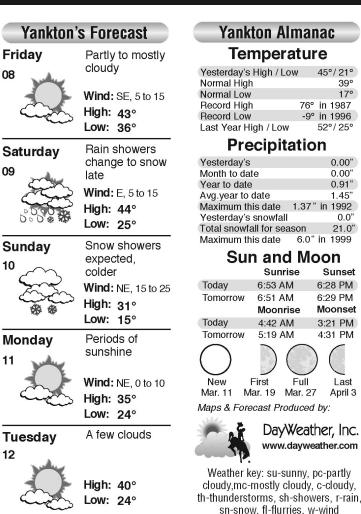
Friday

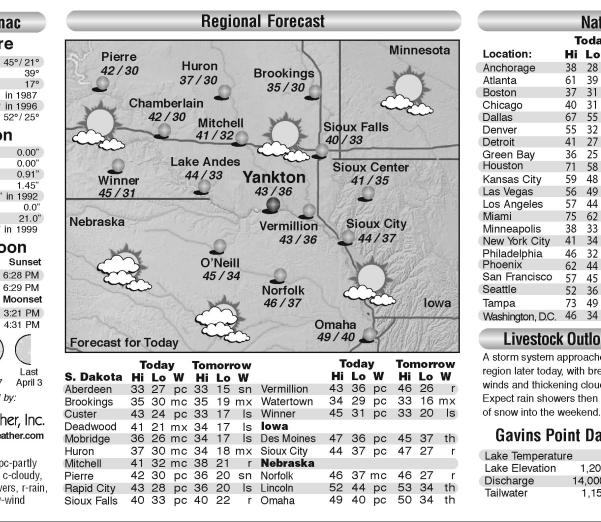
08

09

12

### THE PRESS & DAKOTAN WEATHER CENTER





National Forecast										
	Today			Tomorrow			Sunday			
Location:	Hi	Lo	W	Hi	Lo	W	Hi	Lo	W	
Anchorage	38	28	ls	33	25	ls	30	17	s	
Atlanta	61	39	su	65	43	рс	68	50	рс	
Boston	37	31	ls	42	30	su	43	33	pc	
Chicago	40	31	рс	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	рс	40	32	рс	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	рс	60	46	th	48	28	r	
Las Vegas	56	49	r	62	46	рс	67	49	рс	
Los Angeles	57	44	th	64	46	su	69	49	su	
Miami	75	62	рс	74	65	рс	75	68	рс	
Minneapolis	38	33	pc	36	28	mx	32	15	ls	
New York City	41	34	ls	50	35	su	52	41	рс	
Philadelphia	46	32	r	52	34	su	56	39	рс	
Phoenix	62	44	th	60	46	sh	71	48	pc	
San Francisco	57	45	su	62	47	рс	64	48	su	
Seattle	52	36	рс	54	41	pc	50	45	r	
Tampa	73	49	su	77	55	pc	80	58	рс	
Washington, D.C.	46	34	рс	53	35	su	57	43	рс	
Livestock Outlook					Military Abroad					
A storm system approaches the					Today					
region later today, with breezy				Lo	Location:			Lo	W	
winds and thickening clouds.					ahda	ad Irad	67	56	b DC	

### Baghdad, Iraq 67 56 pc Expect rain showers then periods Diego Garcia 83 82 th Doha, Qatari 73 62 pc 58 45 sh Frankfurt Kabul, Afghan. 50 34 Is Kuwait City 69 59 pc Seoul, Korea 54 35 pc Tokyo, Japan 67 48 pc

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 ap-

plied 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 Net

45°/21°

76° in 1987

-9° in 1996

52°/25°

0.00

0.00"

0.91"

1.45

0.0

Sunset

6:28 PM

6:29 PM

3:21 PM

4:31 PM

Last

17°

was arrested Wednesday for possession of drug paraphernalia, possession

with intent to distribute marijuana and

ACCIDENTS

Thursday of two mailboxes damaged in

ambulance assistance at 1:08 p.m.

Thursday for a male who had been

pinned by a tractor along 309th St. in

INCIDENTS

Wednesday that a rifle was stolen in the

1400 block of Whiting St. It was last

Wednesday that someone had been

tampering with the complainant's mail

**CRIME STOPPERS** 

County is encouraged to contact the

held at 6:45 p.m. Tuesday, March 26 at

day with the sound of Indian drums and

war whoops. A group of about two

dozen Sioux Indians from the Rosebud

reservation performed a series of In-

**25 YEARS AGO** 

Tuesday, March 8,1988

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

• Homestake Mining Co., which op-erates a gold mine in Lead, S.D., has

rejected a \$1.9 billion unsolicited cash

purchase offer from Mesa Limited

· Coach, educator, boss, friend -

dian dances in the capitol rotunda.

The state capitol echoed Wednes-

Crime Stoppers tip line at 665-4440.

in the 300 block of Bunker Lane.

A report was received at 5:27 p.m.

• A report was received at 5:48 p.m.

the 1000 block of East 12th St.

A report was received at 6:40 a.m.

Clay County officials requested

possession of marijuana

the Gayville area.

seen six weeks ago.

Nash\_gymnasium.

heart attack.

Partnership.

## 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

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

### From Page 1A

be posted within minutes," he said.

**Gavins Point Dam** 

34

1,206.42

14,000 cfs

1,152.38

Lake Temperature

Lake Elevation

Discharge

Tailwater

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-



From Page 1A

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 yktncoem@iw.net.

For additional information regarding the state program or registration process, contact Andy Klitzke at Andy.Klitzke@state.sd.us or ServSD@state.sd.us.

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf

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 bal-

ance the budget. We need to do



# 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 ek out foods that in

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 ver-

and healthy!

# landhumanesociety.net.

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,

### 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

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.

### 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



dants, lean proteins, fiber and omega-3 fatty acids to help maintain Anyone wishing to report anonya healthy weight and keep lipid levels mous information on unlawful activity in in check for better heart health. the City of Yankton or in Yankton

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

sions of canned soups. L 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/a ssessing/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 drink-

ing 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 or the American Heart Association, www.heart.org web sites or visit iGrow.org/healthy-families.

We will deliver your

prescriptions to

your place of

employment.

Monday - Friday

FAMILY PHARMACY

'A tradition of trust

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.

**ROGER'S** 

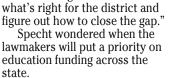
218 W 4th Street., Yankton • 605-665-8042

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



"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



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





### Use your smart phone to scan this QR Code to take you to our e-Edition. (Firefox is the preferred cell phone browser)

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.