

United Way

# Thank You For Making A Difference



SUBMITTED PHOTO

This year's Make a Difference Day, Community Coat Collection has been a huge success thanks to YOU, our caring neighbors.

United Way & Volunteer Services along with the Yankton Volunteer Leaders group put the call out for our 18th annual Make A Difference Day, Coat & Winter Wear Giveaway, asking community members to help make a difference by donating gently used winter coats, snow pants, mittens, hats, scarves and boots. And once again, our community went above and beyond.

So many community members rally behind this event each and every year. THANK YOU to the Boys & Girls Club, Payless Shoes, Maurice's and Avera Sacred Heart Hospital for serving as community drop-off locations. You can still drop off donations at these locations until 4 p.m. today (Friday)!

THANK YOU to Yankton High School and Middle School, Beadle, Lincoln, Stewart and Webster Elementary, and Sacred Heart Middle and Elementary Schools for also serving as drop-off locations. Student Councils, teachers, students and administrators have helped promote this project and ensure its success year after year. THANK YOU all for your continued partnership. Your efforts have been outstanding, and have resulted in a mountain of warm winter wear that we get to share with our neighbors in need.

THANK YOU to the Yankton Volunteer Leaders for assisting in the coordination of the collection drive, the South Dakota Human Services Center for hosting the distribution, Boy Scouts troops for picking up the donations, YHS students for sorting the donations, Mt. Marty students and RSVP volunteers for working the event and to all the volunteers that

help to display and clean up after the event. What wonderful collaboration, what an outstanding community effort!

The Coat and Winter Wear Giveaway will be held next Saturday, Oct. 25, at the Human Services Center, South Training Center (Old Chapel) from 9-10:30 a.m. The Clothing Closet will also be having a free voucher day, 9 a.m.-noon.

Many other local organizations are collaborating and joining in the spirit of Make A Difference Day by hosting projects on Saturday. The Lion's Club is holding their annual Baby Shower and Diaper Drive for our youngest neighbors to meet their needs. The shower will be held from 11 a.m.-4 p.m. at 605 E 18th Street, on Oct. 25. All proceeds to benefit The Contact Center. Diapers in all sizes are especially needed! For more information, contact Carol Becker at 665-4694.

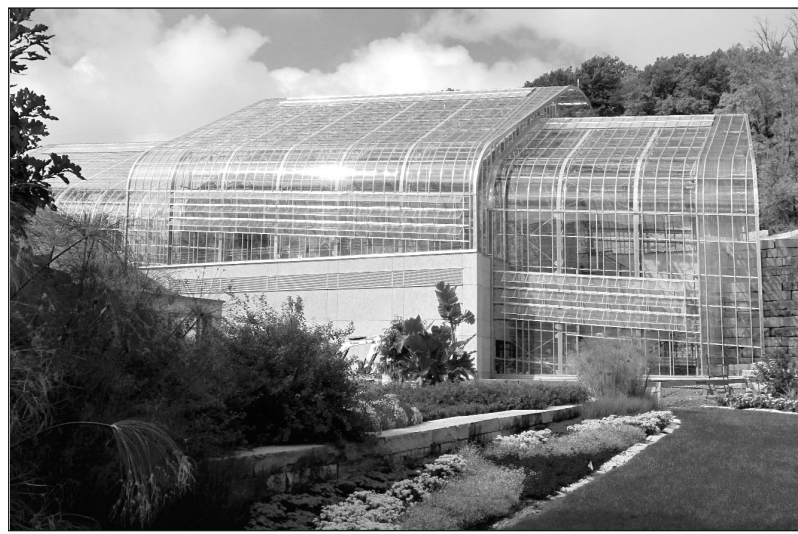
The Boy Scouts are once again collecting food and paper goods for The Contact Center's Food Pantry (so make sure to fill that plastic bag you received this week)!

And Habitat for Humanity will be serving clients through their "Brush with Kindness" program. This program, which began last year, assists low-income families in repairing and renovating their homes.

What tremendous efforts and heartwarming projects! All these projects, again, are a testament to the caring and giving community we are a part of. THANK YOU again for making a difference!

For more information on Make A Difference Day, or if interested in volunteering or starting your own project, please contact the United Way & Volunteer Services' office at 665-6766 or visit [www.yanktonunitedway.org](http://www.yanktonunitedway.org)

# New Plants At Lauritzen Gardens



BY BRENDA K. JOHNSON  
P&D Correspondent

Lauritzen Gardens in Omaha, near the Henry Doorly Zoo, are a predictable place to find flowers in bloom at this time of year. Fall Chrysanthemum Show is underway and is followed by the Holiday Poinsettia Show.

Unexpected are two other plant venues for widened appeal at Lauritzen Gardens. An indoor temperate and tropical conservatory has just opened. A conservation greenhouse for endangered plant species is slated for completion next year.

Marjorie K. Daugherty Conservatory provides 17,500 square feet of space for plants in two controlled environments. One section of the conservatory is temperate and the other tropical. An all ability walkway inclines to outdoors in native Nebraska woodland.

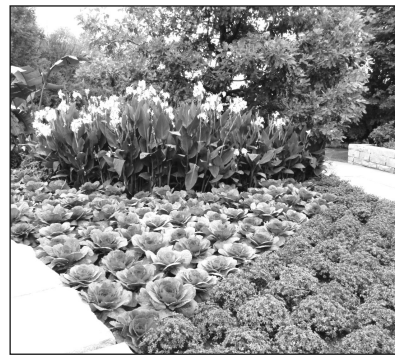
One section of the conservatory is climate-controlled for temperate plants of the Southeast. Azaleas, camellias, crape myrtle, gardenias and trees of that region found there.

Abundant tropical container plants are already incorporated into outdoor displays at the gardens in summer. Conservatory winter in the tropics is another extension of staff horticulture skills. Tropical section of the conservatory includes streams with gigantic Victoria water lilies and koi fishponds and a palm collection.

Work is also underway on the Great Plains Plant Conservation Center with offices, lab space, and greenhouse to support the research and educational activities of the Garden's new conservation program. The center will also include gardens and landscape plantings that display endangered plants and demonstrate water and habitat conservation practices. The garden should be open in May or June of 2015, according to Jim Locklear, director of conservation.

In the meantime, more native grasses appear in outdoor displays these days. Water-wise native grass/forb mixtures line parking lot boundaries. More hardy, low maintenance herbs and red veined dock accent horticulture beds. Lauritzen Gardens combines ornamental beauty and conservation examples in the convenience of an urban setting for many to experience.

PHOTO: BRENDA K. JOHNSON  
New Marjorie K. Daugherty Conservatory at Lauritzen Gardens in Omaha provides a climate-controlled temperate and tropical escape for visitors. Call (402) 346-4002 or visit [www.lauritzengardens.org](http://www.lauritzengardens.org).



PHOTOS: BRENDA K. JOHNSON  
Top Right: Asters, ornamental cabbage are precisely arranged with yellow cannas as backdrop for this outdoor setting. Bottom Right: Repeating fall planters like this one at Lauritzen Gardens have purple asters, yellow mums and ornamental greens for stunning color. Above: Lauritzen Gardens' expert staff blends colors of mums with pumpkins and gourds for a fall display.

# Fall A Great Time To Explore Cooking with Kids

BROOKINGS — Fall provides a great opportunity to teach children valuable life skills about cooking and nutrition and create lasting memories, said Ann Schwader, SDSU Extension Nutrition Field Specialist.

"This time of the year often involves family gatherings, preparing favorite recipes and special treats. For those cooks with children, plan to include these in food preparation," Schwader said.

According to research, Schwader explained that cooking with your children provides the following benefits:

- Children are encouraged to try healthy foods which they might not try otherwise;
- Children feel a sense of accomplishment;
- Kids are more likely to sit down to a family meal that they helped prepare; and

• Cooking is a great opportunity for kids to spend quality time with their parents.

When cooking with children, Schwader points to The Academy of Nutrition and Dietetics for a list of basics parents should teach their children when they cook together.

Teach them to always wash their hands before and after handling food and eating by using warm, soapy water and rubbing their hands for 20 seconds.

Stress that it isn't safe to eat dough and batters with raw eggs and communicate the importance of measuring ingredients carefully.

Remind children to use pot holders when handling hot pans and dishes.

"Cooking with your child is a way to promote their future health by teaching them how to prepare healthy meals," Schwader said. "Let them be involved with the whole process including meal

planning, shopping and cooking."

She added that parents can also teach their children how to read nutrition labels. This will help them learn about fiber, vitamins and minerals. They will also learn how to cut back on sugar or salt in processed foods," she said.

When planning meals, Schwader encouraged parents to consider incorporating in-season fruits and vegetables. Examples of fall produce include celery, eggplant, apples, garlic, cabbage, broccoli, beets, Brussel sprouts, onions, pumpkins, spinach, zucchini and summer squash. "Look for them in produce departments and farmers markets in season for the greatest value and flavor," she said.

For more information, contact Schwader at the SDSU Extension Regional Center in Winner, 605-842-1267, [ann.schwader@sdstate.edu](mailto:ann.schwader@sdstate.edu).



PHOTO COURTESY VIRGINIA LIVING MUSEUM/MCT

Blue lobelia

# Diggin' In: Perennials Take Root In Fine Fall Conditions

BY KATHY VAN MULLEKOM  
Daily Press (Newport News, Va.)

Fall is a prime time to put in new perennials — trees and shrubs, too — because winter allows roots to establish before hot, dry weather arrives again.

Horticulturists Bruce Peachee and Grace Chapman agree fall is the best planting time.

"In the fall, air temperatures are cooling while the soil retains some of its summer warmth," says Peachee, horticulture curator at the Virginia Living Museum in Newport News, Va. Each fall, the museum sponsors a plant sale for gardeners who want to expand native species in their perennial gardens for the benefit of bees, birds and butterflies.

"Rain has a better chance of soaking into the ground, rather than evaporating, so the soil tends to have more moisture in it. These are ideal conditions for plants to recover from transplant shock. The cooler air temperatures mean that the plants lose less

water though their leaves and the warm, moist soil allows their roots to rapidly recover, grow and spread. Mild temperatures can last well into November here, giving new plants plenty of time to get settled, so that when spring comes they will grow quickly and be well prepared to tolerate the heat and drought to follow."

Fall is their preferred time for planting perennials and woodies, says Chapman, director of horticulture at Lewis Ginter Botanical Garden in Richmond, Va. It, too, has a fall plant sale.

"It's all about their roots," she says.

"They can even grow all winter if the weather is mild. With a strong and healthy root system, plants are ready to take off growing quickly in the spring and will perform better through our harsh summers and in times of drought."

Many native perennials benefit insects like butterflies and bees, even birds. Here are some beneficial native species you can plant this fall:

## NEW ENGLAND ASTER

*Symphoricarpos novae-angliae*  
Blooms July-October with lots of 1-inch violet daisies with golden clusters.

Grows 2-4 feet tall. Likes sun and average/wet, well-drained soil.

To prevent drooping, stake or cut back before buds form to get shorter bushier plants.

Benefits late-season butterflies and bees.

Cold hardy zones 4-9.

## BLUE LOBELIA

*Lobelia siphilitica*  
Blooms July-Sept with spikes of blue tubular flowers.

Grows 2-4 feet tall. Likes sun-part shade and average, well-drained soil.

Bottom leaves need winter sunlight; do not cover with mulch; re-seeds readily on wet ground.

Benefits hummingbirds and butterflies.

Cold hardy zones 4-9.

## APPALACHIAN MOUNTAIN MINT

*Pycnanthemum flexuosum*  
Blooms summer with silvery white, globular flowers; fall foliage takes on red tinge.

Grows 2-3 feet tall. Likes full-part sun with average soil.

Stabilizes soil to reduce erosion; larval host plant for grey hair-streak butterfly; deer resistant.

Cold hardy zones 4-9.

## BUTTERFLYWEED

*Asclepias tuberosa*  
Blooms June-September with flat-topped clusters of bright orange.

Grows 1-3 feet tall. Likes sun-part shade and average-poor/well drained-dry soil.

Drought tolerant; doesn't transplant well; comes up late and dies back early, especially when young; mark location so you don't disturb or lose it. Deer resistant.

Benefits butterflies, hosts monarchs.

Cold hardy zones 3-9.

## TENNESSEE CONEFLOWER

*Echinacea tenesseeensis*  
Blooms June-August with slightly upturned purple petals around a coppery-orange cone

Grows 1-2 feet tall. Likes light sun-part shade and average/dry-moist, well-drained soil.

Resembles purple coneflower but slightly smaller with upturned petals and a less vigorous habit. Deer resistant. Rare plant.

Benefits birds and butterflies.

Cold hardy zones 3-9.

## BLUESTEM GOLDENROD

*Solidago caesia*  
Blooms August-October with heart-shaped, dark green leaves topped by dense plume-like panicles of bright yellow.

Grows 1-3 feet tall. Likes full sun-part shade. Drought tolerant.

Good cut flower. Important nectar and pollen source for pollinators.

Cold hardy zones 2-9.

## MEETINGS

### TOASTMASTERS CLUB 6217

On Oct. 2 Toastmaster (T) Club 6217 met at noon in the Pavilion with Eric Taylor giving the invocation and Fran Kocer as Toastmaster. This Club is part of the Toastmasters International organization and is sponsored locally by Avera Sacred Heart Hospital. Yet, this club is open to the public and any interested person is welcome to attend their regular meetings.

As General Evaluator Jennifer Suing is responsible for improving the overall meeting. She introduced her team. They were Chelsi Hames, timer; Jen Hovland, Evaluator; Steve Anderson "ah/um" counter; and Jeff May, grammarian. May's Word of the Day was "Piquant" meaning pleasantly stimulating or exciting to the mind.

A speech was given by Sandy Spady describing her vacation with her girlfriends to New York City and their amazing time going on the Doctor Oz Show. Spady was very piquant as she was able to be a participant on the show. Spady was then evaluated by Hovland giving praise for painting

such a great word pictures, even better than the slides shows and using very vivid descriptive words.

Table Topics were led by Jan Schiferl, who brought an assortment of bags with items that each person had to try and advertise. Greg Stach completely sold us on China Town uses Ramon Noodles also because of their incredible taste. Anderson has many uses for plyers every man/women needs a pair. Muriel Stach opened our eyes to you never know when you might need white out to put your name on a slide. May believes the greatest invention is a paperclip, why staple it when you can clip it. Jane Miller would rather you use no wax glove for dusting instead of the harsh chemicals pledge spray puts into your lungs. Taylor sold us on school glue is the way to go, no more sticks! Kocer explains how a golf ball is actually a torture device. Hames wants you to use black beans in every recipe even if they do stink.

May was voted the person who best answered the question in a mini-speech form. President Greg Stach then gave

updates: November guest day may actually be the whole month of November, more info to come.

Jennifer Wubben called Toastmasters Club 6217 to order Oct. 9 in the Pavilion with a warm welcome to guest Katy Schild and an invocation by Jeff May, praying for the autumn fall.

Eileen O'Connor presented the word of the day, "Cockamammy," and tracked its use by the speakers as well as unusual and interesting phrases like "Podunk" and "Frizzy Jane." O'Connor was part of Joyce Steven's evaluation team along with timer Jennifer Suing and "ah" counter Stan Sudbeck.

Speaker's Steve Anderson and Jane Miller both gave great speeches. Anderson spoke of his vacation in Hawaii with his siblings while Jane spoke of her rubber stamping hobby that lead to selling her items.

Anderson was evaluated by Chelsi Hames and Miller by Greg Stach with praise for great details,

getting the audience's attention that provided many laughs. Suggestions on improving might be voice tones and being a little louder.

Table Topic Master Kary Beltz asked impromptu questions, using ice breakers. If Jen Hovland could be in a movie she would be in a comedy where she would be bouncing off the walls or possibly in a CSI movie where she is the deceased person so she wouldn't have to act, just look pretty. Schild our guest for the day, was a great sport and told us about her favorite material item which is a journal she wrote in while backing packing with her now husband. May loves the traveling side of his jobs and dealing with the airports and all that turmoil, don't let him tell you differently.

Wubben awarded trophies to Stach as Best Evaluator, to Miller for Best Speaker and Hovland and Shields tied for Best Respondent in Table Topics. Wubben then asked President Greg Stach for announcements, which were: November is guest month, come check out the club and see what your missing!

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