

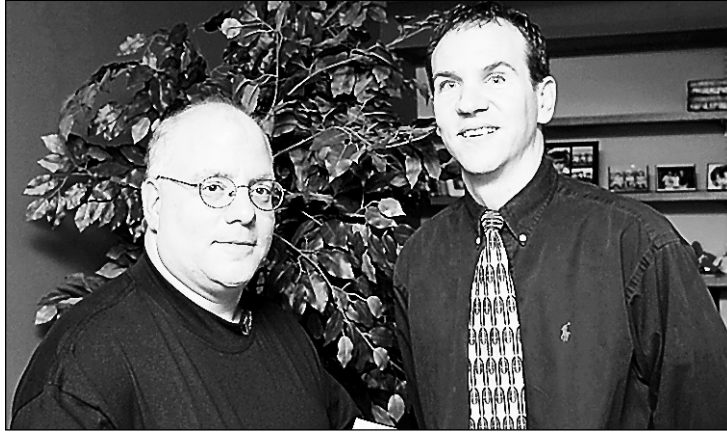
FITNESS FANATICS



SUBMITTED PHOTO

The goal of Fitness Fanatics is to encourage students to participate in daily physical activity. If the students choose to participate, they have to do physical activity for a minimum of 10 minutes a day, 7 days a week. Pictured are the third quarter Beadle School Fitness Fanatics. Front row: Price Jensen, Isaac Klimisch, Trace Jensen, Zoie Lee Marcotte, Lily Dierichsen. Back row: Nathan Zimmerman, Tia Wlasman, Lily Lammers, Kaylyn Wagner, Cole Dierichsen

MARATHON MAGIC



SUBMITTED PHOTO

Robert Pfund presents Sacred Heart Principal Regan Manning with \$426.16 raised to celebrate Catholic schools week. Pfund raised the money during a 24 hour radio marathon on Mix 106.

YMS ALL-STARS



SUBMITTED PHOTO

Six YMS band students were selected to participate in the 11th Annual South Dakota Music Educators Association Middle School All-State Band. Students auditioned to be part of this event by submitting a recorded audition. This year, 392 students auditioned from 74 schools across the state. 180 students were selected based on their audition. Middle School All-State Band was held March 5-6th at T.F. Riggs High School in Pierre, SD. Congratulations to (pictured L to R): Sophie Drotzmann, Garrett Adam, Layne Droppers, Joseph Kelly, Matt Watt and Brianna Kelly.

HOMETOWNNEWS
January BAMAAR Students Of Month Announced

YANKTON - Two Yankton High School students, Steven Hebda and Kayleen Ernster, were recently honored as the January 2010 BAMAAR Students of the Month.

The award, which received the name BAMAAR because it is sponsored by the building association, manufacturers association and area retailers, was first presented during the 2008-2009 school year. It was designed to recognize outstanding students enrolled in Career and Technical Education classes at YHS and will be given by Yankton High School in conjunction with the Regional Technical Education Center (RTEC).

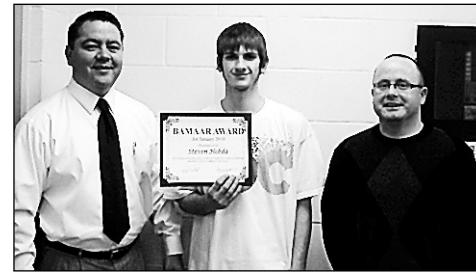
Hebda and Ernster, both seniors, received T-shirts, certificates and other prizes donated by local businesses for earning the award.

The son of Dale and Rena Hebda of Yankton, he is enrolled in Automotives and was nominated for the award by his instructor, Bob Evans.

"Steven is an outstanding young man who truly appreciates the opportunity to be a part of our great program," Evans said.

Hebda enjoys working on cars and said he never really thought about how they worked before he took this CTE class. He's now thinking of pursuing an automotive technology or custom fabrication program after high school.

"This gives me an advantage by being able to learn about cars early on," Hebda said. "It



Steven Hebda was recognized as a BAMAAR Student of the Month for January 2010. Shown with him are YHS Principal Dr. Wayne Kindie, left, and RTEC General Manager Josh Svatos, right.

also gives me some great scholarship opportunities."

January's other BAMAAR winner, Kayleen Ernster, is the daughter of Brenda Ernster and Duane Ernster of Yankton. She was enrolled in the Exploring Technology course instructed by Bret Johnson during the first semester.

"Kayleen is a hard-working student who went above and beyond what was asked," Johnson said, explaining why he had nominated her for the award. "She would spend time before and after school and over lunch getting things done for her group projects."

Ernster said she liked the Exploring



SUBMITTED PHOTO

Kayleen Ernster was recognized as a BAMAAR Student of the Month for January 2010. Shown with her are YHS Principal Dr. Wayne Kindie, left, and RTEC General Manager Josh Svatos, right.

Technology class because it taught her how to do different things on the computer. She especially liked the CSI area because it gave her an opportunity to view a crime scene.

Students, like Hebda and Ernster, who are enrolled in CTE classes at YHS are eligible for the BAMAAR Student of the Month awards and can be nominated by their CTE instructors. A panel selects two monthly winners throughout the school year. To honor all of the monthly BAMAAR winners, a recognition ceremony will be held this spring. At that time, one of the monthly winners will be named the BAMAAR Student of the Year.

MMC'S Sigma Theta Tau Int.
Announces Newest Members

Mount Marty College's honor society of nursing, Upsilon Iota Chapter of Sigma Theta Tau International recently inducted 12 undergraduate students, one instructor, and four Avera Sacred Heart Hospital nursing professionals in a ceremony held at the Avera Sacred Heart Pavilion.

Membership to the Honor Society of Nursing, Sigma Theta Tau International, is by invitation to baccalaureate and graduate nursing students who demonstrate excellence in scholarship, and to nurse leaders who demonstrate exceptional achievement in nursing.

The selection for induction into this Honor Society is based on the recognition of the candidates for their excellence in nursing and commitment to wisdom and discernment, knowledge, service, professional endeavor and strength of leadership. The undergraduate student must have at least a 3.0 grade point average on a 4.0 scale, be in the upper 35 percent of

his/her graduating class, have completed at least one-half of the nursing curriculum to qualify for membership and meet the expectation of academic integrity.

The following Mount Marty nursing students were inducted into the Upsilon Iota chapter: Traci Kriener, Osmond, NE; Jessica Christensen, Yankton, SD; Ashley Merkel, Yankton, SD; Holly Rothschild, Yankton, SD; Amanda Soehl, Sioux Falls, SD; Mindy Newburg, Alton, IA; Tana Bonnet, Newell, SD; Joan Clement-Moysis, Yankton, SD; Crystal Oberg, Artesian, SD; Kayla Ranek, Tyndall, SD; Therese Assman, Mission, SD; Joshua Wenande, Mitchell, SD. Mount Marty Nursing Instructor Carol Stewart, Avon, SD was also inducted.

Avera Sacred Heart Hospital inductees included: Lynette Bruening, Rita Gollnick, Lisa VanHeek, and Candycy Koch. They were selected due to their leadership ability and their role in the advancement of nursing practice.

Smooth Benediction Competes
In International Competition

Mount Marty's "Smooth Benediction" Performs in Collegiate Showcase

Mount Marty College's a cappella group "Smooth Benediction" recently competed in the International Championship of Collegiate A Cappella (ICCA) quarterfinals. They competed at Michigan State University against eight other Midwest Colleges.

"I liken it to being invited to 'the dance' for March Madness (NCAA Men's Basketball)," said Mount Marty Director of Choral Activities, Dr. Sean Vogt. "Making it this far is huge for us, especially when you look at who else made it."

This competition is the only international tournament that showcases the art of student a cappella singing. The program is dedicated to providing top-

notch collegiate a cappella groups with valuable feedback from our highly qualified judges. Young vocalists also have the opportunity to showcase their talent to an international audience and develop relationships with each other, cultivating the art of a cappella singing and a lifelong love of music.

Anna Bronemann (Harrold, SD) is member of Smooth Benediction. Other members include Micaela Rausch (Big Stone City, SD), Heidi Swanke (Sioux City, IA), Alexis Perry (Reliance, SD), Crystal Oberg (Artesian, SD), Gina Emanuel (Schuyler, NE), Bethany Bakker (Marshall, MN), Jordan Foss (Pickstown, SD), Joey Stahl (Onida, SD), Isaac Beeck (Akron, IA), Tyler Vela (Fritch, TX), Patrick Heisterkamp (Onawa, IA), Vince Humble (Bode, IA) and Kalib Heeren (Akron, IA).

Day To Present Poster At National Symposium

SIoux FALLS — Liz Day, a sophomore from Vermillion, is one of seventeen Augustana students presenting posters at the National American Chemical Society Meeting and Symposium March 21-25 in San Francisco.

The theme for the 239th ACS national meeting is "Chemistry for a Sustainable World." This timely theme is appropriately chosen for the host city of San Francisco, which has already established a city sustainability plan. The meeting's multidisciplinary symposia

provide an opportunity to educate attendees about current sustainability initiatives and how to use chemistry to improve our global environment.

ACS is a congressionally chartered independent membership organization which represents professionals at all degree levels and in all fields of chemistry and sciences that involve chemistry.

All the Augustana students attending the conference were involved in summer research projects in 2009.

MEETING MINUTES

ASHH TOASTMASTERS

Kari Beltz was welcomed as a new Avera Sacred Heart Hospital Toastmasters member by President Tim Bohn at the March 4 meeting at noon in the Benedictine Center. Bohn also welcomed Area Governor Angela Mann and then timed the speakers.

Toastmaster Jeff May introduced the trainer and her assistants. May called on Jen Howland to conduct the Parliamentary Procedure training. He named Greg and Muriel Stach as Howland's assistants on "Toasties Television Channel 6217". The training had a fun, "pretend television show" format while teaching the much used, and often abused, parliamentary procedure protocol.

Gale Vogt's invocation was entitled "Life Is a Do It Yourself Project". He also tallied the votes that proclaimed Howland the Best Speaker.

General Evaluator Jennifer Wubben had three evaluators in her team. Eileen O'Connor and Jane Miller conducted written evaluations for Muriel and Greg Stach, respectively. The oral evaluator was Steve Anderson for Howland. Wubben named Anderson Best Evaluator.

Other evaluators were Melissa Bader and Bridget Hively. Bader counted the unnecessary "so's" used to connect sentences. Hively gave the word of the day, "providence" and tracked its use during the meeting.

ASHH TOASTMASTERS

Laura Schmidt called the Avera Sacred Heart Hospital Toastmasters to order on March 11 at noon in the Benedictine Center. Schmidt acknowledged Jennifer Wubben's invocation, a tale about "working together and sharing".

Then Schmidt introduced the two speakers, MJ Rogers and Mindy Schweitzer. Rogers' 10 minutes speech about positive self-talk was entitled "Building a Wall, One Brick at a Time". Schweitzer's speech, "My Kind of Art", was her personal story of raising and showing her prize bull. Schmidt gave the trophy for Best Speaker to Schweitzer.

Jen Howland was General Evaluator. Howland's team consisted of Eileen O'Connor as "um" counter, Tim Bohn as timer, and Steve Anderson as Grammarian with "inexorable" as his word of the day. Howland's speech evaluators were Sheryl Schwartz for Schweitzer and Muriel Stach for Rogers. The Best Evaluator award went to Schwartz.

Eric Taylor's Table Topics questions had a seasonal and current weather theme. Taylor's Best

Respondent was Jane Miller, who preferred the fall with its many colorful fashions.

Bohn conducted the scheduling portion of the meeting. He also stated the club's progress towards achieving a Distinguished Club ribbon from Toastmasters International this year. Bohn called for Treasurer Anderson report on the upcoming deadline for dues.

GET UP & GO

The Get Up & Go 4-H Club met Feb. 7 at the Irene Legion Hall. Vice President Bailey Hinseth called the meeting to order. The American flag pledge was led by Cole Norris and the 4-H pledge by Caitlin Hinseth. Our leader gave us our fruit sale forms. We voted to buy supplies to clean the Legion Hall. Our leader brought some items arranged from apple cores to batteries. We picked an item and lined up according to what we thought took the shortest to the longest to decompose. Then we found out how to Reduce, Reuse, Recycle. Haley and Kevin Hinseth served lunch.

GET UP & GO

The Get Up & Go 4-H Club met March 7th at the Irene Legion Hall. President Trevor Hanson called the meeting to order. The American flag pledge was led by Erin Hanson and the 4-H pledge by Caitlin Hinseth. Trevor Hanson demonstrated what to put in your toolbox. Erin Hanson demonstrated was Photography. We judged leather pouches, glasses, pictures, dolls, bags, and necklaces. Maculay McDonald served lunch. Our next meeting will be April 11 at the Irene Legion Hall.

HISTORIC DOWNTOWN YANKTON

Historic Downtown Yankton (HDY) held its Annual Meeting on Tuesday, Feb. 16.

HDY President, Marc Mooney, reflected on the successes of the past year and outlined the HDY Strategic Planning Meeting goals and objectives. Highlights of 2009 include the 3rd Annual Rockin' Ribfest and increased customer service and hospitality awareness as recognized by the State of South Dakota in their designation of HDY as a recipient of the "Great Service Star" award.

Members of downtown Yankton were recognized and thanked for their volunteer efforts and desire to help re-establish downtown Yankton as the "heart of the community". Many hours of volunteer efforts are needed and HDY recognizes the efforts of all involved.

Crystal Mensch-Nelson, Executive Director of the Dakota Territorial Museum, presented a downtown Yankton history. The presentation

opened up discussion and HDY looks forward to bringing some of its history to you in the future.

Marc Mooney will remain as President for 2010 with Barb Rohde taking over as President in 2011. Other HDY Board members include: Jennifer Eichhoff, Mark Gleich, Wayne Ibarolle, Dave Kline, Dave Kioff, Leo Kopsky, Kim Larsen, Paul Lowrie, Dan Somsen and Montia Storm.

YANKTON AREA WRITER'S CLUB

The Yankton Area Writer's Club met Monday, March 8, at the Yankton Community Library. Helene Krouse gave a presentation on Sea Shells and Coral Reefs. The writing angle was on research and writing humor. Lorinda Pullen and Margaret Rahn read original works.

The Yankton Area Writer's Club meets the second Monday of every month (the third Monday if the second falls on a holiday), at the Yankton Community Library. Meetings begin at 7 p.m. Membership is free and open to all ages and all genres of writing. For more information, please visit our website: <http://www.iw.net/~nburk/>, e-mail yankton.area.writers.club@gmail.com or contact Nancy Burk at (605) 664-6582.

TOWN & COUNTRY GARDEN CLUB

The Yankton Town and Country Garden Club held its March meeting at the Yankton Library on Friday, March 12.

Twenty-two members and three guests were in attendance. Members shared ideas on how to "Go Green" for the coming year.

Minutes and the treasurer report were read. The Club decided not to pursue the purchase of exotic plant as a club project.

Under new business, the purchase of a memorial statue in honor of Diane Heeny was discussed and approved. A plaque will be attached to the statue for the addition of future garden club members. Mary and Al Klimczyk volunteered to make the purchase and set up the monument.

Sister Virginia Pieper from the Sacred Heart Monastery presented the program. She gave a brief history of the Monastery and shared information both past and present on the vegetable and fruit gardens at .08 acre site. Members were given Dragon Tongue beans seeds from the garden to plant.

President Betts announced the upcoming Master Gardeners program at the Yankton Pavilion on March 30th. The program topic will be "Growing Heirloom Vegetables" by Dan Flyger.

Hostess for the meeting were Char Blain, Joan Branaugh, Joan Haberman and Judy Uley.

Diana Greenhouse will be our special guest and presenter for the April 9th meeting. Visitors welcome.

WEED MANAGEMENT WORKSHOP

Twenty-eight interested landowners, students and resource providers participated in the Northeast Nebraska Weed Management Area educational workshop on Wednesday, March 10th at the Lindy County Club. Doug Smith, Chair of the weed management area and Dixon Co. Weed Superintendent, led the session with an update on the group's activities.

The majority of their efforts have been centered on the use of biological control insects for Purple loosestrife, Leaky spurge, Canada thistle and Spotted knapweed. However, Salicoid control efforts by the weed management group along the Missouri and Niobrara Rivers have consisted of using backpack sprayers and hand-pulling to keep this weed in check.

The results from using insect control measures take many years to be seen, but great strides have been made especially with Purple loosestrife. Protecting the Western Prairie Fringed Orchid has been a priority so moving away from chemical control in areas where both the orchid and Leaky spurge reside has been a proactive effort. Over the past two years bugs have also been released in heavily infested areas of Canada thistle.

By using integrated weed control, a combination of management activities such as planned grazing and prescribed fire along with chemical treatments and

biocontrol, producers should see improved results.

Workshop sponsors included the Northern Prairie Lands Trust, Nebraska Game & Parks Natural Legacy Program, Nebraska Environmental Trust, and the Northeast Nebraska RC&D Council. Just recently the RC&D Council was notified that a third year of Nebraska Environmental Trust funds for the Weed Management Area was recommended at the \$25,000 level with the majority of those funds going toward the purchase of biological control insects.

INTERCHANGE

Interchange met on Monday, March 15, 2010 at noon at the Waterfront. Stacy Winterringer, Interchange president, called the meeting to order with the flag pledge.

Announcements were as follows: "Crystal Nelson, Dakota Territorial Museum announced the Brown Bag session on Historic Preservation presented by Jim Wilson will be this Friday at 12:10 P.M."

"Rita Wentworth shared that the unveiling of the River Walk sculptures will be March 19 at 5:30 P.M."

"Stacy Winterringer reminded Interchange members that the Dakota Smile Mobile applications are still available. The mobile will provide childrens dental care next week at Beadle school. A reminder was also noted that the school board candidate forum will be held at Interchange on March 29. April 5th will be the City Candidates Forum."

Laura Slowey introduced her guest speaker, Scott Sandal. Scott presented information on his company, Data Vator. Data Vator is the managing entity of Data Ware Green. The company provides data center monitoring for paperless document management for companies at an off-site location. They also monitor power usage for IT equipment.

The next Interchange meeting will be held Monday, March 22 at noon at the Waterfront. Colleen Craig-Davis will be sharing with us the talents of HSC's visit-

ing visual artist Grete Bodogaard. She works with natural fibers, spinning, dyeing, weaving and design.

AMERICAN LEGION AUXILIARY

Yankton American Legion Auxiliary met March 15, 2010. President Betty Adam presiding; Auxiliary members, Legion members and guests were present.

Helen Simpson reported one member is needed to make goal and next auxiliary year dues will increase to \$16.00.

Gert Boyles stated letters have been sent to junior girls attending Girls State and Journalism City to be held May 31 to June 5 at Vermillion.

The patriotic poems and essays have been judged.

Helen Droppers said dates are being chosen for Poppy Days.

Shirley Juffer and Joyce List will work on Ten for Something.

Marilyn List reported on the District Seven Spring Meeting of the American Legion and Auxiliary recently held at Corsica, SD. The State Convention will be June 17-20 at Spearfish, SD.

Senator Jean Humhoff and Representatives Nick Moser and Bernie Hunhoff were introduced and each gave short talks on the Legislative Session. Some of the subjects they covered included: wind energy, opportunity scholarship program, economic development, bills passed regarding veterans, budget matters and federal dollars. Some questions asked from those in attendance were: cell phone texting, Hyperion, retiree, wind energy, reserve funds and sales tax on food; it was a very interesting program.

Lunch was served including birthday cake for the American Legion.

Next meeting is April 19, 2010; the program being poppies/posters and Americanism Reports, lunch hostesses are Beverly Elsberry and Kay Ekeren.

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