

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
ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Love Addicts Anonymous, 7 p.m., for women, 120 West Third Street, Yankton, 605-760-5307.
AA, Alano Group, 8:30 p.m., speaker, 1019 W. 9th St, Yankton.
Weight Watchers, 5:30 p.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.
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
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

THIRD THURSDAY

HSC Friendship Club, 5 p.m., July: Backroad Bar BQ (formerly Bruno's), South Yankton, Neb. 605-665-5956.
Catholic Daughters (Court Willard 967), 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, 509 Capitol, Yankton, 605-665-4485. (September through June).

FRIDAY

Alano, 8 p.m., open meeting for all newcomers, Riverview Reformed Church, 1700 Burleigh, Yankton.
Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Partnership Bridge, 1:30 p.m., The Center, 605-665-4685
AA, Alano Group, 7 p.m., Big Book Study, 1019 W. 9th St, Yankton.
Bingo, 7-9 p.m., The Center, 605-665-4685 (open to the public)

SATURDAY

Yankton Toastmaster Club 1294, 7:30 a.m., Fry'n Pan Restaurant. Open session; call 605-665-8448.
Yankton Alcoholics Anonymous, 10 a.m., Women's meeting, non-smoking session, 1019 W. 9th Street.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
AA, Alano Group, 7 p.m., discussion, 1019 W. 9th St, Yankton.
Weight Watchers, 9 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.

SUNDAY

AA, Alano Group, 7 p.m., discussion, 1019 W. 9th St, Yankton.

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
Whist, 12:30 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Cribbage, 1 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Sweet Adelines, First United Methodist Church, 207 W. 11th, Yankton. Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

THIRD MONDAY

Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar Street

Fire Museum Progress



SUBMITTED PHOTO

Construction work has started in Yankton for the 30' x 40' fire museum that will house two antique fire apparatus as well as photos, a hose cart and equipment. Funding to build the station has been donated by local Yankton businesses, residents and contractors. A bulk of the building will be constructed by the Yankton Volunteers as well as contractor help. Pavers for the driveway are being purchased by the volunteer firefighters, retired firefighters and auxiliary. The pavers will show the dates of service in the Yankton Fire Department. It is hoped to be somewhat ready by fire prevention week to show off the museum.

Donald E. Nielsen Foundation Awards Grant to Northeast Nebraska Community Action Partnership

PENDER, Neb. — Northeast Nebraska Community Action Partnership (NENCAP) has received a grant from the Donald E. Nielsen Foundation to be used for operational support of their Healthy Families Program. The NENCAP Healthy Families Program provides two services. The first is a one-hour parent visit. After this conversation, all families will receive individualized information and referrals for appropriate resources and community supports. Beyond information and referral, we may offer our secondary service of on-going, in-home support to some families, as appropriate. Our Healthy Families Advocates will partner with these families for three to five years. During this time, we will assist families to build on strengths and increase family skills. Children's experiences in the first five years of life

greatly affect how their brain physically develops and the quality of how children interact with the world. Support from organizations such as the Donald E. Nielsen Foundation, are vital for the success of this valuable program and the families it serves. "Our Healthy Families Advocates bring parent- and child-focused support to families. Nurturing parent-child interactions is critical to the development of secure attachment, providing the best possible development in all areas of functioning, which in turn, is associated with greater success in school", said Dusti Storm, RN, Health Services Director for Northeast Nebraska Community Action Partnership. To learn more about NENCAP, visit www.nencap.org. For specific program information, contact the Central Office at (402) 385-6300.

Dave Says

Paying A 'Stupid Tax'

BY DAVE RAMSEY



Dave RAMSEY

Dear Dave,
My husband broke a few ribs and his collarbone a couple of years ago when he flipped our ATV. He's fine now, but we still have about \$20,000 in medical bills because we were both between jobs and didn't have medical coverage when the accident occurred. We also have two credit cards, one with a \$1,000 balance and the other a \$7,000 balance. We only have \$200 a month we can put toward debt, so where should we start?
—Sandy

Dear Sandy,
Not having health insurance at any time of your life is not smart, regardless of being between jobs or not. Ouch, what a mess! You didn't tell me what you guys make, but I can tell you a few things.

Number one, you're probably going to have to get your income up. You may have to take on a couple of part-time jobs or work some overtime. My grandmother used to say, "There's a great place to go when you're broke — to work!" If you only have \$200 a month to put toward your debt, you've got to create some margin, and that may be on the income side of things.

The other thing I've found is this: Most people seem to be able to magically find money when they feel it's a life or death situation. "Magically" means that you do a budget. You make a written game plan where every dollar has a name before the month begins. When you write down every dollar, and you and your husband sit down

and agree on where every dollar is going to go, you're going to have an ah-ha moment that feels like you got a raise. If you're normal, you waste a bunch of money because you don't budget and have a written plan. And normal pretty much sucks! So, here's the drill. Start living on a written budget, extra work, start working the debt snowball and pay off those debts from smallest to largest and don't even think about a vacation or anything else that's not necessary based until you clean up this mess. When you start living with a scorched earth idea — beans and rice, rice and beans — I'll bet you're going to find a lot more than \$200 in your budget to put toward killing off this debt!
—Dave

HELP AND WISDOM

Dear Dave,
Recently, I met a young man who was put out on the street when he turned 18. He lives on food stamps and \$10 a week. My wife and I are on Baby Step 7 of your plan and have a great income, and our whole family feels called to help this kid — maybe even taking him into our home. Do you have any advice?
—Mitch

Dear Mitch,
You guys obviously have loving hearts and are doing great financially. But let's take a look at few important factors in a decision like this.

If you're thinking about actually taking him in under your roof, you need to remember that your first responsibility is to your family. You have to make sure they're safe, and that would include finding out everything there is to know about this guy. Talk to his past teachers, coaches or even family members if you can find them. Spend some time just talking to him, too, and find out more about his background, attitude, habits and goals. Then, if you still feel led to open your home to him, make sure everyone involved signs an agreement with really clear rules and guidelines about what is expected, what will not be tolerated and the rewards and consequences of each.

Helping him with food and clothing alone would be a generous act, but what you're considering is absolutely amazing. Just make sure, if you go this route, to do it not just with love, but with lots of forethought and wisdom.
—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 8.5 million listeners each week on more than 550 radio stations. Dave's latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Local Family Farm Profiled In National Magazine

The national, monthly publication *Acres USA* recently profiled Heikes Family Farm, located in Vermillion.

Father-and-daughter owners, Sam and Heidi Heikes, are highlighted for the thriving shelterbelt that surrounds their farm and supports local pollinators. It's one of the reasons their farm won the 2014 U.S.A Pollinator protector Farmer-Rancher Conservation Award.

Acres USA is the only national magazine that offers a comprehensive guide to sustainable agriculture. Drawing on knowledge accumulated in more than 40 years of continuous publication, they offer their readers the latest techniques for growing bountiful, nutritious crops and healthy, vibrant livestock. The magazine focuses on sustainable farming — what they call "eco-agriculture" — for its ecological and economical benefits, and views it as representing the real revolution in scientific food cultivation.

The article, which can be found in the current issue of the magazine, provides a glimpse into the current operations of the farm, as well as some of its history and that of its farmer —



SUBMITTED PHOTO

Sam Heikes. Heikes Family Farm, in its current location at 1408 317th St in Vermillion, has been in the family since 1946. After leaving the farm as a young man, Sam was a western production agronomist for 35 years. In 2010, he returned to his home farm to start the sustainable "Heikes Family Farm Market" with his daughter, Heidi. The farm is comprised of 32 acres with 12 and a half acres used for the CSA which includes fruit orchards. Eleven additional acres are part of the National Resource Con-

servation Service's Reserve Program (CRP).

The Heikes Family Farm offers the community the opportunity to participate in a CSA, or "Community Supported Agriculture." In exchange for a modest investment, made seasonally, participants receive a share of the harvest each week of the week growing season.

The farm's long list of early, mid- and late-season offerings include asparagus, salad mixes, various garden vegetables and fruits, berries, rhubarb, orchard fruits, culinary herbs and fresh flowers. Customers find that partici-

pating in a yearly CSA offers access to fresh, nutrient-dense produce for a fraction of the price of store-bought produce. Heikes Family Farm offers shares for individuals, families and a commercial share for retail customers and restaurants. More about the CSA can be found at their website: <http://www.heikesfamilyfarm.com/>.

For additional information, please contact Sam and Heidi Heikes at heikesfarm@gmail.com.

Avera Is Again Named To 'Most Wired' List

ST. LOUIS — Once again, Avera has been named to the list of Health Care's Most Wired. As a health care system, the 2015 designation is Avera's 16th Most Wired award. The list is based on the 17th annual Health Care's Most Wired Survey, released by the American Hospital Association's Health Forum and the College of Healthcare Information Management Executives (CHIME).

"This designation demonstrates Avera's continued commitment to enhance our information technology systems in ways that support improving care delivery, protecting patient information, and engaging patients in their health care," said Jim Veline, Senior Vice President and Chief Information Officer at Avera Health.

The 2015 Most Wired survey and benchmarking study, in partnership with CHIME and sponsored by VMware, is a leading industry barometer measuring information technology (IT) use and adoption among hospitals nationwide.

The survey of more than 741 participants, representing more than 2,213 hospitals, examined how organizations are leveraging IT to improve performance for value-based health care in the areas of infrastructure, business and administrative management, quality and safety and clinical integration.

According to the survey, hospitals are taking more aggressive privacy and security measures to protect and safeguard patient data.

As hospitals and health systems begin to transition away from volume-based care to more integrated, value-based care delivery, hospitals are utilizing IT to better facilitate information exchange across the care settings. This includes greater alignment between hospitals and physicians.

Driven beyond the requirements of Meaningful Use Stage 2, this year's Most Wired hospitals are utilizing the benefits of a patient portal to get patients actively involved in their health. For instance, 89 percent of Most Wired or-

ganizations offer access to the patient portal through a mobile application, including AveraChart, Avera's online portal to its electronic medical record. Avera also recently introduced AveraNow, a mobile video visit with Avera providers, available 24/7.

"We commend and congratulate this year's Most Wired organizations for improving care delivery and outcomes in our nation's hospitals through their creative and revolutionary uses of technology," said CHIME CEO and President Russell P. Branzell, FCHIME CHCIO. "These Most Wired organizations represent excellence in IT leadership on the frontlines of health care transformation."

HealthCare's Most Wired Survey, conducted between Jan. 15 and March 15, 2015, is published annually by Health & Hospitals Network. Respondents completed 741 surveys, representing more than 39 percent of all U.S. hospitals. Detailed results of the survey and study can be found in the July issue of H&HN. For a full list of winners visit www.hhhmag.com.

SCHOLASTICS

CHRISTY SCHENKEL
FAYETTE, Iowa — Upper Iowa University is pleased to announce Christy Schenkel from Yankton graduated Cum Laude with a BS in Health Services Admin. from Upper Iowa University's Wausau Center in March. Founded in 1857, Upper

Iowa University is a private, not-for-profit university providing undergraduate and graduate degree programs to more than 5,800 students — nationally and internationally — at its Fayette campus, 25 U.S. education centers, as well as centers in Malaysia and Hong Kong. For more information, visit www.uui.edu.

A big "thank you" to all my family and friends that kept my mailbox full for days and to all who greeted me personally. I enjoyed it so much but I didn't realize it would take 80 years to make me feel so special! I love you all and God bless.
Mary Ann Schoenberger

The family of Vlasta (Patsy) Hajek would like to thank Rev. Bill Van Gerpen for his prayers, for his visits to the Tyndall Good Samaritan Center during her hospice care, and for the beautiful funeral service. Thank you to Bob and Judy Rueb, and their help, for the delicious lunch that was served. We also want to thank all our family and friends for their support, and for all the cards, flowers and memorials we have received. Your thoughtfulness and prayers have meant so much to all of us during the past few weeks. We would like to thank Jim and Chylene at the Goglin Funeral Home for being so kind and caring to us.

We would like to thank all the staff at St. Michaels Hospital, Good Samaritan Center Tyndall, Sacred Heart Hospital and to hospice care at the Tyndall Good Samaritan Center for all their compassionate care she received while she was there. We appreciate all you have done for Patsy. We are so fortunate to live in such a caring community. God bless you all.

Jan & Duane Wittmeier
Joyce & Don Sykora & family
Wayne & Kris Hajek & family