the region

Load Limits For Roads To Take Effect Soon

To whom it may concern: Yankton County Highway Department will soon be implementing its annual load limits on all hard surface County roads.

The limits will take effect when the signs go up.

Community Garden Information Meeting Mon.

Everyone is welcome to attend an informational meeting about Yankton's Community Garden. Healthy Yankton organization will host the meeting at 5:30 p.m. Monday, March 5, at Avera Sacred Heart Hospital Physician Office Pavilion.

New gardeners are required to attend. Those attending the meeting will have an opportunity to register for garden plots for the 2012 growing season.

Now starting its third year of operation, Healthy Yankton is proud to offer garden plots, approximately 12 feet X 18 feet in size. Garden plots at located Marne Creek West Park on Yankton's West City Limits Road. Garden plot pre-registration and pre-payment is required.

Gardeners are required to plant, weed, monitor and clean up their designated garden plot after harvesting a bountiful crop for their personal use. Gardeners are encouraged to "grow a row" to donate to others in need.

For more information, call Healthy Yankton Chairman Angie O'-Connor at 605-668-8590, or email healthyyankton@gmail.com or go to www.healthyyankton.org.

Shannon Trail Promoters To Meet Wednesday

NIOBRARA, Neb. — The Shannon Trail Promoters will meet on Wednesday, March 7, at the Riverside Café (just south of the Highway 12 & 14 junction) west of Niobrara.

Author Marita Placek will be a guest.

Dinner is at 6:30 p.m., with the meeting starting at 7:15 p.m.

Business Seminars Being Offered March 15

NORFOLK, Neb. - Northeast Community College is one of five cosponsors of O'Connor Group Business Seminars set for Thursday, March 15, at the Fordyce Fire Hall and the Hartington VFW Club.

The first session, a free "Preview Session" is Thursday, March 15, from 7-8:30 a.m. at the Fordyce Fire Hall. The second session, "Marketing," will meet on Thursday, the 15th, from 1-4 p.m. at the Hartington VFW Club. The final session, "Customer Service," meets from 6-9 p.m.

There is a cost per business for up to five people for one or both sessions. There is no cost for students.

The seminars, presented by Michael O'Connor, president of the O'Connor Group Marketing, will help participants focus on the three areas of marketing that can help produce increased profits and revenues, even during the slower times.

The free session at 7 a.m. in Fordyce is an overview of the two other seminars later in the day at Hartington. During the free session, O'Connor will present an outline of the content at the other sessions.

The "Marketing" seminar will also focus on choosing the right media to market a product or business, marketing mistakes one can't afford to make, ad placement strategies for different media, and internal marketing tips. Making a website work better will also be reviewed at the 1 p.m. session.

The evening session will review the real worth of one customer, how to handle that first contact and work with upset people, why most customers leave, and better telephone techniques. O'Connor will also teach participants what not to say, the nine words that will keep customers coming back, and how to create a WOW experience.

O'Connor, a former sales manager, trainer, and radio station owner, has presented his seminar, "Marketing — the Key to Success" to hundreds of business owners in a five-station region.

Co-sponsors of the event are Hartington Economic Development Corporation, Village of Fordyce, Hartelco, and the University of Nebraska — Lincoln Extension. Registration deadline is March 12. To pre-register, call Carla Becker at the Hartington Community Development Corporation at (402)254-6357.

Deadline For Cake Workshop Is March 16

A Cake Decorating Workshop for area youth will be held at the Yankton County Extension Office, 901 Whiting Dr., Yankton, on Saturday, March 24, running from 1-3 p.m.

Lalene Bates from Pat-A-Cake in Norfolk, Neb., will be instructing the cake decorating class. Cost for the class covers all supplies needed for the afternoon.

Registration is open to all area youth and is due March 16. To register, call the Yankton County Extension Office, 605.665.3387 or email Lauren at yankton.pa@sdstate.edu.

chological distress. That issue can cause problems

for administrators, as well. "Bullying is repeated events," Dvoracek said. "We watch for it in the hallways in the mornings, in the classrooms, at the lockers, in the lunch room; it is always being monitored. Now, can it be found every time? No, that is why the kids do need to come talk to us so we can have the staff at the school watching for it. Our staff has done a fabulous job with that as well."

Dvoracek said many times a student will get hurt feelings over something said or done one time, and a parent will expect the district to punish them for bullying or harassment.

It really comes down to an administrator decision on looking at the details," he said. "If it is bullying and harassment, we prohibit all those things, so we try to investigate, and then follow our discipline plan and try to stay consistent with it.

Because many times it comes down to a case of one student verses another, it is important students talk to their teachers and principals about what is going on.

There is a lot of he said/she said, but you have to have the facts of what is happening," Dvoracek said. "The biggest thing is, kids say they don't want to be a tattle-tale. They have to understand there is a difference between that and when they are being harassed and bullied. Some kids will play that in reverse, as well. They will say they are being harassed and bullied when it is just a typical middle school thing that happens. From one verbal word, they feel they are being bullied. If students don't want to come in and talk about it, and we don't know about it, there isn't

much we can do about it. But, if

the kids come in and tell us what

when, where, how, what is going

Corey Mitzel, principal at Bea-

is going on, give us the facts -

on — the issue is going to be

dle Elementary School, said he

sees more relationship issues

than what are found at the middle

tion activities," he said. "We use

dents. During our guidance coun-

bullying issues. Our counselor will

needed. We had a speaker in for

trict earlier this year. Last year,

we had a national speaker come

in and talk about techniques that

He said prevention is the key,

"I think there is a more concen-

trated effort on preventing it, be-

cause bullying is certainly out

there and being discussed," he

said. "Our D.A.R.E. officer talks

about it, and there are things we

our peaceful playground. We had

speakers who came and talked to

our fourth and fifth graders about

looking differently. We just con-

tinue to try and battle it through

prevention. As cases occur, we

handle each one differently, be-

cause each one seems to be a lit-

tle bit different. It is not always

the same, and there are always

also focuses on prevention.

Johnke said the high school

"I would say that the biggest

ing in from outside," she said. "We

have a cell-phone policy that stu-

issue is bringing the cyber-bully-

two sides to the story."

have been doing for years, like

could be used to identify

being proactive rather than

bullying.

reactive

our fifth grade students in the dis-

'bully boxes' for our older stu-

selor meetings we discuss

see groups or individuals as

"What we do is a lot of preven-

addressed.'

and high school.

3

dents are supposed to keep their cell phones either in their locker or locked in their car during the school day. If they are caught with it, their cell phone is taken away. Well, we of course do catch kids using them in school. We know it is going on. We do our best to control it to the maximum we can. But the phone is very small and easy to conceal.'

The district brought in a speaker last October - one of the leaders in bullying and bullying prevention in South Dakota — to talk to fifth graders, middle schoolers and high schoolers. A parent forum was also held to educate them on different prevention items that could be used at home, Johnke said.

The biggest thing is an awareness from the staff, being open when students come to you and being ready to listen and help them," she said.

Dvoracek added, "I am not saying we don't have things going on here, because we do. But 90-95 percent of the things that are happening are coming in from outside and something that a kid brought in with them. The cyber-bullying is a much bigger animal than your typical bully that older people think of when they think of their school settings. With technology moving the way it is, it is going to continue to keep being an issue. We just need to be sure we are getting the message and parents are, too.

Mitzel said he believes parents are getting the message regarding the district's no-tolerance policy.

"I think our kids and parents" are very responsible about dealing with situations when they do come up," he said. "Nobody wants their child to be bullied or to be the bully. So they are very supportive."

From Page 1

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From Page 1

the upper grades of the district.

We can have the best policy

in place, but if our kids are not ed-

how to use those things outside of

ucated on what is important and

school, we are going to have is-

sues all the time in school." Dvo-

racek said. "It seems a lot of the

pening out of school and being

lot of times because of legal is-

sues we can't go in and punish

someone for something that is

happening on Facebook, for exam-

ple. We have no legal boundaries

on that. That is what is very hard.

ues that harassment in the school

setting, that is dealt with immedi-

"We have problems with kids

ately. It is something that all the

administration takes very seri-

doing bullying through texting

and Facebook," she said. "They

get very brave when they are not

face-to-face with each other. They

say things they normally wouldn't

pen on the weekend or during the

say in person. These things hap-

evening, and then the students

with the hurt feelings come with

them to school the next day. It is

tough to wrap your hands around

it. We can't police everything that

is happening outside of school by

any means. It is frustrating when a

kid wants us to help stop it, and

we can't do anything because it is

happening outside of the school."

a pattern of "repeated" conduct

that causes physical hurt or psy-

By definition, bullying includes

ously. It is not tolerated

Johnke agrees.

whatsoever.'

If someone comes in and contin-

brought in. We deal with it, but a

time in school that things are hap-

spreading rumors) and social bullying (exclusion or humiliation).

Cyber-bullying victims online is also becoming more common, she said.

'You see a lot of that with Facebook and other social media," she said. "It happens a lot more than you would think."

Because of the devastating effects of these types of bullying, Riibe said it is important for parents, family members and other adults to watch for warning signs that could indicate a child is being bullied. These include getting sick more often, panic attacks, social withdrawal, difficulty concentrating or keeping focus, anger or bitterness, feelings of revenge, decrease in school performance, unwillingness to trust people, low self-esteem or self-

If any warning signs are present, it is important for those in the child's life to intervene and talk to him or her, Riibe said.

"The child needs to understand that he or she isn't to blame," she said. "I think that's an important piece for parents to recognize and support their

child." Parents should also discuss nonviolent plans of action with the child, Riibe said.

'Some of us were raised knowing we'd better learn to fight back, but that's just the opposite of what needs to happen," she said. "They need to learn to walk away, and you can practice that with them, or they can seek assistance from their teacher or another adult.

Riibe added that it is also important for parents to coordinate with the school.

"If you suspect your child is being bullied, I would recommend not only talking to the administration, but perhaps even the parents of the child involved," she

ents to intervene when they suspect their child has been a victim, it is just as important to take action if they think their child might be the aggressor, Riibe said.

"You need to indicate that this behavior is not going to be tolerated at all," she said. "I would encourage any parent that is concerned with any bullying behavior to make sure they talk with the teacher or with the principal so they can ask for some increase in supervision. That goes for at home, too. If your child is maybe acting out in a manner that is rather aggressive, you want to increase that supervision."

Riibe said it is vital to address problems early, as any psychological effects can follow the children into adulthood.

"There's a lot of evidence that bullying can have lasting debilitating effects — eating disorders, body dysmorphia, depression, anxiety and suicidal ideation," she said. "Victims of bullying can also end up casting themselves in similar roles, perpetuating the cycle.

tic violence. They become attracted to someone that is a bully. This is something they are familiar with, and they may continue those patterns of behavior."

The same can be said for the aggressors, Riibe said.

"We don't want these kids to think it's OK to continue bullying," she said. "If it's not addressed, these kids can grow up to be big bullies."

While parents and other adults can help children with the effects of bullying, Riibe said no situation is too small to ask for professional guidance.

"I think at any point it would be OK for the child to be evaluated to address the emotional toll that is happening and to teach some coping strategies," she said. "If anyone has any questions about bullying or if they think their child is at risk, they can certainly give us a call at Lewis and Clark. If they feel their child needs services, we'd be happy to do an evaluation."

For more information, contact

worthlessness and problems sleeping.

said While it is important for par-

You can see that with some individuals that are victims of domes-

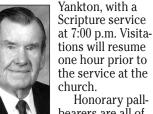
Lewis and Clark Behavioral Health at (605)665-4606.

OBITUARIES

Virgil Pederson

Virgil M. Pederson, age 84, of Yankton, SD passed away early Wednesday, February 29, 2012 at the Wakonda Heritage Manor/Avera Health, Wakonda. SD.

Memorial services will be 11:00 a.m. Monday, March 5, 2012 at Trinity Lutheran Church, Yankton, with Rev. Dave Lund officiating. Military Rites will be presented by the Ernest-Bowyer VFW Post #791, Yankton, SD and SDARNG, Sioux Falls, South Dakota. Burial of the cremated remains will be at a later date. Visitations will begin at 4:00 p.m. Sunday at the Opsahl-Kos-tel Funeral Home & Crematory,



bearers are all of Virgil's nephews. Pederson

Virgil was born August 24, 1927, on a farm near Volin. SD to Herman Pederson and Ida (Erickson) Pederson. He married Darlene Hoxeng on September 2, 1949 at Zion Lutheran Church, rural Volin, SD and shared 62 wonderful years together. To this union, a daughter, Debra, and a son, Daniel, were born. He served 1 year in

the U.S. Army as a Sergeant in Japan and was employed as a farm equipment mechanic until he retired. He was a member of Trinity Lutheran Church, Yankton, SD and the VFW, Yankton, SD.

He is survived by his wife, Darlene of Yankton, SD; daughter, Debra (Jeff) Clow of Harrisburg, SD; son, Daniel (Sandra) Pederson of Tabor, SD; grandchildren, Josh (Heather) Pederson of Lincoln, NE, and Ashley Pederson and her fiancé, Kyle Timperley of Yankton, SD; greatgrandchildren, Caleb, Charlie and Ava; brothers, Kenneth (Gerry) Pederson and Harlan (Glennys) Pederson, both of

Yankton, SD; sister-in-law, Janet (Don) DeBolt of Sioux Falls, SD and many nieces and nephews. He was preceded in death by

his parents. Memorials can be sent to Trinity Lutheran Church, 403

Broadway, Yankton, SD 57078 and The Center, 900 Whiting Drive, Yankton, SD 57078. Yankton Press & Dakotan

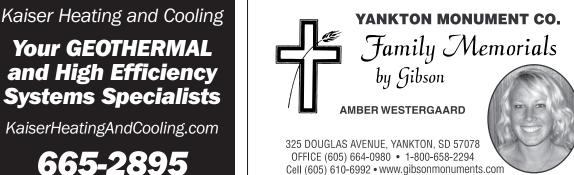


Online condolences at:



March 3, 2012

www.opsahl-kostelfuneralhome.com



We would like to express our heartfelt thank you

for all the cards, calls, visits, meals, love, support and prayers we have received since the loss of our beloved wife, mom and grandma "Meme", Berle Petersen.

A special thank you to Fr. Mark Lichter and Fr. Dan Smith, Jason Pasco, the funeral choir and lunch servers, Shirley Jennewein, Wintz & Ray Funeral Home, the Red Hat Ladies Group and PEO Chapter BT.

We have been strengthened by the number of lives she touched with her kind spirit, warmth and smile. Blessings and peace to all of you.

> Henry Petersen Margo Williams & Family Brian, Sue Erstad & Family Steve, Linda Frick & Family Jolene Merrill & Family

Wilfred 'Bill' Hans

WYNOT, Neb. - Wilfred "Bill" Hans, 82 of Wynot, Neb., died Friday, March 2, 2012, at Park View Haven Nursing Home, Coleridge, Neb.

His services are pending at Wintz Funeral Home, Hartington,

Leonard Snook

HARTINGTON, Neb. -Leonard E. Snook, 82, of Hartington, Neb., died Thursday, March 1, 2012, at Park View Haven Nursing Home, Coleridge, Neb. His services are pending at Wintz Funeral Home, Hartington.

Isaac Thompson

FREEMAN - Isaac N. Thompson, 4, of Freeman died Friday, March 2, 2012, at the Amplatz Children's Hospital on the University of Minnesota Campus, Minneapolis, Minn., of a rare form of leukemia.

Funeral services are pending with Opsahl-Kostel Funeral Home & Crematory, Yankton.



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IN REMEMBRANCE Romaine C. Becker 10:30 AM, Saturday Holy Family (Sacred Heart) Catholic Church Wynot



