

**DAV Warns Of Fundraising Conflict**

The Disabled American Veterans (DAV) Department of South Dakota wishes to notify the public that a company called Disabled Veterans National Foundation is soliciting donations from South Dakotans using terms that may cause the donor to confuse this group with the Disabled American Veterans (DAV). Disabled Veterans National Foundation (DVNF) has no organization in South Dakota and the address they list on their fundraising package is 1134 "Eye" Street, NW, Suite 750, Washington, DC 20006. The DVNF indicate that they help advance programs directly related to the special needs of veterans and their families, To the DAV's knowledge they have provided NO programs and/or services to veterans and their families in South Dakota.

Your local Disabled American Veterans (DAV) of South Dakota has 11 Chapters with a membership of 4,710 members which provides many programs and services to our disabled veterans and their families. If you have any questions, contact the DAV at (605) 332-6866 or 4 email at davs@midconetwork.com.

**New RiverWalk Sculptures Arrive In Yankton**

Thirteen new RiverWalk sculptures will be placed on the downtown streets on May 12-13. A "Toast to the Sculptors" event, set for 5-8 p.m. Thursday at the 7 Beer and Wine Bar, will mark the second annual RiverWalk installation.

"The Thursday night event will be our way of welcoming the RiverWalk artists to Yankton. It is also a culmination of hard work by the RiverWalk board, committee members, and our local sponsors," said RiverWalk President Lisa Scheve. "This project is a celebration of Yankton's support of such a large public art project."

Artists will be traveling from as far as Colorado and Missouri to install their sculptures. This year a Yankton artist, Roger Huntley, was also chosen to display his work. All sculptures will be placed downtown and in Riverside Park with the help of the City of Yankton, Scott Luken of Luken Memorials and Bow Creek Metal. The selections were chosen by jury in December and will be on display for one year.

Throughout the coming year people can vote for a people's choice award. The winner will receive a \$500 cash prize and their sculpture will permanently be displayed in Yankton.

The 2011 People's Choice award went to Jake Balcom of Lincoln, Neb. His sculpture, "River Flight," will remain in its location at the northwest corner of Third and Cedar Streets.

For more information on the RiverWalk project or the artist reception, visit www.YanktonRiverWalk.org or call (605) 665-3636.

**Benefit Roller Derby Bout In Yankton May 14**

The Sioux City Roller Dames roller-derby team will take on the Norfolk Bruizin' Bettys in a benefit mixer bout at Yankton's Alcoa 4-H Ice Arena at 7 p.m. Saturday, May 14. Doors open at 6 p.m. This match is a benefit event for Yankton Miracle Hockey.

In a mixer, two or more teams combine into a single pool of players, then divide themselves into two, evenly matched teams. This allows teams of varying experience levels to play a more competitive bout. This bout will be something like an exhibition, bringing the sport of roller derby to a new audience here in Yankton.

"In Sioux City, we get a lot of fans who drive down from Yankton to watch us play, so I thought it would be cool to bring roller derby to them for a change and maybe get some new people interested in the sport, too," said Melissa "Mo Payne" Dittberner, who organized the event.

"I'm also a big fan of what Miracle Hockey is doing for kids here. I want to do whatever I can to support them. Roller skating or ice skating, I love anything that encourages kids to get out there and be active."

The local band Captain Krouton and the Flying Apes will be playing live music during the bout, which will also feature a half-time performance by Judi's Dance Studio.

Tickets can be purchased from KDAM Radio in Yankton or at the door on the day of the bout.

The Dames and Bettys will host an after party at Mojo's Pizza and Spirits immediately following the mixer.

You can find more information about this and other upcoming roller derby events on the Roller Dames' blog at siouxcityrollerdames.wordpress.com.

**'Let It Shine' Dance Recital Set For May 15**

The public is invited as Dorota Dannenbring and staff present "Let It Shine," featuring performances of ballet, tap, jazz, modern and character dance by the students of the Academy of Dance of Yankton. The recital is set for 2 p.m. and 7 p.m. Saturday, May 14 and 2 p.m. Sunday, May 15, at the Summit Activities Center main theatre.

From theatrical scenes to classical ballet, this year's production features new choreographies with multiple class production numbers. The performances are a unique mixture of extreme contrasts in dance and music styles which will entertain and inspire audiences of all ages.

The recital will also showcase boys and girls ranging in age from three years through college from Yankton and the surrounding area.

The performances will feature seniors: Brandi Becvar, Alex Card, Taylor Daisy, Whitney Duarte, Ashley Hatch, Emily Healy, Maggie Healy, Rebecca Hebda, Steffi Hiltunen, Jerrica Huber, Jordan Koch, Hannah Lambert, Kelsey Moser, Jessica Nelson, Kara Schanche and Michaela Wuestewald.

For tickets, call the Academy of Dance at 665-7729.

**May Is National Military Appreciation Month**

May is National Military Appreciation Month, a time for all to think about the sacrifices made by our military and their families.

This year, more than any other, our service men and women need to know all of us appreciate their roles in protecting and defending our nation's freedom. Since 9/11, more than 5,000 South Dakota National Guardsmen have deployed, and an estimated 500 more will deploy yet in 2011.

National Military Appreciation Month includes Victory in Europe Day, Military Spouse Day, Loyalty Day, Armed Forces Day, National Day of Prayer and Memorial Day.

Businesses, schools, communities and service organizations are encouraged to get involved.

"Let's dedicate this month to honor all of our military men and women and their families," said Adjutant General Timothy Reisch, Secretary of the South Dakota Department of the Military.

"We should never take for granted the individual freedoms our service members have earned and work tirelessly to safeguard and defend," said General Reisch.

**45th Wedding Anniversary**



Ron and Diane Kast of Fordyce, NE will celebrate their 45th wedding anniversary on May 14, 2011. Their family is requesting a card shower to be sent to 89287 Hwy 81, Fordyce, NE 68736. Ron and Diane were married on May 14, 1966 at St. Frances deChantel Catholic Church, Randolph, NE. The couple has four children: Lisa (Mike) List, Bloomington, MN; Gerry (Kim) Kast, Fordyce, NE; Amy (Jerry) Gustad, Volin, SD; and Karl Kast, Fordyce, NE. They have nine grandchildren: Madison & Molly List; Hannah, Abbey & Kyle Kast, and Tristan, Grace, Andrew & Jeremiah Gustad.

Mr. and Mrs. Ronald Kast

**VISITING HOURS**

**Celebrating National Hospital Week And National Nursing Home Week**

BY PAMELA J. REZAC, ED.D., FACHE  
President & CEO, Avera Sacred Heart Hospital



This week marks National Hospital Week and National Nursing Home Week – both May 8-14. We are paying tribute to the pride, professionalism and people of health care with the hospital week slogan "Champions of Care" and the nursing home week slogan "Fulfilling the Promise." These themes spotlight the extraordinary relationship between hospitals, long-term care facilities and the communities we serve. Avera Sacred Heart Hospital is fortunate to have both hospitals and nursing home services for not only the Yankton community but also is proud to be partners with St. Michael's Hospital/Avera in Tyndall, Wagner Community Memorial Hospital/Avera, Avera St. Anthony's Hospital in O'Neill, Neb., Irene Sunset Manor/Avera and Wakonda Heritage Manor. This is also a very special hospital week for us as we celebrate the addition of Avera Creighton Hospital and Avera Care Centre to the Avera Sacred Heart Hospital network of care.

Although hospital week in itself is cause for a celebration, I observe outstanding care and service that deserves recognition day in and day out at Avera Sacred Heart region's

hospitals. America's hospitals play a unique role in our health care system. The care and safe haven that hospitals provide 24 hours a day, 365 days a year is a major contributing factor in fostering the health and well being of the community and region. Community full-service hospitals and their staffs stand ready, around the clock, to provide a full spectrum of high quality, compassionate care, to respond to disasters and pandemic disease, and to care for all regardless of their ability to pay. Whether it's emergency, curative or preventative care, full-service community hospitals exist to meet everyone's needs.

In addition to improving the health of the community, hospitals throughout the nation are large employers within a community. This brings economic benefits to these communities. Avera Sacred Heart Hospital is the largest employer in the Yankton region with nearly 1200 employees and a payroll and benefits approaching \$55 million. That is a

tremendous economic impact on the Yankton region.

National Nursing Home Week is held each year with the first day of the celebration beginning on Mother's Day. Many nursing home residents are the people who planted the seeds that have made our communities grow stronger. They have been the teachers, the business people, the parents and other central figures who produced all of the good things that we now enjoy. This week gives us a chance to honor these special residents, as well as the families, staff, volunteers and community. I'd like to applaud the exceptional staff at our long-term care facilities and all who take such wonderful care of our elders.

Health care plays a vital role in every community. Here in Yankton we are truly fortunate to have such high quality health care available — from physicians, to nurses, to technicians, to support staff — Yankton holds a treasure of health care services.

*This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.*

**Advice For Surviving Tough Times In Life**

BY VAL FARMER  
© 2011 Preston Connection Feature



Val FARMER

Here are some thoughts to help get through tough times when losses mount and when life seems overwhelming.

Courage. "Mankind is best served by those who simply do not crack up when all expect them to." — Harry Emerson Fosdick

"Be courageous! ...Be as brave as your fathers before you. Have faith! Go forward!" — Thomas Edison in his last public address.

"If I were dying, my last words would be: have faith and pursue the unknown end... There must be a drift, if one will go prepared and have patience, which will bring one out to daylight and a worthy end... one is safe in trusting to courage and to time." — Oliver Wendell Holmes

"I shall find a way or make one." — Admiral Peary

"The result of any man's life will consist of his character multiplied by his circumstances." — Tenyson

Deal with it. "Whatever the situation and however disheartening it may be, it is a great hour when a man ceases adopting it as an excuse for despondency and tackles himself as the real problem." — Harry Emerson Fosdick

"Life is what happens to you when you are making other plans." — A. J. Marshall

"I know of no more encouraging fact than the unquestionable abil-

ity of man to elevate his life by a conscious endeavor... We all make mistakes; we all set out on some detours and pursue some wrong roads; and the dogged presumption — and sometimes perhaps more foolish pride than presumption — that once having started wrong we have to follow through is one of the reasons why people sometimes find themselves in deep and dangerous ruts. All choices of life should be looked at forthrightly, searchingly, sincerely." — Thoreau

"Life is thickly sown with thorns and I know no other remedy than to pass quickly through them. The longer we dwell on our misfortunes, the greater their power over us." — Voltaire

"If you have to swallow a frog, you don't want to have to look at it too long." — by a former farmer at a couples retreat.

Endurance and patience. "The lesson I strive to learn, the lesson which appears so easy, but is so hard, is to remember in the down times that they will not last and the up times will return." — Gamaliel Bradford.

"Endure, and keep yourself for days of happiness." — Virgil

"No one could endure adversity, if while it continued, it kept the same violence that its first blows

had... No state is so bitter that a calm mind cannot find in it some consolation... It is possible to soften what is hard... and burdens will press less heavily upon those who bear them skillfully." — Seneca

Hope. "Very strange is this quality of human nature which decrees that unless we feel a future before us, we do not live completely in the present. (Human nature) always must look forward." — Phillip Brooks

"It is necessary to hope, though hope should be always deluded; for hope itself is happiness, and its frustrations, however frequent, are yet less dreadful than its extinction." — Samuel Johnson

Joyce Evans of Belfast, Ireland was having trouble with a pregnancy. One of the nurses told her she would probably lose the baby.

She replied, "But I can't give up. You have to give me hope." She later recalled, "I couldn't give up hope until all reason for hope was gone. It was something I owed my unborn child."

Three days later she had a miscarriage. She wrote, "For one long moment, I felt nothing. Then a profound feeling of peace flowed through me. With the peace came understanding. I know now why I couldn't give up hope in spite of all the circumstances: You either live

in hope or you live in despair. Without hope you cannot endure..." — Story related by James E. Faust

Perspective. "If all men were to bring their miseries in one place, most would be glad to take...home again...each his own." — Solon

"Believe me, every man has his secret sorrows, which the world knows not; and oftentimes we call a man cold when he is only sad." — Longfellow

"True dignity abides with him alone who, in the silent hour of inward thought, can still suspect, and still revere himself, in lowliness of heart." — Wordsworth

Struggle. "None knows the weight of another's burden. You may search all the ages for a person who has no problems. You may look through the streets of Heaven, asking each one how he came there, and you will look in vain everywhere for a man morally and spiritually strong, whose strength did not come from struggle. Do not suppose that there is any man who has never wrestled with his own success and happiness. There is no exception anywhere. Every true strength is gained in struggle." — George Herbert.

For more information on coping with adversity, visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

**SCHOLASTICS**

**SDHSAA "OUTSTANDING" HIGH SCHOOL STUDENT COUNCILS**

The South Dakota High School Activities Association (SDHSAA) announced today that twenty-five South Dakota high school student councils have been recognized as being "Outstanding Student Councils" for the 2010-11 school year. This is the twenty-first year that this statewide program has been sponsored by the SDHSAA to recognize those South Dakota high school student councils that meet or exceed the rigorous standards of excellence that are necessary to

achieve the "Outstanding Student Council" designation. Student councils that achieve the "Outstanding Council" recognition can best be described as being "very" active within their school and their community throughout the school year. "Outstanding Councils" excel in having a well-rounded program of activities and projects for the year. The work completed by these "Outstanding Student Councils" has been a benefit to both their school and their community throughout the school year. The major focus of the

"SDHSAA Outstanding Student Council" program consists of each participating student council completing a self-evaluation of their organizational structure and their successful completion of projects in a variety of areas. The evaluation also considers the involvement of the student council in their school and community.

To be recognized as an "Outstanding Student Council" every council was involved in various projects in the areas of "Community and School Service," "Health, Safety or Chemical Awareness," "Education," "Leadership" and

others. Completion of projects in a wide range of areas was necessary to fulfill a variety of goals for the student council. Pickering states that "Each school receiving the "SDHSAA Outstanding Student Council" award has demonstrated a desire for self-improvement and individual growth by participating in leadership workshops and conventions as well as other educational programs."

The 2010-11 "SDHSAA Outstanding Student Council" Award recipients include Yankton High School, Advisor: Paul Harens.

**Congratulations**



**"First Dollar" Ribbon Cutting 1st Stop Tune-Up Shop**

The Yankton Chamber of Commerce Ambassador Committee hosted a ribbon cutting for 1st Stop Tune-Up Shop located at 1910 Summit St. 1st Stop Tune-Up Shop is open from 9am-7pm daily. David & Kayla Landry owners, do everything from oil changes to engine rebuilds. For complete automotive care call them at (605)760-0020 or visit their website at www.firststoptune-upshop.com

YANKTON DAILY PRESS&DAKOTAN

**2011 TRIPS** Travel with Tammy & Liz

**Mystery Trip July 22, 2011 Price: \$50.00**  
We will go North, South, then East & maybe West?

**Wine Trip August 20, 2011**  
Price: \$60.00-\$70.00 depending on # of travelers  
• White Headed Robin Winery in Viborg, SD  
• Strawbale Winery in Renner, SD  
• Wilde Prairie Winery in Brandon, SD  
Price includes 3 wineries, 1 meal & transportation. Deadline 8/1/11

**Fremont Dinner Train**  
Sept. 18, 2011 Price: \$75.00  
As you ride on the Fremont & Elkhorn Valley Railroad, you'll take a trip back in time, when hardy Nebraska pioneers began settling in the beautiful Elkhorn River valley. We shall hear music of the Big Bad Era and enjoy a three-course meal as we travel along the Elkhorn Valley. Deadline 8/22/11

**Mall of America Trip**  
Due to the cancellation of the Twins trip, we are considering a trip to the Mall of America. If interested, call 665-4685.

**Worthing Dinner Theatre**  
Oct. 2011 Price: \$55.00 Leading Ladies  
Deposit of \$10 per trip is required when making a reservation to hold your seat.

**Did you just read that and have questions? Go to www.optoutmythbusters.com and learn more.**

**YOU'RE NEWS!** The Press & Dakotan

*Paid for by David Hosmer and Ross Den Herder.*