

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
Ladies Pool, 10 a.m., The Center, 605-665-4685
Yankton Sertoma, noon, Pizza Ranch, 605-661-7159
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th street.
Avera Sacred Heart Hospital Toastmasters, noon, Benedictine Center; open session 605-665-6776
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Weight Watchers, 4 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Take Off Pounds Sensibly (TOPS #SD 45), Weigh-in 5:30-6:30 p.m., meeting 6:30-7:30. RTEC building, 1200 W. 21st St. For more information call 605-665-3738 or 667-9274.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut
Celebrate Recovery, 7 p.m., Calvary Baptist Church, Youth Room #4, 2407 Broadway, Yankton, 605-665-5594
Freeman Alcoholics Anonymous, 8 p.m., non-smoking closed meeting, City Hall, 3rd and Poplar, Freeman.
Yankton Alcoholics Anonymous, 8:30 p.m., open session, 1019 W 9th St.
Yankton Alanon, 8:30 p.m., 1019 W 9th Street

THIRD THURSDAY

HSC Friendship Club, 5 p.m., May: Meridian Corner (junction of highway 81/18 eight miles south of Freeman or eight miles east of Menno), 605-665-5956.
Catholic Daughters (Court Willard 967), 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

FRIDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th Street.
Bridge, 1 p.m., The Center, 605-665-4685
Bingo, 7-9 p.m., The Center, 605-665-4685
Open Billiards, 7-9 p.m., The Center, 605-665-4685
Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St, Vermillion
Porchlight, 8 p.m., non-smoking closed session, United Church of Christ, 210 W 5th Street

SATURDAY

Weight Watchers, 9 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Each Day a New Beginning, 10 a.m., non-smoking closed session, 1019 W 9th Street
Daily Reprieve, noon, non-smoking closed session, 1019 W 9th Street.
Vermillion Unity Alcoholics Anonymous, 7:30 p.m. closed session, Trinity Lutheran Church, 816 E. Clark, Vermillion.

SUNDAY

Alcoholics Anonymous, 8 a.m., closed meeting, 1019 W. 9th Street
Tyndall Alcoholics Anonymous, 8 a.m., non-smoking, 1609 Laurel St., Tyndall
Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed meeting, Trinity Lutheran Church, 816 E. Clark, Vermillion

SCHOLASTICS

HAILEY KING HAAS

Hailey King Haas, a senior at Yankton High School, was recently awarded two scholarships from Methodist University in Fayetteville, N.C. The first was the Presidential Scholarship, recognizing superior Academic achievement, valued at \$42,000 over four years and the second was the Methodist University Scholars Award, valued at \$12,000 over four years. The University Scholars Program is a distinguished merit program for students who demonstrate high academic achievement, leadership qualities, commitment to community service, and good citizenship. The University Scholars award is the top academic award given to incoming Methodist University students.



Haas

As well as excellent academic achievements, Hailey has also been involved in Yankton Miracle Girls JV Hockey, JV Football Cheerleading, Pioneer Club, Gift Givers, Oral Interpretation, Debate, Young Democrats and National Honor Society. She is the daughter of Kim King and Brad Schrempp, and wife of Zack Haas. Hailey will be attending Methodist University in the fall, majoring in Biology with a concentration in Health Occupations and continuing on to their Physician Assistant Program, which she was selected for their Admissions Preference Program.

courses are eligible to complete the last two semesters of the Northeast program and take the National Council of Licensure Exam (NCLEX-RN) to practice as licensed registered nurses.

Students who graduate with an associate degree in nursing are eligible to continue their studies for a bachelor of science degree in nursing.

Area students who were pinned with the Associate Degree Nursing pin, listed by hometown, include:

- Laurel — Lacey Heikes
- Niobrara — Diane Teadtke
- Students who were pinned with the Practical Nursing pin, listed by their hometowns, include:
- Crofton — Larry Taylor
- Niobrara — Ellison Teadtke
- Menno — Erika Kishbaugh

STEPHANIE STEINER

WALLA WALLA, Wash. — Stephanie Steiner of Yankton presented at the annual Whitman College Undergraduate Conference on Tuesday, April 10, 2012. Her presentation was titled "Design of Potential Anti-Cancer Drugs."

Steiner, the daughter of Tim and Sheila Steiner, is a 2009 graduate of Yankton High School. She is currently a junior chemistry major at Whitman.

The undergraduate conference is an annual opportunity for Whitman students to share their research and creative projects with the community. Presentations are given by students in all disciplines.

Dave Says

Greater Good Gets Spending Nod

BY DAVE RAMSEY

Dear Dave,
I have a problem with impulse spending. I switched to a debit card so that the money comes straight out of my checking account, but I still buy things I know I shouldn't. Should I stop using the card? — **Lauren**
Dear Lauren,
First, let me say that debit cards are great. You can't spend money you don't have with them like you can with a credit card, but you've still got to budget carefully and give a name to every single penny of your income. Otherwise, you can still overspend.

When I made the decision to get intentional with my money, I just used cash. It's hard to spend it when you don't have any on you. It's a tough thing, I know, but you have to make a conscious decision to start living differently. You have to get mad at the things

that steal your money a dollar or two at a time, and you have to put your foot down. Enough is enough!

Try looking at your life as a whole, not a moment at time. All the moments you're living right now will have either a positive or negative effect on your future. I decided I wanted the greater, long-term good, so I gave up on the short-term stuff. No discipline is pleasant when you're doing it, but as the Bible says, it yields a harvest of righteousness.

Trust me, Lauren. The greater good is worth the sacrifice. But until you make that decision for yourself, you won't do it. — **Dave**

DARING TO DREAM AGAIN

Dear Dave,
I'm 53 and in a position finan-



Dave
RAMSEY

cially to retire in a couple of years. I want to keep working some after retirement, but I'm so burned out by my job that I'm not sure what I would do. How can I find something that would light my fire again? — **Nancy**

Dear Nancy,
If you haven't dreamed in a while, dreaming becomes an exercise. I think it would be a good idea to set aside some time, turn off the television, and just think about the things you like doing. Maybe you could schedule a long weekend, just for Nancy, and get away somewhere to just relax, unwind, and think about the things that make you happy.

It's easy to get out of the habit of dreaming, but try to find some time that will allow you to get

back the feelings you had when you were 18 and felt like you could conquer the world. Visit that place in your mind and your spirit, and think about what you'd aim at if you could do it all over again.

Dreaming is a great thing, but you have to formulate an idea. Once you have that in place, you can begin to develop a strategy for getting there. Make a list of the things you need to do ahead of time to make the transition possible. Would you need to take some classes or save up and buy some equipment between now and then? These are all important issues to address. And check out the book *Quitter* by Jon Acuff. It's a fantastic read for folks in your situation. Good luck, Nancy! — **Dave**

Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Community Connections

Volunteers Honored At The Old Ballgame!

BY PAM KETTERING

Yankton Area United Way

When the Yankton Volunteer Leaders started planning the annual Community Volunteer Celebration, ideas for a change of pace were forthcoming. Keeping the tradition of honoring the previous year's Volunteers of the Month and announcing the Volunteer of the Year was one factor to be maintained. An event that might include people of all ages, must include food, or possibly join another volunteer-driven program was considered.

In a short period of time, collaboration was taking place with the Morning Optimist Club and their spring baseball exhibition game sponsored by numerous community businesses. This annual game opens its gates to bearers of free tickets to watch baseball players mixing with kids before the game, showing their skills to a supportive crowd, taking quick breaks between innings for the Optimists to donate much appreciated support to numerous youth organizations, and making important announcements.

It was a perfect evening for a ballgame. Families, youth, grandparents, children in strollers, aged baseball players, young base-



Pam
KETTERING

ball players selecting the best spot to view the game; Optimist members grilling hotdogs, popping corn, cooling pop, getting people in line for the presentations, reading scripts at the appropriate times, working the clocks and scoreboard — just a typical night at the ballpark!

As the Yankton Volunteer Leaders' volunteers checked in, they were handed a Tailgate Ticket that provided them a hotdog and drink to enjoy before the game. The game began by announcing this year's Riverboat Captain and Belle David and Brenda Spencer — also volunteers and very well deserved of the honor! After the third inning the 2011 Volunteers of the Month lined up on the field between home plate and first base to be recognized. It was great fun to be on the field, waving to the crowd and wondering which Volunteer of the Month would be selected as Volunteer of the Year.

When it was announced that this year's Volunteer of the Year had a weekly route from nursing home to nursing home playing the piano and singing familiar songs to bring smiles and humming along by the residents; a soccer program for children with special needs was organized to include youth soccer players as coaches and supporters; children under court services needed to be the judge's eyes and ears to represent the best interests of the child, as is a CASA volunteer's role; when extraordinary care is needed for animals; plus much more, it was Nancy Saunders' name that was announced!

Recognizing community volunteers in Yankton on a monthly basis started over twenty years ago when the Volunteer and Information Services opened its doors. The celebration of National Volunteer Week was held at the Territorial Capitol Replica in Riverside Park with the Sertoma Club sponsoring a picnic including hotdogs! Isn't it amazing how change sometimes takes us full circle? The "change" may be as simple as a hotdog, collaboration with a service club, or just life in general! Change may not be all that bad; in fact, it may be packed with fun!

Conference Examines Ways To Improve Veterans' Care

A recent study indicates that one in three service members returning from Afghanistan or Iraq have suffered a brain injury or are now battling a mental health condition.

The second annual Improving Combat Veterans Care, a day-long conference scheduled for May 30 at the University Center in Sioux Falls looks to improve the healthcare provided to combat veterans by front line caregivers in rural and medically underserved areas. Behavioral Health professionals and clergy will also gain valuable information to support their potential interventions with veterans and their families. The free conference is hosted by the Department of Veterans Affairs of Sioux Falls and Yankton Rural Area Health Education Center (AHEC). It offers professionals an opportunity to gain continuing education credits.

Major General (MG) (retired) Robert T. Bray, of Sioux Falls, provides the keynote address. Currently, MG (Ret) Bray provides consulting on emergency management and military affairs issues. Bray grew up in Sioux Falls and graduated from

O'Gorman High School. He has 41 years of experience and rose through the ranks in both the Fire Service and Army National Guard. He holds numerous military awards including the Distinguished Service Medal. MG (Ret) Bray is the former Adjutant General of the State of Rhode Island and Commanding General of the Rhode Island National Guard.

Conference attendees will learn how to ask questions to identify veterans and their families, gain a better understanding of military culture, and discuss mental/behavioral issues concerning veterans and their families. Identification of referral resources in South Dakota also will be covered.

The 2011 conference received high marks from participants

noting that knowledgeable speakers and community-wide involvement contributed to its impact. A variety of healthcare professionals attended.

"The Improving Combat Veterans Care Conference was superb and the excellent attendance gratifying. Certainly having speakers with national reputations, as well as local experts and servicemen who told their compelling stories, made it a fantastic conference," said Bruce Vogt, MD, chair and professor of the Department of Family Medicine at USD Sanford School of Medicine.

This month's conference also features presentations by: Col. David Auch, DO; Chaplain, LTC David Gunderson; Patricia Ramse, MSW, CSW-PIP; and Gwen

Maag, RN, BSN. A resource panel including representatives from the Department of Veterans Affairs, clergy, SD National Guard and a Veterans' Service Organization will close the conference. An extremely graphic but eye-opening documentary, "This Is War," which follows soldiers from basic training to war and back opens the conference at 7:30 a.m. Events will be complete by 4:30 p.m.

Seating is limited. Register by May 22 for the free continuing education conference. Call the Yankton Rural AHEC at 605-655-1400 or visit www.yrahec.org for online registration. To learn more about the study looking at the "Invisible Wounds" of combat veterans visit www.rand.org.

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NORTHEAST COMMUNITY COLLEGE

NORFOLK, Neb. — Both associate degree nursing and practical nursing students received their nursing pins in a special Pinning Ceremony at Northeast Community College in Norfolk recently.

Upon completion of the first two semesters of nursing studies at Northeast, students are eligible to take the National Council of Licensure Examination (NCLEX-PN) to become licensed practical nurses. Students who hold a 3.0 grade point average in their nursing



40th Anniversary

Melvin Rempfer and Nancy Sparks were married on May 20, 1972. They have three children, Jason, Lisa and Cory - and two grandchildren Brandon and Ava. The family asks that cards be sent to 1408 Ash Street, Yankton, SD 57078. The couple will celebrate with a family dinner.



Ken & JoAnne Beringer will be celebrating their 60th wedding anniversary on May 24th, 2012. Greetings can be sent to 24 Walker St., Vermillion, SD 57069.



• Penny Pinching Redhead
• Expert Elbow Nail Gunner
Call John & Wish Him Happy Birthday
(605)-661-3033

Rivercity Gymnastics and Cheer Summer Gymnastics Camp

FEATURING:

Audra Row
Her resume includes coaching two SD State Title Teams, 19 individual State Champions, and 2 division 1 collegiate gymnasts. Head Coach of MEGA Gymnastics, producing regional and national USA Gymnastics participants.

Amelia Row
Winner of 7 State Titles while competing in South Dakota. Set a state record winning every event her senior year. USAG regional vault champion and runner up at nationals. Now a full scholarship gymnast at Division 1 Arizona State. She is a First Team All-Academic Pac 12 recipient.

Christy Wittstruck
Part of 2 state championship teams, placing in the top 12 in the all around competition. Part of the MEGA gymnastics coaching staff.

**Camp Dates - May 21-23
Open to ages 5 - High School**

Registration forms and additional information can be found at yanktonrivercitygymnastics.com
Or call 661-4971

Limited Space - Register Early!