

## COMMUNITY NOTEBOOK

The Community Notebook 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 e-mail to [newsroom@yankton.net](mailto:newsroom@yankton.net).

### Thursday

**Youth Alive**, 7:45 a.m., YHS Library.  
**Table tennis/darts**, 8:30 a.m., The Center, 900 Whiting Drive.  
**Wii bowling**, 9 a.m., The Center, 900 Whiting Drive.  
**Ladies Billiards**, 10 a.m., The Center, 900 Whiting Drive.  
**Sertoma**, noon, Waterfront.  
**Alcoholics Anonymous Daily Reprieve**, noon, 12-24 Club, 1019 West 9th.  
**Toastmasters Club No. 8217**, noon, Sacred Heart Hospital, (605)668-8326.  
**Thursday cards**, 12:45 p.m., The Center, 900 Whiting Drive.  
**Dominoes**, 1 p.m., The Center, 900 Whiting Drive.  
**Cribbage**, 1 p.m., The Center, 900 Whiting Drive.  
**Weight Watchers**, 5:30 p.m., 23rd St. Suites, 904 W. 23rd, 1-800-651-6000.  
**TOPS No. SD 45**, 5:30-6:30 p.m. weight-in; 6:30 p.m. meeting, RTEC, Room 134, (605)665-3738 or (605)667-9274.  
**Yankton Area Banquet**, 6 p.m., United Church of Christ, Fifth and Walnut.  
**Celebrate Recovery**, 7 p.m., Calvary Baptist Church, 2407 Broadway, (605)665-5594.  
**Alcoholics Anonymous ALANON**, 8:30 p.m., 12-24 Club, 1019 W. 9th.  
**Overeaters Anonymous**, Thursday Evening, (605)665-0443.  
**SECOND THURSDAY ONLY**  
**Yankton Classic Cruisers** 7:30 p.m., 308 N. Summit Ave., Hartington, Neb. (605) 463-2660.  
**THIRD THURSDAY ONLY**  
**HSC Friendship Club**, 5 p.m., C.J.'s, (605) 665-5956 (Call to verify location)  
**Game Night**, 6-9 p.m., The Center, 900 Whiting Drive.  
**Catholic Daughters of America**, 7 p.m. rosary, 7:30 p.m. meeting, Sacred Heart Cafeteria, (605)665-2795.  
**Lewis and Clark AARE**, 7 p.m., The Center, 900 Whiting Drive (605)665-2609.  
**FOURTH THURSDAY ONLY**  
**Connecting Artists**, 7 p.m., GAR Hall, 508 Douglas, Yankton, (605)286-3957.

### Friday

**Exercise & Current Events**, 8:30 a.m., Autumn Winds, 2905 Douglas Ave.  
**Line Dancing**, 9:30-11 a.m., The Center, 900 Whiting Drive.  
**Foster Rehabilitation Support Group**, 10-11 a.m., Trinity Lutheran Church, Room 105, (605)260-1980.  
**Exercise & Current Events**, 10:15 a.m., Pine Line Estates West, 2903 Douglas.  
**Instructed cardio class**, 11-11:45 a.m., The Center, 900 Whiting Drive.  
**Alcoholics Anonymous Daily Reprieve**, noon, 12-24 Club, 1019 West 9th.  
**Contract bridge**, 1 p.m., The Center, 900 Whiting Drive.  
**Parent's Night Out**, 5:30 p.m., Calvary Baptist, By Reservation Only (605)665-5594.  
**Bingo**, 7-9 p.m., The Center, 900 Whiting Drive.  
**Billiards/Snooker**, 7-9 p.m., The Center, 900 Whiting Drive.  
**Porchlight Alcoholics Anonymous**, 8 p.m., United Church of Christ, 210 W. 5th St.  
**Alcoholics Anonymous Alano Group**, 8:30 p.m., 12-24 Club, 1019 W. 9th.  
**SECOND FRIDAY ONLY**  
**Parkinson Support Group**, 1:30 p.m., Benedictine Center, (605)665-7158 or (605)668-6326.  
**Town & Country Garden Club**, 1:30 p.m., Community Library.  
**Saturday**  
**Speaker's Voice Toastmasters**, 7 a.m., Fryn' Pan Restaurant.  
**Yankton Toastmasters**, 7:30, Fryn' Pan Restaurant.  
**Weight Watchers**, 9 a.m. (weigh-ins 30 minutes before meeting time), 904 W. 23rd, 1-800-651-6000.  
**Alcoholics Anonymous Daily Reprieve Group**, noon, 12-24 Club, 1019 West 9th. Non-smoking meeting.  
**Games of Choice & Socializing**, 2 p.m., 2905 and 2903 Douglas Ave.  
**Alcoholics Anonymous Daily Reprieve**, 6:45 p.m., 12-24 Club, 1019 W. 9th.  
**FIRST SATURDAY ONLY**  
**Friends of the Yankton Community Library Book Sales**, 10 a.m.-1 p.m., Enter by west door off alley.  
**SECOND SATURDAY ONLY**  
**La Leche League of Yankton**, 10:30 a.m., Yankton Community Library, (605) 260-2638.  
**A.L.S. (Lou Gehrig's disease) Support Group** for patients and care givers, 11 a.m., Sanford Hospital, Sioux Falls, 665-5883.  
**Sunday**  
**Alcoholics Anonymous Daily Reprieve**, 8 a.m., 12-24 Club, 1019 W. 9th.  
**Alcoholics Anonymous Alano**, 8 a.m., and 8 p.m., 12-24 Club, 1019 W. 9th.  
**Marian Prayer Group**, 1 p.m., Adoration of the Blessed Sacrament, Chapel of St. Joseph, House of Mary Shrine, Lewis and Clark Lake, 665-1119.  
**Coffee Time and Visiting**, 2 p.m., 2905 and 2903 Douglas Ave.  
**VFW Auxiliary Bingo**, 6:30 p.m., VFW Club.  
**One Hour Experience**, 6:30 p.m., MUC building USD campus, 712-251-8860.  
**THIRD SUNDAY ONLY**  
**Yankton Jaycees**, 7 p.m., Chamber of Commerce meeting room.

### BHSU Offers Associate Of Science Degree In Advanced Manufacturing At RTEC

Black Hills State University (BHSU) is excited to offer an Associate of Science Degree in Advanced Manufacturing at Yankton. BHSU came to Yankton in response to the need for a workforce that is better trained as expressed by this community and companies much like yours. BHSU's goal is to help businesses educate their employees, which in turn helps to create a stronger workforce in our state. We also want to do our part in

helping the state increase Energy Efficiency as well as Employment Opportunities. The classes in Yankton for the Associate of Science Degree in Advanced Manufacturing are held one night per week to accommodate those who work. The benefit of this degree is that it is designed to give the students management, leadership and technical skills that are required in today's high-tech manufacturing environment.

FOR MORE SCHOLASTIC INFORMATION GO TO PAGE 14

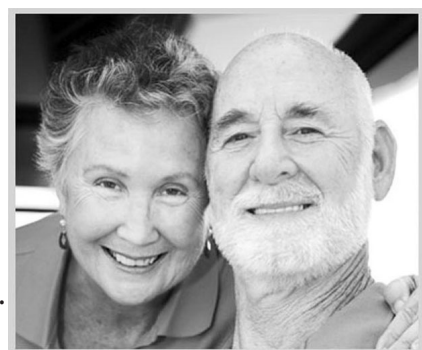


Ekeren-Schieffer

Russ and Janelle Ekeren, Yankton, SD, are pleased to announce the engagement of their daughter, Stephanie Paige Ekeren, to Adam James Schieffer, son of James and Lynn Schieffer, St. Helena, NE. Stephanie is a graduate of Joseph's College of Beauty in Lincoln, NE, and is currently a cosmetologist instructor at Joseph's College of Beauty. Adam attends the University of Nebraska at Lincoln, and will graduate in May of 2011 with a degree in mechanical engineering. He is also employed at the Coca-Cola Company in Lincoln, NE. A wedding is planned for August 7, 2010 in Yankton, SD.

### Are you mailing away for your Ostomy supplies?

We have the ostomy supplies you need and we make it easy to buy by billing Medicare and insurance for you.



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### DAVE SAYS:

## Real Estate Agent Versus For Sale By Owner

Dear Dave,  
 What are the advantages of using a real estate agent versus going the for-sale-by-owner route when it comes to selling a house?  
 — Seth



**DAVE SAYS**  
 Financial Straight-Talk  
 by Dave Robinson www.davesays.org

Dear Seth,  
 I've had a real estate license for 30 years. If I were to put my personal residence on the market today, I'd use an active real estate agent who really knows his or her stuff in the marketplace. I'd gladly pay them their commission, too.

Now, why would I do that if I could just sell it myself and save the commission cost? For starters, if I do a for-sale-by-owner, or FSBO, I'm only getting my place in front of buyers I can attract from seeing a newspaper ad, Craigslist, and anyone who happens to drive by the house. If you go with a high-octane real estate agent, you'll have the advantage of being exposed to their entire pool of buyers. More importantly, you'll be in the MLS, or Multiple Listing Service, database. There, you'll immediately have thousands of potential buyers. So, who do you think will have the best chance of selling your house? Market exposure is everything in the real estate game!

And think about this: Even if you went the FSBO route every time you moved, you might

do three or four of these transactions in a lifetime. A good agent closed three or four deals last week! They'll know all the ins and outs of buying and selling a home, and they'll walk you through every step of the process. Research has shown that between basic mistakes, pricing errors, and lack of negotiation skills, you'll cost yourself more than the agent's commission by trying to sell it yourself.

Trust me, you'll get a much better deal—with a lot less hassle—by using a top-flight real estate agent!

### THE COST CAN'T BE JUSTIFIED

Dear Dave,  
 How much do you put into your old car for maintenance and repairs before it makes sense to buy a new vehicle?  
 — Christy

Dear Christy,  
 I know a lot of people don't believe this,

but it's almost never mathematically justifiable to go out and buy a new car, or even a newer one. Let's say you're driving a \$1,000 car, and you keep having problems and putting \$250 worth of repairs or maintenance into it each month. Do you realize how long you can keep putting that \$250 into the car before you reach the point of it making sense to buy a new \$10,000 car? I mean, we're literally talking about years!

Really, it all boils down to a couple of things. One, do you have the money sitting around to pay cash for a new car? If you've worked hard and can go to the dealership and write a check for a new car, then go for it.

The second thing is the hassle factor. Is the car absolutely unsafe, or is it driving you nuts in terms of inconvenience and repair costs? If so, then you might need to look into getting a newer vehicle. You'll notice I didn't say a new car, right? And you still pay cash. You don't want five or six years' worth of car payments hanging around your neck.

I'm not against you having a nice car, Christy. What I'm against is your nice car having you!

\* For more financial help, please visit [dave-robinson.com](http://dave-robinson.com).

### COMMUNITY CONNECTIONS:

## Mental Wellness Conference Makes A Difference

### BY PAM KETTERING

United Way & Volunteer Services of Greater Yankton



Kettering

Attending the Yankton Area Mental Wellness Conference puts a lift in my step, a shift in my knowledge base and a great appreciation for the sharing of experiences from the experts that are an integral part of this community and those that come from afar.

The conference started out with a keynote address by Dr. Mark Britzman, from SDSU, on ethics. This topic may sound a tad boring but his message was inspiring, humorous and down right sensible! If we base our thinking, relationships and actions on the characteristics of trustworthiness, respect, responsibility, fairness, caring and citizenship, our decisions will be made with character. One of his many quotes, "the pain of regret is much greater than the pain of self discipline" brought his point of ethical behavior into focus. He described character as ethics in action, moral strength, doing the right thing even when no one is looking and doing right even when it costs you. He shared counseling, teaching and parenting experiences that enlightened the audience in how he strives each day for an ethical life. His additional workshops, "Ethics of Personal Relationship", "Raising Ethically Minded Children" and "Ethics in the Workplace" continued to illustrate how the six pillars of character can be woven into all of our life's experiences. You can glimpse his credentials, writings and opportunities via his internet site - [pursuingthegoodlife.com](http://pursuingthegoodlife.com).

Dr. Timothy Soundy shared research information that is a result of science at work in Sioux Falls. Genetics and environment are key components in the life of

every person. Within a few minutes of his message, I realized my calling as a scientist was barely a whisper and it would have been a disaster even putting on a lab coat! However, sharing the scientific discoveries to a huge room of human service people was certainly impressive even though the charts on the screen were a bit over our heads.

The second day began with a presentation of WRAP, World View & System's Transformation by Matthew Federici. As a person with mental wellness and having experienced this method of treatment where his individual issues and needs were met for a recovery transformation. He is now able to speak about this method of treating mental illness to large audiences, to travel, to enjoy a fulfilling career as well as a happy marriage and family life.

Dr. James Beddow from Miner County Community Revitalization spoke on the necessity for us as individuals, employees and businesses get connected in the world of social networking BUT be attentive on the information that is shared. It is not going away and it is a fast method of communication and it is another tool in which to invite people to be part of your organization.

The conference concluded by laughing. We laughed just to laugh, we laughed at and with each other and we laughed to relieve stress. Dan and Jill Johnson led us in Laughter Yoga that involved various exercises to laugh! With this technique it breaks tension and promotes a positive workplace. Laughter encourages self-esteem,

cooperation, creative thinking and job satisfaction. Laughter Yoga was the perfect ending after sitting through two days of conference. If you notice people just laughing for no apparent reason, now they can say they are practicing Laughter Yoga.

When people register for this conference they have these five group presentations to attend plus 36 other workshops from which to select. Mount Marty College is hopping with over 250 people busting from class to class, chatting about their favorite work-shop, sharing career information or earning professional or college credits. Next year's conference - The 13th Annual Mental Wellness Conference is June 8-9, 2011 at Mount Marty College with the theme, "Chemistry for Mental Health: Brain, Personal, Relationships, Life!" I may have to dust off my chemistry books to get geared up for this! However, I know that it will once again be a very fine product due to the collaboration that occurs between those who serve on the Planning Committee.

One of the United Way agencies that work with our youngest and greatest resource is Parents As Teachers. When families participate in this program, the children and this community benefits with this jump start in their education and development.

"Open the bag!" Is the statement that Parent Educator Lisa Koerselman hears frequently on her monthly visits to families in Yankton County. When she walks into a house the toddler knows that there is something exciting in that bag. One visit it could be the

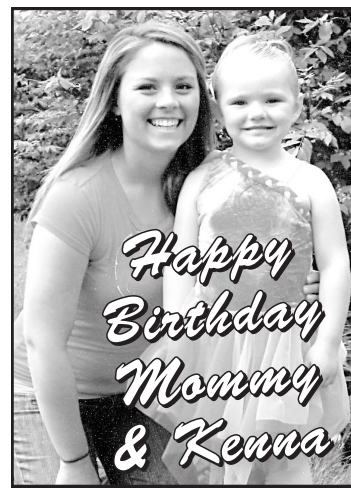
supplies to make a puppet practice talking about emotions and the next time it could be sponges to develop the muscles needed to use scissors. For the next hour the educator, child and parent spend time focused just on the child and the relationship between parent and child. By fostering this relationship, Yankton County Parents as Teachers is hoping to reach its goal of helping parents become their child's best and first teacher.

Each month Yankton County Parents as Teachers visits around 25 families of children under the age of three providing child development activities and parent education. The families are given books, ideas for age appropriate activities, and helpful information about what their child is going through at that stage in his or her life. Parents are also given the opportunity to meet other parents when they attend group parent meetings held throughout the year on a wide range of topics.

YCPAT has also started offering the Responsive Parenting class three times a year. This is a six-week series that allows parents a chance to learn what their infants and toddlers are trying to tell them and how to respond in a way that makes sense to that child.

If you have any questions or would like more information regarding the Parents as Teachers program in Yankton County, please feel free to contact Lisa Koerselman at 661-4833 or at [yanktonpat@gmail.com](mailto:yanktonpat@gmail.com).

**Swensen-Neuharth**  
 Mr. and Mrs. Darrell Swensen of Irene, SD, are proud to announce the engagement of their daughter, Kari Sue Swensen, to Glen Ray Neuharth, son of Mr. and Mrs. Harlin Neuharth of Freeman, SD. The bride-to-be is a 1996 graduate of Irene High School and a 1998 graduate of Northeast Community College with an Associate of Applied Science degree in Veterinary Technician. Kari is currently employed at Yankton Medical Clinic as a medical records clerk. The groom-to-be is a 1985 graduate of Freeman High School. Glen farms with his father and brother near Freeman, SD. An October 23, 2010, wedding is being planned at St. Paul Lutheran Church, Freeman, SD.



**KYNT**  
**AM 1450**  
**MORNING COFFEE**  
**WEEKDAYS 7:40 AM MONDAY-FRIDAY**  
 Friday, June 18  
 7:40 Yankton Daily Press & Dakotan  
 8:15 Pam Kettering

**Godfather's Pizza**  
**CELEBRATES FATHER'S DAY WEEKEND!!**

**DADS EAT FREE WITH COUPON!**  
 FATHER'S DAY BUFFET HOURS  
**11:00AM - 2:00PM**

**YANKTON MALL**  
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**Godfather's Pizza COUPON**  
**Buy ANY Large or Medium Pizza**  
 At Regular Price and Get a Second Pizza of Equal or Lesser Value **FREE!**  
Not valid with any other offers or coupons. Expires 06-21-10. Must present coupon.

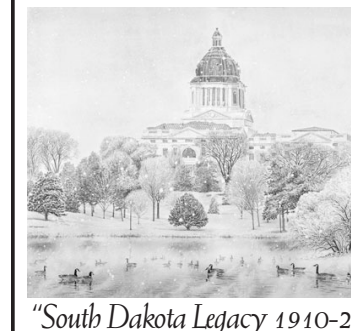
**Godfather's Pizza COUPON**  
 Sunday, June 20, 2010 ONLY!  
**DAD'S EAT FREE!**  
 With this coupon **FREE BUFFET!**  
Good for up to 2 fathers with their families. Not valid with any other offers or coupons. VALID 06-20-10 ONLY. Must present coupon.



### Sternhagen-Taylor

Steve and Nancy Sternhagen of Scotland, SD, would like to announce the upcoming wedding of their daughter, Ashley Lorraine Sternhagen, to Dustin Lee Taylor, son of Charlie and Vikki Taylor of Harrisburg, SD. Ashley is a 2010 biochemistry graduate of the University of Nebraska-Lincoln, NE. Dustin is employed by Wells Fargo Bank in Lincoln, NE. The two will wed on July 2, 2010, at Zion Lutheran Church in Scotland, SD. A reception will be held following the ceremony at Minerva's-Kelly Inn in Yankton, SD.

### Celebrate Father's Day with a Gift from Jon Crane and SD Historical Society



"South Dakota Legacy 1910-2010"

Purchase limited edition prints, artist proofs & special commemorative prints, with a small stone of the actual SD State Capitol Building.

209 W. 3rd, Yankton 668-0622