

MIDWEST DIGEST

S.D. Voters Can Find Polling Location Online

PIERRE (AP) — Secretary of State Chris Nelson is reminding South Dakota residents that polling locations and sample ballots are available online. Voters can check that information, along with their current registration address and party affiliation, through the Voter Information Portal at www.sdsos.gov. The state's primary election is Tuesday. Polls will be open from 7 a.m. to 7 p.m.

Neb. Energy Projects To Share \$1.7M Funds

LINCOLN, Neb. (AP) — Projects to capture solar energy are among eight proposals selected by the state to share almost \$1.7 million in stimulus funds. The recipients are AGP Corn Processing in Hastings, Allen Fleischman in Tekamah, David Deboer in Fort Calhoun, Design Plastics in Omaha and Fremont, Herd Company Feedlot in Bartlett, Ho-Chunk Community Development Corp. in Winnebago, Morrissey Engineering in Omaha and Nebraska Public Power District in Norfolk.

HUD Funding To Help 15 Homeless Veterans

WASHINGTON (AP) — Fifteen homeless veterans in South Dakota will get housing assistance thanks to a federal grant. The U.S. Department of Housing and Urban Development has awarded \$58.6 million to public housing agencies nationwide to assist veterans. In South Dakota, the Sioux Falls Housing and Redevelopment Commission will get \$112,545.

One Person Dies, Four Hurt In Crashes

DAVIS (AP) — A driver has died following a series of crashes near Davis caused by blinding smoke from a controlled burn.

The South Dakota Highway Patrol identified him as 69-year-old James Brandsrud of Davis.

The patrol says heavy smoke reduced visibility on U.S. Highway 18 about 9 a.m. Saturday, leading 71-year-old Janet Courtney of Yankton to cross the center line and collide with an oncoming vehicle.

Three other vehicles came upon the crash from the east and stopped. Brandsrud stepped out of the third vehicle.

The patrol says 78-year-old Donald Wilkinson of Irene approached the scene and plowed into Brandsrud's car and then Brandsrud himself before hitting another car that had stopped. The patrol says four people were injured.

State Fire School Coming To Brookings

BROOKINGS (AP) — More than 500 firefighters and first responders from across the state will be in Brookings late next week for the annual State Fire School.

Those attending the Thursday-through-Sunday training will choose from 22 classes that offer both hands-on and classroom training in areas such as rope rescues and safe operations in structure fires.

Deputy State Fire Marshal Jennifer Lindberg says South Dakota firefighters need to be ready to respond to just about anything.

Elk Point Renovation Project Affecting Main Street Businesses

ELK POINT (AP) — Businesses in downtown Elk Point are trying to make the best of a complete overhaul of Main Street.

City Administrator Dawn Glover says many proprietors along the town's main stretch are probably feeling the pinch from the renovation. But she says it has been in the works for some time and is badly needed.

The construction is part of a three-phase renovation of downtown, with streets and sewers being replaced.

Elk Point is footing \$1.9 million for the project.

Barb Wurtz, owner of Pioneer Drug and Edgar's Ice Cream Shop, says pharmacy customers are continuing to get their prescriptions but they're having to come in through the back door.

Nebraskans: Help Name Capitol Chicks

LINCOLN, Neb. (AP) — The Nebraska Game and Parks Commission is soliciting names for three peregrine falcon chicks that have hatched outside the 18th floor of the state Capitol.

Two male and one female chicks hatched last month. It's the fifth year that the same falcon pair have produced chicks at the Capitol. A contest is typically held to name the chicks after hatching.

Names for the chicks can be submitted through June 24 at the information desk at the Capitol or online at OutdoorNebraska.org. The winner will be announced June 25.

Bike Riders Embark On 6-Day Tour de Kota

ELD POINT (AP) — Riders in the annual Argus Leader Tour de Kota bicycle ride have embarked on their six-day journey through eastern South Dakota.

The 438-mile ride began Sunday morning in Elk Point. The first leg takes riders 82 miles to Tea.

The ride continues Monday to Salem and also includes overnight stops in Arlington, Clark and Webster before finishing Friday in Sisseton.

Neb. Woman Donates Kidney To Save Stranger's Life

BY WILL VRASPIR
Hastings Tribune

HASTINGS, Neb. — It's a part of her she won't miss, but it has helped renew the life of another.

Michelle Jack of Hastings donated a kidney to help a complete stranger suffering from the effects of renal failure.

As a social worker at DaVita Dialysis in Hastings and Grand Island, Jack has seen the side effects of dialysis firsthand.

"I work in dialysis, and I see the effects that being on dialysis over the long term has on people's health," she said. "I think ... the longer you're on dialysis, the more quickly your health deteriorates."

Since the usual wait time on a transplant list is 18-36 months, many patients on dialysis develop an unhealthy-looking skin tone and can feel bloated or depressed.

In 2009, she decided to make the number of sufferers one fewer. Jack said the idea first came to her when a good friend was diagnosed with kidney problems about nine years ago.

Jack decided to be tested, but her friend's brother ended up being a match, and the brother donated his kidney.

Jack pushed the idea to the back of her mind until last year, when actress Natasha Richardson died in an accident and donated her organs, followed shortly by an announcement by Natalie Cole.

"She was on dialysis and she needed a kidney," Jack said. "Three hundred people came forward and offered to be tested. I thought, 'Why do you have to be famous?'"

A nursing director at the transplant center in Omaha relieved any remaining doubts Jack had by explaining that any

disease or disorder that affects one kidney most likely will harm both.

"So you can live your life with one kidney without a problem," she said. "You can live as normally as possible."

Jack also had a patient, who was younger than she, who received a transplant and felt like he had gotten his life back.

"I thought, 'I don't think there's anybody in my family who's going to need a donation.' I also have a twin sister, so I called and said, 'You think you might need a kidney anytime soon?'"

Without a history of long-term hypertension, diabetes or renal problems in her family, Jack began testing in April 2009. She finished the tests by June or July and was cleared for the transplant.

Doctors completed her surgery Sept. 1, 2009. Jack made

two stipulations for her donation: She wanted it to go to a Nebraska resident who was on dialysis. The organ recovery system chose the recipient for her.

"All I know so far is that it was a gentleman who was in his 40s who lived in Nebraska and was on dialysis," she said. "They told me my kidney started working within an hour. Sometimes it can take several days. I'm hoping it is such a good match that he has to be on minimal medications."

Through the transplant center, donors and recipients can exchange messages. Jack plans to attempt that in the future. But for now, she's happy to have made a difference in one man's life.

"I have no regrets that I did it, and I strongly encourage anyone who has ever thought about it to think more about it," she said. "That's the crux of the problem. Most people don't think about it unless it's someone they know."

Jill Cataldo saves hundreds on groceries by making the most of the common coupon. You can, too. Here's how.



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Are All Newspaper Coupon Inserts the Same?
Q: "My mom and I get different newspapers, and she saves her coupon inserts for me each week. I have noticed that the coupons that come in her paper are often different from the ones that come in mine. The coupons are usually for the same products but the dollar amounts are different! On the same day we both had coupons for automatic dishwasher detergent. My newspaper had a \$1 coupon. Her newspaper ran the same ad with a \$5 coupon for the same product. Is this normal?"
A: It's no secret that different newspapers may carry different coupons inserts each week. What surprises many new coupon shoppers is that different coupon inserts often have the same front and back covers, so they appear to be the same. But inside, you may find coupons for different products, even in papers in the same market area. Or, as you noticed, you may find coupons that appear to be the same at first glance, but on closer inspection carry different dollar amounts.
Why is this? When manufacturers run promotional campaigns, they may vary the products and the terms from market to market. They control which products they promote in specific areas. They also may choose to offer higher coupon values in one publication than in another. With regard to the dishwasher detergent coupon noted in the reader's letter above, the week it was issued the company distributed three different versions: a \$1 coupon, a \$2 coupon and a \$5 coupon. An informal survey of family and friends found that some of us received the highest value coupon while others got lower values. We all receive the same newspaper but we live in different delivery areas. Those who received the \$5 coupon cheered when the detergent went on sale a week later for \$4.99!

Another little game manufacturers play: At times, they offer different coupon values to different neighborhoods or segments of a circulation area, even though each household receives the same newspaper. As shoppers, there's not much we can do to ensure we get the "best" coupons other than to subscribe to more than one newspaper.
People often ask how many newspapers I receive each week. I subscribe to two - my smaller, local newspaper and a larger city newspaper. This helps ensure I receive the widest variety of coupons available in my area.
I see my weekly newspaper subscription as a small investment that results in a big payback of coupon savings down the line.
Q: "Is there any way to get coupon inserts without buying the newspaper every week?"
A: I can't fathom why anyone would not want to buy the newspaper every week for the coupons alone! That \$1, \$2 or \$3 investment can easily net you \$50, \$75 or \$100 in coupons each week. My newspapers pay for themselves after I've used only a couple of coupons - and then, all of the other coupons I use in the following weeks and months are essentially "free money" to me.
In fact, some weeks I buy extra copies of the newspapers in order to get the coupons. Not long ago one of my newspapers offered a coupon for a free eight-pound bag of a premium dog food. That's a fantastic coupon! The newspaper that carried the coupon cost \$1. I bought 10 papers simply for that one coupon, so I spent \$10 on 80 pounds of a great brand of dog food that normally sells for \$12.99 per eight-pound bag. Not only did my newspapers immediately pay for themselves but I also have ten extra sets of coupon inserts from that week to help me stock up on many other products.

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Jill Cataldo, a coupon workshop instructor, writer and mother of three, never passes up a good deal. Learn more about couponing at her website, www.supercouponing.com. Email your own couponing victories and questions to jill@ctwfeatures.com.

It's A Girl Thing! \$10.00 Off Shorts or Tops
Girls sizes 7-14 with coupon ~ expires 6/19/10
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