

# **Chamber Hosts Mobile Apps For Business Seminar**

The Yankton Chamber of Commerce Business Development Committee will be hosting a fall business seminar with WorkSmart Seminars on Mobile Apps for

The 2 1/2-hour seminar will be Wednesday, Nov. 5, from 7:30-10 a.m. at the Riverfront Event Center (lower level).

Mobile applications, literally numbering in the millions are everywhere. People order pizza with them, swipe credit cards, play games, read books,

BROOKINGS — Coop-

eratively, South Dakota De-

SDSU Extension are launch-

ing Better Choices, Better

cate South Dakotans with

chronic health conditions

on ways to manage the im-

their daily lives. The Better Choices, Bet-

workshop sessions with in-

teractive group discussion. Better Choices, Better

You can register to at-

Falls on Wednesdays begin-

exception of Nov. 26. Regis-

tration for this workshop

will close after the second

"This is not a support

shop on how to make small

group but rather a work-

steps toward positive

tion Extension Field

Specialist.

changes and a healthier

life," explained Megan Ole-

sen, SDSU Extension Nutri-

Better Choices, Better

Health workshops are an

extension of Stanford Uni-

versity's Chronic Disease

The program is designed

ditions that may include,

arthritis, heart conditions,

diabetes, depression, can-

cer, high blood pressure,

but are not limited to:

Self-Management Program.

for those with chronic con-

Health® workshops are currently being held

tend an upcoming workshop being held in Sioux

ning Nov. 5-Dec 17 at the

First United Methodist Church (401 South Spring Ave) from 1-3:30 p.m. with

throughout the state.

pact of their disease on

ter Health program is of-

fered as six, weekly,

two-and-one-half-hour

partment of Health and

Health® South Dakota (BCBH) in an effort to edu-

check the weather, view bank balances and a whole lot more. Many businesses are unaware of the new and exciting capabilities mobile apps have to offer business professionals.

This seminar will give businesses an opportunity to look at many of the best applications that are available for a variety of business functions.

Learn about new cutting edge tools to help businesses accomplish day to day task more efficiently.

breathing problems,

chronic pain, anxiety,

weight issues and fi-

ease, improve their

"Living with a chronic condition can be difficult. A

are to help individuals man-

age the impact of their dis-

confidence, and encourage behaviors that positively affect their health. We wel-

come all interested adults

to take charge and live

healthy," said Lori Oster,

BCBH South Dakota Pro-

Stanford University's re-

search has demonstrated

that participants who com-

plete the program have ex-

perienced better overall health, have more energy

and less fatigue. Data also

shows that after participa-

tion in the BCBH, workshop participants have fewer visits to the doctor, have

fewer disabilities and expe-

South Dakota healthcare

rience less distress about

Better Choices, Better

Health, have expressed

support of the self-manage-

ment approach as an addi-

tion to a patient's medical

More than 20 professionals, volunteers and

community members have

recently completed training

provided by Stanford Uni-

versity to offer workshops

to register for the work-

shop, contact Olesen,

South Dakota's Better

Choices, Better Health pro-

gram associate at 1-888-484-

megan.olesen@sdstate.edu.

For more information or

across the state.

3800 or by email

their health.

plan of care.

gram Coordinator.

few goals of this program

bromyalgia.

**Coming To Sioux Falls** 

Attendees will learn how

mobile apps can streamline existing processes, improve customer service, make your job easier, shorten your to-do list, keep you organized, keep you informed, show how to protect your information and much more.

Attendees will also receive a free booklet detailing the Mobile Apps discussed and have the opportunity to download and discuss them with the presenter immediately following the seminar.

Registration deadline is today (Monday). More information visit www.yanktonsd.com/seminars.

WorkSmart Seminars have presented to private business companies and non-profit organizations in South Dakota, North Dakota and Minnesota.

They have also conducted seminars for the Minnesota Regional Chamber Executive Conference and the Mid-America Chamber Executive Summit as well as lending their expertise as panelist at a social/technology conference in the Twin Cities.

## Better Choices, Better News Flash... Health Workshop

Mr. Garrity mentioned several times at the forums about how he ran his business, but neglected to state he filed for:

BANKRUPTCY #04-40076 Jan. 20, 2004!

This is NOT the candidate to handle the County's \$\$\$.

Paid for by Yankton County Republican Committee

# **Baskets Of Hope**



SUBMITTED PHOTO Royal Neighbors, Chapter 572, of Yankton donated 13 baskets filled with handsoap, tooth brushes, wash cloths, hair products, lotions and other items to the local Women's Shelter on October 25th for "MAKE A DIFFERENCE" day! The baskets also contained a poem written by local President Rose Watembach. Presenting the baskets to Kassie Anderson of the chapter were Ruby Goeden, Rose and Ethel Goeden, Pictured are, from left: Ruby Goeden, Watembach, Ethel Goeden and Anderson.

### **Library To Hold Beginners' Facebook Class**

The Yankton Community Library, 515 Walnut, will offer a "Facebook for Beginners" class on Thursday, Nov. 13, starting at

is class will go over the basics of sharing photos, "poking," adding friends, "liking" and privacy settings. The class is designed for people who have some computer knowledge and expe-

If you do not have a Facebook account, arrive at 5:45 p.m. so staff can assist you in setting one up before class begins. Personal computers are strongly recommended but not required.

The class is free of charge but limited to 15 participants. Those interested are asked to call the library or register in person at the circulation desk by Friday, Nov. 7. For more information, contact the library at 668-5276.

## **OBITUARIES**

### **Marcella Fuchs**

Marcella Fuchs, 87, of Wagner died Saturday, Nov. 1, 2014, at the Good Samaritan Society in Tyndall.

Services are at 10:30 a.m. Tuesday, Nov. 4, at the Wagner Community Church in Wagner. Burial is in the Lakeview Cemetery in Lake

Visitation is 4-7 p.m. today (Monday), followed by

a 7 p.m. prayer service at the Crosby-Jaeger Funeral Home in Wagner.

### **Marjorie 'Marge' Scherschligt**

Marjorie A. "Marge" Scherschligt, 82, of Lesterville died early Saturday, Nov. 1, 2014, at Avera Sister James Care Center, Yankton.

Funeral services are

pending with the Opsahl-Kostel Funeral Home & Crematory, Yankton.

### **Esther Girard**

Esther G. Girard, 90, of Vermillion died Sunday, Nov. 2, 2014, at Unity Point Health-St. Luke's in Sioux City, Iowa.

Funeral arrangements are pending with Kober Funeral Home, Vermillion.

# Yankton County 4H Soup Kitchen 😂 Tuesday, November 4th 4H Grounds, 709 Whiting Drive, Yankton

Menu●

•Bean and Ham, Chili, Chicken Noodle and Vegetable Beef

Egg salad sandwich, hot dog, tavern

 Coffee, Lemonade, Milk, Iced Tea, and **Bottled Water** 

Serving 4pm - 7pm • Each food item is \$2.50 Beverages are .50 each • \$6.00 for a meal: Choice of soup, sandwich, pie & drink







### Honoring Their Memory Our Thoughts And Prayers Are With Them Our care and concern does not end with the funeral service. This week we remember with family and friends the anniversary of the deaths of:

Kave Ellis who passed away November 7, 2009

Evelyn M. Nedved who passed away November 5, 2006

This rememberance is brought to you free of charge. If you have a loved one you would like remembered, contact us at Opsahl-Kostel Funeral Home & Crematory. uiding and serving families with compassion and trust

PSAHL-KOSTEL uneral Home & Crematory, Yankton Memorial Resource Center, Tyndall Tabor & Menno Order of the 665-9679 Golden Rule 1-800-495-9679 w.opsahl-kostelfuneralhome.com



### **YAF Donation**



SUBMITTED PHOTO

Above Carmen Schramm presents a check on behalf of the Yankton Area Foundation to Kyle Lammers, Larry Wagner and Nickie Anderson from Ability Building Services. Ability Building Services was the recipient of a grant from the Yankton Area Foundation. The grant of \$1,500 will help provide transit to and from day programs.

### **Library To Celebrate Game Day Nov. 15**

The Yankton Community Library's Teen Advisory Board invites all teens to celebrate International Game Day on Saturday, Nov. 15, from 3-5 p.m., at the library, 515 Walnut

Teens are invited to bring their favorite board games or use those provided by the library as they participate in some friendly competition.

On Thursday, Nov. 6, at 7 p.m., the board will meet to discuss December activities. The board currently has 11 members. Applications are still being accepted from all students in grades 6-12.

If you are interested in planning and participating in teen activities at the library, contact Youth Services Librarian Joyce Moore at 668-5276 for more information.

### **Freeman Church To Hold Annual Bazaar**

FREEMAN — St. Paul Lutheran Church, 615 E. 7th St., Freeman, will hold its 50th annual Bazaar on Thursday,

The event will feature a country store, crafts, needlework and lunch counter.

Serving will begin at 10:30 a.m. and includes soups, hot sandwiches, salads and desserts, and will continue through the day.

### Area Retired School Personnel To Meet

Yankton Area Retired Teachers Association will gather on Thursday, Nov. 6, at Jo Deans Restaurant. The meeting

After lunch, there will be a presentation by Yankton High School students Broc Mauch and Adam Walter, who competed in National History Day. The students qualified for the national level held at the University of Maryland where they placed fifth for senior group exhibits. A short business meeting will follow the program.

This event is open to all retired school personnel living in the Yankton and surrounding areas. If you have questions, call 665-7977.

### **Housing Commission To Meet Nov. 6**

Yankton Housing and Redevelopment Commission will meet at noon on Thursday, Nov. 6, in the City Hall Meeting Room on Walnut Street. This is an open meeting.





Directors: Jim, Steve, Paul & JerryWintz



### **MOURNING ATTIRE**

While black clothing is now acceptable for everyday use, until the 20th century, black garments were exclusively worn by those in mourning. During the Victorian era, social custom dictated that widows wear mourning attire for at least two and a half years following the death of their spouses. However, many (including Queen Victoria) chose to wear these garments for the rest of their lives. In the most immediate periods of mourning, women were required to wear unadorned, conservatively cut dresses constructed of a stiff black silk gauze called "crape," which was intentionally spelled with an "a" to differentiate it from the more casual "crepe" textile. These garments were worn for a year and a day following a spouse's death.

WINTZ & RAY FUNERAL HOME hopes that you found this topic to be both interesting and informative. We have been serving the community with compassion for many years. We are here for you, 24 hours a day, 7 days a week at (605) 665-3644. You are invited to tour our facility, conveniently located at 2901 Douglas Ave., and visit us at www.wintzrayfuneralhome.com. Learn how we earned our superior reputation

"Though lovers be lost, love shall not; And death shall Dylan Thomas

email: wintzray@iw.net website: www.wintzrayfuneralhome.com