Pam KETTERING

needs.

A couple of communities have experienced a large number of people of various cultures come to the community for jobs. We discovered how a number of their agencies collaborated to address diversity. Other directors shared how different funding methods were established for a 12 week fitness program for middle school girls. This reaffirmed that though we all have basically the same mission, each community makes its own decisions on their needs and how they are addressed.

Every United Way has their own Board of Directors that determines their mission and how to fulfill the community need. Every United Way affiliated with United Way Worldwide has requirements to fulfill to meet their certification standards. Due to our diversity and commonality, we greatly benefit from the networking, attending meetings, and working with truly dedicated, caring leaders that give direction throughout South Dakota.

One of our partner agencies that come to the rescue when people are in distress is the Red Cross. Continue reading the critical information they have shared for this time of year.

Networking, discussing, questioning, reaffirming, is the greatest outcome from this gathering to, in turn, relate back to our organization's board. Sometimes it is reassuring that we have another office to turn for support. When a community has issues that we are not experiencing, there are learning opportunities on how programs have developed to address the

**EXPERT'S ADVISE ON STAYING COOL IN RECORD-BREAKING HEAT**

In recent years, excessive heat has caused more deaths than all other weather events, including floods. As temperatures and humidity levels soar this weekend, protecting yourself and others from overheating is critical to avoid a potential heat-related illness. Here are some easy tips for staying safe during heat waves, courtesy of Dr. David Markenson, chair, American Red Cross Scientific Advisory Council.

- Never leave a child or pet in a parked car - even for a few minutes. The inside temperature of a car can quickly reach 120 degrees.

- Stay hydrated. Drink plenty of fluids throughout the day - even if you don't feel thirsty. Avoid drinks with caffeine or alcohol that dehydrate the body.

- Dress for the heat. Wear loose-fitting, lightweight, light-colored clothing in layers. Avoid dark colors that absorb the sun's rays.

- If you must work outdoors, take frequent breaks to hydrate and cool yourself. Avoid strenuous exercise during the hottest part of the day.

- Protect yourself from sun exposure even on cloudy or hazy days. In addition to dressing for heat, apply a broad-spectrum (protection against both UVA and UVB rays) sunscreen and reapply as indicated, wear eye protection (wraparound sunglasses that provide 100 percent UV ray protection) and wear a wide-brimmed hat.

- Be a good neighbor. Check in on the elderly, young children and pets to make sure they are not suffering from the heat.

Additional heat safety tips are available on redcross.org. Learn how to prevent and treat heat-related illnesses by attending a Red Cross First Aid course. Contact your local Red Cross at 665-7572 or visit redcross.org/training for details or to register.

**Mom Has Her Bags Packed For A Guilt Trip**

BY DAVE RAMSEY

DaveRamsey.com

**Dear Dave,**  
My mom makes \$20,000 a year, and without telling me she took out a Parent PLUS Loan for \$16,000 to help me with college. She's saying she can't pay the loan, and it's been in deferment. Now, she wants me to pay it. I'll be making good money a few years after I graduate, but I don't have the money to pay the loan now. What should I do? — Jill

**Dear Jill,**  
A Parent PLUS Loan would not have your name on it, so you have no legal obligation to pay this bill. The real question is this: How much do you want to help your mom after she screwed up big time?

She's obviously done a horrible job communicating with you and managing her own situation. Under the circumstances, I'm sure that leaves you torn between your loyalty to her and being angry that she messed up. In these cases, I think the best thing is

probably to sit down and have a good heart-to-heart talk with her about what she's done and how to fix things in her own financial world. I know you love your mom, but she's done a really dumb thing here and gotten herself into a mess. Now, she's trying to lay a guilt trip on you. That's not cool.

To be honest, I wouldn't feel a lot of guilt if I were in your position. If you get yourself in a good financial situation after college and want to pick up part of the tab, just to say thanks, then that would be fine. But don't get dragged into some kind of dysfunctional family drama and end up paying something out of guilt that's not your responsibility!

**WHO IS MURPHY?**

**Dear Dave,**  
I've just started listening to you and trying to clean up my

finances. Who exactly is this "Murphy" you always talk about?

— Jennifer

**Dear Jennifer,**  
The Murphy I talk about isn't an actual person, or even a real family. There's an old adage called Murphy's Law, and it goes something like this: "If anything can go wrong, it will go wrong." In other words, if you're alive and walking

around, bad stuff will happen to you sooner or later. It's not even about being pessimistic or negative, it's just a fact. Sooner or later it's going to rain, and that's

why you need an umbrella.

I tell people all the time that having an emergency fund of three to six months worth of expenses saved up is great Murphy Repellant. Think about it. A lot of your big problems seem to leave when you have \$10,000 to \$15,000 sitting around. An emergency fund can turn a disaster into nothing more than a minor inconvenience.

So, it's just a saying. But there's still a whole lot of truth in that little saying, Jennifer. If you're properly prepared, you can keep Murphy away from your door!

—Dave

For more financial help please visit daveramsey.com.



Dave RAMSEY



**Dangel-Heckenliable**  
Jolene Heckenliable and Clint Dangel announce their engagement and upcoming wedding.

Parents of the couple are the late Donald Heckenliable and the late Connie Heckenliable, and Robert and Roxann Dangel of Turkey Ridge.

Jolene is a graduate of Menno High School and Southeast Technical Institute. She is a certified Surgical Technician at Lewis and Clark Specialty Hospital in Yankton, SD.

Clint is a graduate of Freeman High School and Southeast Technical Institute. He farms near Turkey Ridge with his parents.

The couple is planning an August 27, 2011, wedding.

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**DO YOU KNOW YOUR NUMBERS?**  
TAKE OWNERSHIP OF YOUR HEALTH

When you know numbers, you can take action to reduce your chances of developing heart disease, diabetes and other major chronic illnesses. The Avera Sacred Heart Hospital Lab provides health screenings at reduced rates. Walk-in, no appointment or doctor order necessary, and make sure you know your numbers.

**TESTS AVAILABLE INCLUDE:**

- **Complete Blood Count \$6**  
Helps to determine general health status
- **Comprehensive Lab Profile \$12**  
Profile of kidneys and liver, as well as blood sugar and proteins
- **Lipid Panel Screen \$10**  
Measures good and bad cholesterol and risk of heart disease
- **Hemoglobin A1c \$15**  
Determines average blood glucose over past 3 months
- **Thyroid Profile \$18**  
Evaluates thyroid gland function and helps diagnose thyroid disorders.  
Walk-in testing available Monday through Friday, 7 a.m. - 5 p.m.  
12-hour fasting is required for some tests.

**Avera Sacred Heart Hospital**  
Look no further.

For more information, call the Avera Sacred Heart Hospital Lab at (605) 668-8169.

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