

Fighting Cancer



Submitted photo
 Pictured from left to right are Wagner Cancer Fund Coordinator Arlis Kafka, Winning Farmer Sharon Cuka and Channel District Sales Manager Keith Solberg.

Farmers Direct Funds To Wagner Cancer Fund

WAGNER — The Wagner Cancer Fund has received a \$2,500 donation from Charles Mix County farmers Gerard and Sharon Cuka and America's Farmers Grow Communities, sponsored by the Monsanto Fund. The donation will help the organization ease the financial burden on those suffering from cancer in Wagner.

"I just completed cancer treatments this past November," said Sharon Cuka. "For 33 days, I was traveling 75 miles each way to receive treatments. Once you are in those shoes, you realize how expensive cancer can be. Wagner Cancer Fund does a great job of supporting people locally that are fighting back."

"Cancer is not cheap and insurance only covers so much," said Arlis Kafka, coordinator. "We offer Chamber Bucks to cancer patients which can be used in Wagner. They can buy groceries or pay the phone bill or fill up a tank of gas to get to the nearest treatment center. Every penny counts and with our program all the money stays local. With support like this from the Cukas and the Monsanto Fund, the best part is that the money will be able to help someone that really needs it. You can see it on their faces and the relief in their eyes. For cancer patients, it's knowing that their community members care, which can make a world of difference."

For five years, America's Farmers Grow Communities has collaborated with farmers to donate over \$16.5 million to over 7,300 community organizations across rural America. This year winning farmers will direct another \$3.3 million to nonprofits to help fight rural hunger, purchase life saving fire and EMS equipment, support ag youth leadership programs, buy much needed classroom resources, and so much more.

America's Farmers Grow Communities is part of the America's Farmers initiative. Since 2010, the America's Farmers campaign and programs have advocated on behalf of farmers and their efforts to meet society's needs through agriculture. Today, consumers are more interested than ever in agriculture and how food is grown. Consider joining the conversation and helping to raise awareness about agriculture. Learn more at FoodDialogues.com.

A sister program in the America's Farmers effort, Grow Rural Education, is currently in its farmer nomination phase. Farmers interested in supporting math and science education in their communities should visit www.GrowRuralEducation.com or <http://www.americasfarmers.com/recognition-programs/grow-rural-education/> from now through April 1 to learn how.

Dave Says

The Money's Ahead Of You

By Dave Ramsey

Dear Dave,
 I'm 64, and I've been dating a 73-year-old man for four years. We're talking about marriage, and we've been discussing finances. He's retired, but I still work part-time even though I'm in pretty good shape financially. His plan, if we get married, is to give his house and his savings to his children, while we live in my home. We'd still have his small pension, what I bring home and my savings, but I think he should invest at least half of what he has in our marriage and relationship. What do you think?

— Betty

Dear Betty,
 So, his wealth goes to his kids and you get to feed and take care of him until he dies? In my mind, this is not a good plan.

I think what you're discovering here is that this guy just doesn't want to be lonely. It sounds, too, like he's dipping into your wealth while all his stuff goes to his kids. I'd be a little frustrated with this idea if I were you. And I think the two of you need some premarital and relationship counseling before you take another step forward. Right now, you're in third place behind his kids and his belongings.

I'm not saying he has to give everything to you, but you guys definitely need to have a serious talk and find a little balance.



Dave
RAMSEY

Right now, he's clinging to everything in one way or another, and not really offering to take care of you. In my mind, you need to be ready to take a bullet for someone when you want to marry them. And this guy hasn't shown that he's ready to put you first.

— Dave

HELP? NOT YET

Dear Dave,
 My daughter is in her late twenties, and she has a good job making \$50,000 a year. The other day, she told me she has \$15,000 in credit card debt and has financed an expensive car she's upside down on. Her apartment in Omaha costs \$600 a month, and she is asking for help to get out of the hole. We tried to teach her how to handle money, but apparently it didn't work. How do you think I should handle this situation?

— Cindy

Dear Cindy,
 Here's what I would tell her if she were my kid in that situation. First, I'm not paying for your problem to go away. I'd tell her to sell the car and get a cheap little beater. She'll have to get a small loan to cover the difference, but it will rid her of a car payment. And hey, a

little bit of debt is better than a whole lot of debt — especially when the debt is on something that's going down in value. After that, she can get a part-time job and work her tail off until she cleans up the mess she made.

I know all this sounds harsh, but this girl had a good thing going and she screwed it up by being impulsive and immature. Think about it; she's making \$50,000 a year, and only \$7,200 of that was going toward rent. Her taxes aren't that much, so where's the rest of the money going? I'm guessing a big chunk is being wasted on restaurants, goofing off and other stuff she doesn't really need.

Let her wallow in it and worry about things for while first, though. Then, if she's willing to accept responsibility for her actions, and she starts working hard toward handling her money wisely, you might help her out once in a while. Every time she pays off \$1,000, you could add \$500 to the next payment. But I'd test her resolve first to see if she wants it badly enough.

— Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 8.5 million listeners each week on more than 550 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

COMMUNITY CALENDAR

The COMMUNITY CALENDAR 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, 319 Walnut, Yankton, SD 57078, or email to news@yankton.net.

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
 Wii Bowling, 9:30 a.m., The Center, 605-665-4685
 Billiards, 10 a.m., The Center, 605-665-4685
 ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
 Pinochle, 12:45 p.m., The Center, 605-665-4685
 Dominos, 1 p.m., The Center, 605-665-4685
 English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
 Love Addicts Anonymous, 7 p.m., for women, 120 West Third Street, Yankton, 605-760-5307.
 AA, Alano Group 8:30 p.m., speaker, 1019 W. 9th St, Yankton.
 Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 45 minutes before meeting. For more information, call 605-665-2987.
 Take Off Pounds Sensibly (TOPS #SD 45), 5:30-6:30 p.m., meeting 6:30-7:30. RTEC building, 1200 W. 21st St. For more information call 605-665-8442
 Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

THIRD THURSDAY

HSC Friendship Club, 5 p.m., March: Czechers, Yankton. 605-665-5956.
 Catholic Daughters (Court Willard 967), 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, 509 Capitol, Yankton, 605-665-4485. (September through June).

FRIDAY

Alanon, 8 p.m., open meeting for all newcomers, Riverview Reformed Church, 1700 Burligh, Yankton.
 Line Dancing, 9:30 a.m., The Center, 605-665-4685
 Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
 Exercise, 11 a.m., The Center, 605-665-4685
 Partnership Bridge, 1:30 p.m., The Center, 605-665-4685
 AA, Alano Group 7 p.m., Big Book Study, 1019 W. 9th St, Yankton.
 Bingo, 7-9 p.m., The Center, 605-665-4685 (open to the public)

SATURDAY

Yankton Toastmaster Club 1294, 7:30 a.m., Fry'n Pan Restaurant. Open session; call 605-665-8448.
 Yankton Alcoholics Anonymous, 10 a.m., Women's meeting, non-smoking session, 1019 W. 9th Street.
 Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W. 11th St, Yankton
 AA, Alano Group 7 p.m., discussion, 1019 W. 9th St, Yankton.
 Weight Watchers, 9 a.m., 413 W. 15th Street. Weigh in 45 minutes before meeting. For more information, call 605-665-2987.

SUNDAY

AA, Alano Group 7 p.m., discussion, 1019 W. 9th

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
 Exercise, 11 a.m., The Center, 605-665-4685
 Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
 Whist, 12:30 p.m., The Center, 605-665-4685
 Pinochle, 12:45 p.m., The Center, 605-665-4685
 Cribbage, 1 p.m., The Center, 605-665-4685
 Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
 English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
 Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W. 11th St, Yankton

FOURTH MONDAY

Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street

Ready To Read



COURTESY PHOTO

Kindergartners in Mrs. Loecker's class at Lincoln School celebrated Read Across America Week with a "Ready to Read" event on March 4th. Parents and teachers were invited to come listen to the students read some of their favorite books and walked away with an autograph from each little reader. Dr. Kindel took part in the fun too by stopping by to read a few Dr. Seuss classics to the class and to listen to the students read.

Psychologists Offer Tips To Improve Kid's Eating Habits

RAPID CITY — Parents play an important role as guide and coach for children as they make choices about eating.

This March, recognize National Nutrition Month by taking steps to improve eating habits for the whole family.

Research shows that children who eat a well-balanced diet and exercise regularly are likely to perform better in school, feel better about themselves, cope with stress effectively and better regulate their emotions.

They also have higher self-esteem and are less prone to developing anxiety and depression.

Additionally, establishing healthy eating habits early in life can lead to long term healthy behaviors in adulthood.

It is essential to understand there is a link with childhood obesity and depression. Which comes first is unknown, but eating too many carbs is not healthy for any child. Parents role modeling has a huge impact on how their children eat.

Positive eating habits exhibited by parents can impact a lifelong adoption of positive eating habits for children.

Schools and hospitals alike are making more of an effort to encourage healthy choices such as fruit juices, nutritious snacks and less junk food, said Karl Scovel, PHD, LP, LPC-MH, QMHP, Public Education Campaign Coordinator for SDPA.

Psychologists can help parents implement strategies to guide their children in the process of developing lifelong healthy behaviors.

Start early. Parents who help their children establish good eating, exercising and sleeping habits early in life will avoid having to break

bad habits later. Exposing children to a variety of flavors can not only help children come to accept healthy foods but prefer them.

- Make healthy eating easy. Research shows that daily environments like home, school and work can affect habits. Children generally choose foods that are familiar, easily available and ready to be eaten. Parents can encourage their kids to eat healthier by stocking the house and kids' lunch boxes with nutritious snacks like carrots, apples or nuts instead of chips or cookies
- Set a good example. Children who see their parents or caregivers buying, cooking and eating healthy foods are more likely to eat wholesome foods themselves. Healthy eating doesn't need to be a trick. Instead, parents can teach their children by example to look at healthy foods as tasty and desirable. Try involving kids in planning, shopping and cooking meals to make it fun.

- Have meals as a family. Research shows that social support has a direct impact on healthy eating intentions. Family meals are not only a good opportunity for families to connect. They are also the perfect venue to talk about healthy eating habits and engage children in conversations about what a nutritious meal looks and tastes like.
- Be aware of kids' emotions. Support is essential when working with children to improve nutrition, especially when that path can be difficult and frustrating. Parents should pay close attention to children's emotions and reassure them that changes in diet are to make them healthy, and not because there is something wrong with them.

March Mac & Cheese Extended

March Mac & Cheese Madness had been extended at the Yankton Community Library for the entire month of March.

Because the library will be closed during some of our regular food for fines days and library staff wants all patrons to have the opportunity to erase their fines, the library is accepting Mac & Cheese through March 31.

All donations go to the Contact Center.

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GOING ON NOW! Hurry in while supplies last!
 Yankton Mall
 Ends on March 28
or when the last gift is gone.

Schwesers

Fremont, Columbus, Yankton