

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, 319 Walnut, Yankton, SD 57078, or email to news@yankton.net.

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Wii Bowling, 9:30 a.m., The Center, 605-665-4685
Billiards, 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

FRIDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th Street.
Partnership 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

FOURTH FRIDAY

Scrapbooking, 10 a.m.-3 p.m., The Center, 900 Whiting Drive, Yankton.

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

FOURTH SUNDAY

PFLAG (Parents, Families and Friends of Lesbians and Gays), 3 p.m., Peace Presbyterian Church, 206 E. 31st St.

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
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange, noon, Minerva's Bar and Grill, 605-660-8849.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Whist, 12:45 p.m., The Center, 605-665-4685
Hand & Foot Cards, 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
Divorce Care, 7 p.m., Calvary Baptist Church
Divorce Care For Kids, 7 p.m., Calvary Baptist Church
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.
Bingo, 7-9 p.m., Yankton Moose Lodge, 310 Walnut (through summer)

MMC Prof Wins Recognition At International Conference

Dr. Neville Ann Kelly, adjunct professor of Religious Studies and Philosophy at Mount Marty College, presented a prize-winning scholarly paper at the Biennial Integral Theory Conference meeting in San Francisco July 17-21.

Her paper, entitled "Conscious Cosmopolis: Bernard J. F. Lonergan's Critical Realism as a Complementary Approach to Integral Theory," won top honors in the category of alternative approaches to Integral Theory.

At the same meeting, Dr. Kelly and Sister Jeanne Ranek, OSB, PhD, conducted a pre-Conference workshop on "Benedictine Monasticism and the Inte-

gral Christian Future — Patterning a Dialogue," in addition to Dr. Kelly's major paper and participation on a panel on "Third-Tier Spirituality."

The Conference brought together 450 men and women engaged in Integral Theory and practice from the U.S., Australia, Germany, Norway, Russia, the Czech Republic and many other countries.

Kelly served as Visiting Professor at MMC during the past academic year and teaches online courses from her office in Seattle.

Ranek is a member of Sacred Heart Monastery in Yankton and Director of the Benedictine Peace Center there.

Dave Says

Getting The Guilt Trip

BY DAVE RAMSEY

Dear Dave,
My parents have always had financial problems, and they recently lost their home. They have a place to live, but since that time my father has been asking me for money. He calls me over to talk about this when my mother isn't there and my husband isn't home. He's even asked for half of a \$150,000 inheritance I received from my grandparents. He's really making me feel guilty, and I'm not sure what to do. — Elena

Dear Elena,
Your brain knows what to do, but your heart is having a hard time doing it. Your father is a manipulator, and we're not going to let that pattern continue. There's nothing wrong with doing a few, short-term things to help them get back on their feet. But in return, you should expect them to change the behaviors that have put them in this situation.

Also, there should be no more private meetings with your father. If he wants to talk, make sure he understands it will be with your husband and mother present. To this point all of his schemes have been on the side, and this needs to be brought out into the open and stopped. You love your par-



Dave
RAMSEY

Any help you give needs to be short-term in nature—a gift. You and your husband should be in agreement on exactly what you're going to do, and it should be on your terms. Don't get involved in giving them money every month for the rest of their lives just because they had you. That's not how this works. There's an ongoing sense of entitlement here that needs to be nipped in the bud! — Dave

WANTS AREN'T EMERGENCIES

Dear Dave,
My husband and I are trying to improve our financial situation by following your plan. We were wondering

ents. That, along with your dad's behavior, is what's making this so difficult. But participating in this sort of thing isn't going to help them. You take away a person's dignity when you subsidize them permanently. You also change their status and their ability to stand on their own two feet.

where home improvements fall in the Baby Steps. — Emily

Dear Emily,
Unless you're talking about an emergency situation, home improvements would fall into the category of wants, not needs. If you'd like new carpet, nicer windows or an updated kitchen, these things need to wait until after you've completed the first three Baby Steps.

Let's review. Baby Step 1 means saving up \$1,000 in the bank for a starter emergency fund. Baby Step 2 is paying off all debts except for your home. The third Baby Step is going back to your emergency fund and building it up so you have an amount equal to three to six months of expenses in case something goes wrong.

Once you've gotten to this point, you'll be able to save and do some other things, including a few home improvements! — Dave

Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times best-selling books. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

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New Nutrition Standards Make Students Healthier, But Hurt The Bottom Line

BY PAULA SELIGSON

The News & Observer (Raleigh, N.C.)
(MCT)

RALEIGH, N.C. — Eighth-grader Hannah Edwards often brings her lunch from home because she's not a fan of the cafeteria food at East Cary, N.C., Middle School. But she's happy to supplement her meal with a snack from school; she bought dessert and chips recently.

"We don't really buy school food because it's disgusting, but the snack food is good," Hannah said.

Starting next year, though, new federal nutrition standards aim to make school snacks healthier. But history shows that when the food becomes healthier, kids buy less.

And with some jurisdictions' school food-service budget relying on the sale of snack foods, that could cause a revenue problem, officials say.

Marilyn Moody, senior director of child nutrition services for the Wake County, N.C., school system, said \$10 million of the department's \$50 million yearly budget comes from snack food sales. These snacks are the foods and drinks found in vending machines or sold as extras — "a la carte items" in school nutrition-speak — on the lunch line. The rest of the revenue comes almost entirely from federal reimbursements and students paying for meals.

"That's why a la carte items are important to us, because we want to hold the price of the entire lunch — the price that the paying customers have to pay — as low as we possibly can to still break even," Moody said.

East Cary Middle's cafeteria is like many others. As students walk through the lunch line, they first pick out milk and then serve themselves an entree, fruits and vegetables — all part of the standard and nutritionally balanced lunch.

But between there and the cash registers are the a la carte items — vegetable packs, chips, pudding, ice cream and cookies. Prices typically range from 50 cents to a dollar for the goodies.

Last month, the federal Department of Agriculture released the "Smart Snacks in School" interim nutrition standards, which must be met by July 2014. Wake County has already taken voluntary steps to gradually make snack foods healthier, Moody said. But as the food became healthier, students bought less and revenue from snack items dropped

from \$13 million of a \$48 million budget in 2008 to today's \$10 million. The county made up for the loss by raising lunch prices by 25 cents two years ago.

Limiting unhealthy snacks is worth the price, Liz McCabe, president of the Parent Teachers Association at East Cary, said. "I would be fine with raising the (lunch) price in order to get the healthier option. I think it's needed."

Currently, school lunch costs \$2 at elementary schools and \$2.25 at middle and high schools, Moody said.

The new standards will come with an additional 6 cents in federal subsidies per meal which might help balance out the anticipated loss in snack revenues, but at this point officials said they don't know whether it will be enough.

The revenue problems are not limited to Wake County, though. Snack foods generate \$325 million in revenue across the state, said Lynn

Harvey, section chief of child nutrition services at the state Department of Public Instruction.

"Any program that begins to erode those sales could potentially be problematic for the state and for local food makers, because they're going to need alternative revenues (from) somewhere," she said.

Additionally, the new regulations will present a logistical challenge for school districts across the state, Harvey said. Any time regulations change the nutritional requirements of food, vendors have to either change the recipe to

comply or school districts have to find new food to serve. Some districts could have to change out multiple foods in just a year's time.

"Thank goodness for the year implementation," Harvey said. "It's truly going to take us a year to sort it out."

The new rules include limits on calories, fat and sodium, as well as minimum requirements on containing either grain or an amount of a specific food group such as fruits or vegetables.

Previously, there have been no caloric standards on snack items, Moody said. But now they must be less than or equal to 200 calories. Though Wake County had already achieved this for most snacks because of local nutrition goals, other requirements, especially a new focus on sodium and rules for la carte items, will mean retesting many foods to see whether they comply.

Moody said she doesn't yet know which foods will stay and which will go. Ele-

mentary schools are already in line with the standards, but middle and high schools are not. High schools especially could see significant changes.

Additionally, Moody said, some of the new rules could be confusing for children. Entree items sold by themselves now have new requirements, such as a 350 calorie limit. But a whole meal — the entree and the sides — is around 850 calories in high school, which means students could be served certain items if they are part of a meal but not be allowed to buy those items individually, Moody said.

Moody was also disappointed the standards didn't reach further — they don't affect foods sold after school such as at sporting events or the foods, often candy, sold through fundraising events. Other concerns include the calorie limits of the new regulations. Some students are growing or have athletic practices and need higher-calorie snacks and a la carte entrees.

The new rules are an interim ruling and could change depending on feedback.

Hannah, the East Cary Middle student who bought snacks to supplement her packed lunch, said that if the school limits the snack foods or makes them taste bad, she'll just bring some from home.

Kristi King, a spokeswoman for the Academy of Nutrition and Dietetics, said even though students can get around the new rules by bringing unhealthy foods from home, the rules still set an important example of what's healthy.

"Sometimes (students) may not have that example at home," she said. "So having it in the school is a great first step."

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