

THE PRESS & DAKOTAN WEATHER CENTER

Yankton's Forecast

Friday 08

Partly to mostly cloudy

Wind: SE, 5 to 15

High: 43°

Low: 36°

Saturday 09

Rain showers change to snow late

Wind: E, 5 to 15

High: 44°

Low: 25°

Sunday 10

Snow showers expected, colder

Wind: NE, 15 to 25

High: 31°

Low: 15°

Monday 11

Periods of sunshine

Wind: NE, 0 to 10

High: 35°

Low: 24°

Tuesday 12

A few clouds

High: 40°

Low: 24°

Yankton Almanac

Temperature

Yesterday's High / Low 45° / 21°

Normal High 39°

Normal Low 17°

Record High 76° in 1987

Record Low -9° in 1996

Last Year High / Low 52° / 25°

Precipitation

Yesterday's 0.00"

Month to date 0.00"

Year to date 0.91"

Avg. year to date 1.45"

Maximum this date 1.37" in 1992

Yesterday's snowfall 0.0"

Total snowfall for season 21.0"

Maximum this date 6.0" in 1999

Sun and Moon

Sunrise Sunset

Today 6:53 AM 6:28 PM

Tomorrow 6:51 AM 6:29 PM

Moonrise Moonset

Today 4:42 AM 3:21 PM

Tomorrow 5:19 AM 4:31 PM

New Mar. 11

First Mar. 19

Full Mar. 27

Last April 3

Maps & Forecast Produced by:

Weather key: su-sunny, pc-partly cloudy,mc-mostly cloudy, c-cloudy, th-thunderstorms, sh-showers, r-rain, sn-snow, fl-flurries, w-wind

Regional Forecast

	Today	Tomorrow	Today	Tomorrow
	Hi Lo W	Hi Lo W	Hi Lo W	Hi Lo W
S. Dakota	33 27 pc	33 15 sn	43 36 pc	46 26 r
Aberdeen	33 27 pc	33 15 sn	43 36 pc	46 26 r
Brookings	35 30 mc	35 19 mx	34 29 pc	33 16 mx
Custer	43 24 pc	33 17 ls	45 31 pc	33 20 ls
Deadwood	41 21 mx	34 17 ls		
Mobridge	36 26 mc	34 17 ls		
Huron	37 30 mc	34 18 mx		
Mitchell	41 32 mc	38 21 r		
Pierre	42 30 pc	36 20 sn		
Rapid City	43 28 pc	36 20 ls		
Sioux Falls	40 33 pc	40 22 r		
Iowa				
Des Moines	47 36 pc	45 37 th		
Sioux City	44 37 pc	47 27 r		
Nebraska				
Norfolk	46 37 mc	46 27 r		
Lincoln	52 44 pc	53 34 th		
Omaha	49 40 pc	50 34 th		

National Forecast

Location:	Today			Tomorrow			Sunday		
	Hi	Lo	W	Hi	Lo	W	Hi	Lo	W
Anchorage	38	28	ls	33	25	ls	30	17	ls
Atlanta	61	39	su	65	43	pc	68	50	pc
Boston	37	31	ls	42	30	su	43	33	pc
Chicago	40	31	pc	44	40	mc	47	32	r
Dallas	67	55	mc	69	51	th	55	39	sh
Denver	55	32	th	32	24	ls	39	25	ls
Detroit	41	27	pc	40	32	pc	47	36	r
Green Bay	36	25	pc	37	34	mx	39	23	mx
Houston	71	58	mc	74	62	sh	71	47	th
Kansas City	59	48	pc	60	46	th	48	28	r
Las Vegas	56	49	r	62	46	pc	67	49	pc
Los Angeles	57	44	th	64	46	pc	69	49	su
Miami	75	62	pc	74	65	pc	75	68	pc
Minneapolis	38	33	pc	36	28	mx	32	15	ls
New York City	41	34	ls	50	35	su	52	41	pc
Philadelphia	46	32	r	52	34	su	56	39	pc
Phoenix	62	44	th	60	46	sh	71	48	pc
San Francisco	57	45	su	62	47	pc	64	48	su
Seattle	52	36	pc	54	41	pc	50	45	r
Tampa	73	49	su	77	55	pc	80	58	pc
Washington, D.C.	46	34	pc	53	35	su	57	43	pc

Livestock Outlook

A storm system approaches the region later today, with breezy winds and thickening clouds. Expect rain showers then periods of snow into the weekend.

Military Abroad

Location:	Today
	Hi Lo W
Baghdad, Iraq	67 56 pc
Diego Garcia	83 82 th
Doha, Qatari	73 62 pc
Frankfurt	58 45 sh
Kabul, Afghan.	50 34 ls
Kuwait City	69 59 pc
Seoul, Korea	54 35 pc
Tokyo, Japan	67 48 pc

Gavins Point Dam

Lake Temperature	34
Lake Elevation	1,206.42
Discharge	14,000 cfs
Tailwater	1,152.38

Yankton's Kindle Not Offered Norfolk Position

From P&D Staff Reports

Yankton High School (YHS) principal Wayne Kindle was not offered the superintendent position at Norfolk Public Schools.

An announcement was made on Thursday that Jami Jo Thompson, who is currently the director of student programs for

Beatrice Public Schools, has been offered the superintendent's post at Norfolk. Thompson would take over for Marlene Uhing, who is retiring at the end of the school year.

Kindle said he has also applied for the Yankton School District superintendent opening.

DAILY RECORD

POUND COUNT

Several animals are available at the Yankton Animal Shelter. For more information call the Yankton Police Department's Animal Control Officer, from 8 a.m.-4 p.m. Monday-Friday at 661-9494, or 668-5210.

DAILY RECORD POLICY

The Press & Dakotan publishes police and sheriff reports as a public service to its readers. It is important to remember that an arrest should not imply guilt and that every person is presumed innocent until proven otherwise. When juveniles are released from jail, it is into the care of a parent or guardian.

It is the policy of the Press & Dakotan to publish all names made available in the police and court reports. There are no exceptions.

ARRESTS

- Teala Claudio, 23, Holdrege, Neb., was arrested Wednesday on a warrant for failure to appear.
- Ethan Kitto, 34, Niobrara, Neb., was arrested Wednesday on a probation hold and on a warrant for violation of terms and conditions.
- Carlos Ramirez, 19, Freeman,

ACCIDENTS

- A report was received at 6:40 a.m. Thursday of two mailboxes damaged in the 1000 block of East 12th St.
- Clay County officials requested ambulance assistance at 1:08 p.m. Thursday for a male who had been pinned by a tractor along 309th St. in the Gayville area.

INCIDENTS

- A report was received at 5:27 p.m. Wednesday that a rifle was stolen in the 1400 block of Whiting St. It was last seen six weeks ago.
- A report was received at 5:48 p.m. Wednesday that someone had been tampering with the complainant's mail in the 300 block of Bunker Lane.

CRIME STOPPERS

Anyone wishing to report anonymous information on unlawful activity in the City of Yankton or in Yankton County is encouraged to contact the Crime Stoppers tip line at 665-4440.

ON THIS DATE

75 YEARS AGO

Tuesday, March 8, 1938

- A rather heavy vote is being cast in the franchise election being held in Yankton today in which the people are expressing whether or not they desire to give the Yankton Natural Gas Co., a subsidiary of the Vermillion Natural Gas Co., the right to distribute and sell natural gas in Yankton for the next twenty years.
- Quarters for federal and state setup offices came to the attention of the board of city commissioners again at its meeting last night but no definite action was taken because the city does not have the room to spare.

50 YEARS AGO

Friday, March 8, 1963

- Some 700 tickets have been sold so far, 230 for business representatives and 470 for farmer guests, for the annual Farmer-Businessman dinner to be

25 YEARS AGO

Tuesday, March 8, 1988

- Coach, educator, boss, friend - James Flevares, Springfield, was all of these and people who knew him agreed that he was good at every one of them. Flevares, 55, superintendent of the Bon Homme School District, died Monday at his home, apparently of a heart attack.
- Homestake Mining Co., which operates a gold mine in Lead, S.D., has rejected a \$1.9 billion unsolicited cash purchase offer from Mesa Limited Partnership.

BOARD OF TRADE

CHICAGO (AP) — Grains futures rose Thursday on the Chicago Board of Trade.

Wheat for May delivery rose 11.75 cents to \$6.9550 a bushel; May corn rose 2.75 cents to \$6.9125 a bushel; May oats rose 0.25 cent to \$3.8450 a bushel; while May soybeans rose 7.50 cents to \$14.7350 a bushel.

Beef prices were mixed, while pork prices rose on the Chicago Mercantile Exchange.

April live cattle fell 0.50 cent to \$1.2830 a pound; April feeder cattle rose 0.37 cent to \$1.4262 a pound; April lean hogs rose 2.55 cents to 81.80 cents a pound.

LOTTERIES

THURSDAY'S RESULTS

2 BY 2: Red Balls: 4-14, White Balls: 17-23

MYDAY: Month: 5, Day: 30, Year: 80

PICK 3: 5-0-6

PICK 5: 10-11-14-27-36

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Rick Merkel • Ben Merkel

PET OF THE WEEK

The Heartland Humane Society has the following pet available:

Maxwell has a big heart and a shy personality. This young golden lab mix male is ready to win your heart. Kennel trained and healthy!

For more information, call (605) 664-4244 or e-mail hhs@mid-conetwork.com. Visit the Humane Society's Web site at www.heartlandhumanesociety.net.

Take Steps To Have A Healthy Heart

BROOKINGS — Every year, heart disease takes the lives of more than half a million Americans. It remains the leading cause of death in the United States. The truth is, many deaths are preventable by living a healthy lifestyle, says Suzanne Stluka, SDSU Extension Food Families Program Director.

Stluka outlines five steps we can take to achieve a healthy heart.

- Eat a heart-healthy diet
- Choose food options that can help avoid heart disease and its complications," Stluka said.

She encourages readers to eat plenty of fruits and vegetables and seek out foods that include antioxidants, lean proteins, fiber and omega-3 fatty acids to help maintain a healthy weight and keep lipid levels in check for better heart health.

Heart-healthy omega-3 fatty acids are a great source of lean protein. Omega-3 fatty acids can help lower your bad cholesterol and increase your good cholesterol. The American Heart Association recommends fish like salmon, tuna and halibut at least two times per week.

Reach for other lean protein sources, such as poultry with the skin removed, pork tenderloin, top sirloin and lean ground meats. Dried beans are a great meat substitute. They are non-fat, high protein and fiber-rich.

Saturated and trans fats boost blood cholesterol levels. Substitute foods high in unsaturated fats for those higher in solid fats. Saturated fats include fatty meat, poultry skin, bacon, butter, cheese, whole milk), while trans fats are stick margarine and packaged foods with partially hydrogenated oils.

Seek foods that are packed with antioxidants. Antioxidants help remove free radicals that can cause damage to heart cells. Foods high in antioxidants include blueberries, cranberries, strawberries, broccoli, sweet potatoes, and spinach.

The grains in whole-wheat breads and other whole grain products are

great heart-healthy foods. These whole grains reduce the bad cholesterol (LDLs) and add an important source of fiber.

Since fiber fills you up and slows down digestion, it is important for maintaining a healthy weight. Opt for whole-wheat pasta, brown rice or whole grain cereals.

Reduce your salt intake. Too much salt is a major cause of high blood pressure and heart disease. Try using fresh herbs and a little touch of lemon juice to flavor your foods in place of salt. Use fresh or frozen vegetables in place of canned vegetables. Seek low-sodium versions of canned soups. Limit your use of processed meats.

- Maintain a healthy weight
- "Being overweight or obese can increase your risk for heart disease," she says. To determine whether your weight is in a healthy range, Stluka says readers can calculate their body mass index (BMI) at the Centers for Disease Control and Prevent Assessing Your Weight web site, <http://www.cdc.gov/healthyweight/assessing/index.html>.
- Exercise regularly

"Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure," Stluka said. It is recommended that adults should engage in moderate physical activity for at least 30 minutes on most days of the week.

- Don't smoke
- "Cigarette smoking increases one's risk for heart disease," she said. "If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease."

She adds that your doctor may also suggest ways to help you quit.

- Limit alcohol use. Avoid drinking too much alcohol which can cause blood pressure to rise.

For more information on preventing heart disease, visit the Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov) or the American Heart Association, [www.heart.org](http://www.heart.org) web sites or visit iGrow.org/healthy-families.

SERV

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be posted within minutes," he said.

The 2011 Missouri River flooding, which inundated lower areas near Yankton, provides a perfect example of the current challenges in quickly rounding up volunteers, Scherschligt said.

"With the flood, we had more than 150 volunteers," he said. "Two volunteers, Pauline Rhoades and Carmen Schramm, did a lot of legwork in getting out the word and finding people to fill sandbags. But it was a matter of pasting Facebook (messages), making phone calls and placing press releases."

The Yankton County Commission approved a motion Tuesday allowing Scherschligt to move ahead with the online registration. "The commissioners' vote was a show of support," he said. "It also makes sure the use of social media (for registering citizens) is OK."

Scherschligt chose to go with an established state program. "We looked at some other pro-

grams, but we would have to administer them and manage the data," he said. "The state is already doing this, and they also do background checks to determine if someone is a felon or sex offender who isn't allowed in certain areas."

The database will compile not only medical and health care providers but also non-emergency personnel who can be mobilized immediately, Scherschligt said. SERV SD is a state owned and operated registry, and it will not provide a name and information to agencies without the individual's permission.

"The big thing is that we're looking for people to sign up," he said. "This (online registration) will get the process going."

For additional information about local programs or to contact Scherschligt, email [yktncoen@w.net](mailto:yktncoen@w.net).

For additional information regarding the state program or registration process, contact Andy Klitzke at [Andy.Klitzke@state.sd.us](mailto:Andy.Klitzke@state.sd.us) or [ServSD@state.sd.us](mailto:ServSD@state.sd.us).

You can follow Randy Dockendorf on Twitter at [twitter.com/RDockendorf](https://twitter.com/RDockendorf)

Funds

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lion, which gives districts an additional 1 percent increase in aid. It also allocates technical schools an additional \$200,000 and gives the Teach for America program \$250,000.

YSD school board member Jim Fitzgerald said he appreciates the one-time allotment from Pierre. "The one-time moneys, we will certainly take and is nice to have," he said. "The issue is, one-time money is nothing you can plug into the budget that can impact ongoing expenses."

"Anything the state wants to

share with us is great, and we'll certainly take it, but that's probably about 10 percent or less of what our budget shortfall will be," Fitzgerald said. "We will have to get creative with how we'll balance the budget. We need to do what's right for the district and figure out how to close the gap."

Specht wondered when the lawmakers will put a priority on education funding across the state.

"How large do we allow our class sizes to get, and how many programs are eliminated before parents in our state tell their elected representatives to make K-12 education funding a higher priority?" he asked.

You can follow Andrew Atwal on Twitter at [twitter.com/andrewatwal](https://twitter.com/andrewatwal)

YANKTON DAILY

PRESS & DAKOTAN

Fill the puzzle so that every row, every column, and every section contain the numbers 1-9 without repeating a number.

3			2		
7	4	8			
	1			2	9
			8	3	5
		5	9		
1	2	6			
6	9		5		
			1	7	6
		7			4

INTERMEDIATE INT BOOK 43 #7

Yesterday's Solution

7	2	8	4	1	6	5	3	9
3	9	5	7	2	8	6	4	1
6	1	4	9	5	3	7	8	2
2	7	6	8	9	1	3	5	4
9	8	3	6	4	5	2	1	7
4	5	1	2	3	7	8	9	6
1	6	7	5	8	9	4	2	3
8	4	9	3	6	2	1	7	5
5	3	2	1	7	4	9	6	8

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su | do | ku

Check tomorrow's paper for the solution to today's puzzle.

IN BOOK 43 #7

Use your smart phone to scan this QR Code to take you to our e-Edition.

(Firefox is the preferred cell phone browser)

Do you only have a 1/2 hour for lunch? Do you have a hard time getting to your pharmacist during business hours?

Let us help you out.

We will deliver your prescriptions to your place of employment. Monday - Friday

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