



SUBMITTED PHOTO

From left to right: Rilyn, Easton, Brenden, Evan and Raileen with their jack-o'-lantern.

Lincoln Elementary

Pumpkin: Is It A Fruit Or A Vegetable?

Mrs. Wagner's Kindergarten class from Lincoln Elementary School has been busy learning about pumpkins. What's the biggest fruit or vegetable you can think of? PUMPKINS!!! Botanists — scientists who study plants — tell us that a pumpkin is a fruit. You might think of it as a fruit when you eat pumpkin pie. But pumpkin is also served as a vegetable. In fact, a pumpkin is really a kind of squash. And most people call squash a vegetable. You decide for yourself.

Pumpkin facts we learned in kindergarten:

Pumpkins are orange. They have a hard bumpy shell. Pumpkins come in all different shapes and sizes. No two pumpkins are the same. A pumpkin could weigh as much as 800 pounds! They grow on vines. Pumpkins were eaten at the first Thanksgiving feast by

the Pilgrims in 1621.

There is one time of the year when you see pumpkins everywhere — Halloween. Halloween pumpkins have faces, and are called jack-o'-lanterns.

We carved our pumpkins into jack-o'-lanterns in Kindergarten. We had to scoop out the insides and sort out the seeds. We counted, washed and dried the seeds. We read a recipe and made "Pumpkin Seeds" for all to enjoy. Yum! Yum! Here is the simple recipe we used at school:

- Pumpkin Seeds:
- Melt ½ stick of Butter
- Add 1 tsp. Soy Sauce
- Add 1 tsp. Worcestershire Sauce
- Add Dried Pumpkin Seeds
- Sprinkle with Garlic Salt
- Cook in an electric skillet at 250 degrees for 45 minutes. Cool and enjoy!

Lakeport Church Celebration A Success

There were 112 people who attended the 32nd celebration of the St. John Baptist and the Catholic Church of Lakeport on Sept. 20, 2015.

This year's celebration was dedicated to the organists that played for our first years of Lakeport celebrations Florence Sutura, Violet Povondra, Carla Bahm and all the St. Wenceslaus Parish choir members.

Father Steven Jones, Tabor, celebrated mass. Altar servers were Megan Cap and ReAnna Kotalik; lector Dennis Povondra. Honoring the organists and choir members are: Laddie E. Kostel, Aanes Kostel, Edmund Wagner, Helen Vlasak, Mildred Cimpl, Loretta Kortman, Marlene Kostal, Florence Sutura, Janice Sutura, Roman Honner, Frances Honner, Kevin Cap, Violet Povondra and Carla Bahm.

Other participants included sacristan: Darlene PoKorney; organists: Florence

Sutura; choir: St. Wenceslaus parish choir. Banner carriers: St. John the Baptist Lakeport Church: Lloyd Nedved; greeters: Heather Fillaus and Judy Wagner; ushers: Cody Burbac, Bradley Cap and Ben Kotalik; dedication reader: David Cap; Lakeport and Nedved cemetery reader; Dennis Povondra.

A moment of silence was held for the deceased members in the past year: Duane Brown, Clement Fejtar, Evelyn Beran, Helen Krember, Amber Johnson, Lorraine Hacecky, Edward "Red" Nelson and Sanford Pechous.

A pot-luck dinner was served at the Tabor Legion Hall. A short meeting was held to talk about the work done the past year. This was fixing the floor and saving the square nails which were sold.

Next year's celebration will be the 9/11 remembrance of the twin towers on Sept. 11, 2016.

United Way

Expressions Of Gratitude

BY DESIREE JOHNSON

Executive Director of River City Domestic Violence Center "We Believe"

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

— Melody Beattie

As the end of another year draws near and the seasons begin to change, I am reminded of the blessings that have been truly abundant this year within our agency. We kicked off 2014 with another milestone for our agency as we began the process of changing our long standing name from Yankton Women's/Children's Center to River City Domestic Violence Center "We Believe."

Throughout the year, our team here at River City Domestic Violence Center has served 211 individuals whose lives have been impacted by senseless acts of violence, domestic violence and

sexual assault. I am grateful today, and every day, for the moment a victim finds the strength to reach out to our agency for the support they need. I am grateful that the incredible individuals we have the pleasure of working with on a daily basis who teach our team at River City the hardships a victim of violence faces, how the most dangerous time for a victim is when they leave, how victims of violence need someone to believe in them, and that not all wounds are physical. These every day reminders and lessons we receive from our clientele lead us on a mission to better the services we provide through what we learned from those living in violence.

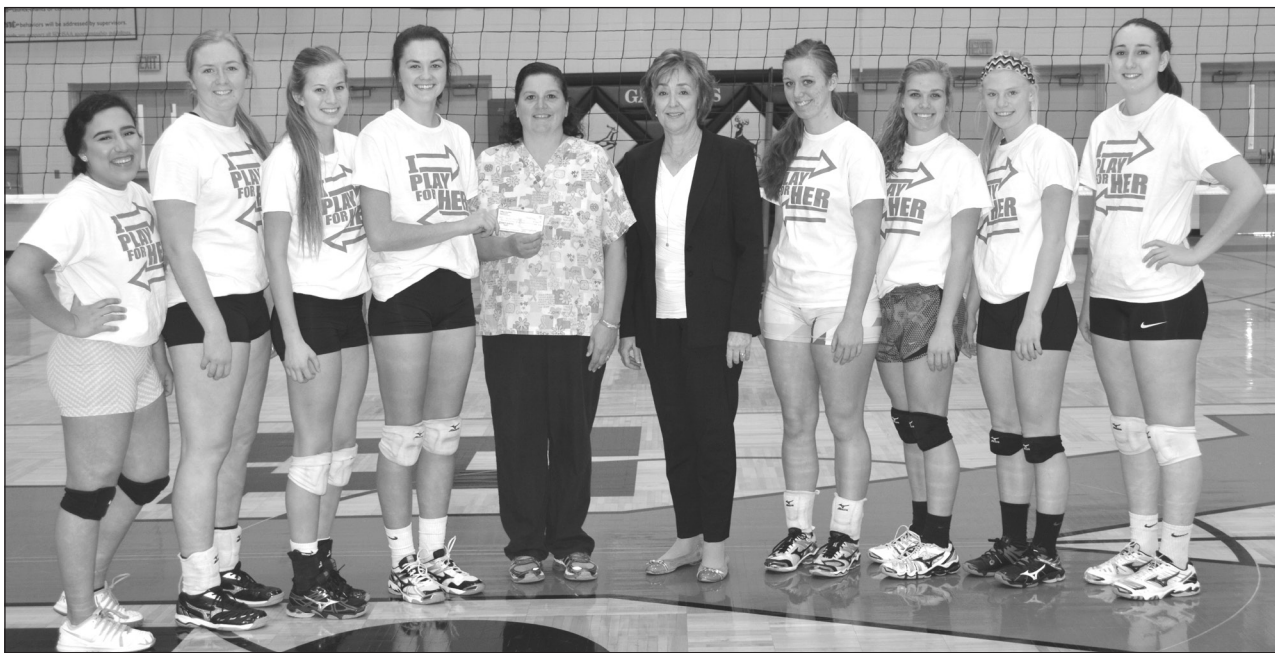
I am thankful for the warm embrace of our building that has lent itself as home to 904 individuals in 2014. It has been a home where victims of violence can feel safe from harm, where families are strengthened, where uncertainties and fears are transformed into confidence and independence, and where a hand to hold or an embracing hug are always bestowed.

I am grateful for the incredible women I get to call "My Team" here at River City and proud that these ladies exude passion and powerful dedication to serving the victims we encounter. These women start the journey with a victim... and walk them down the path to survivorship. They are not only advocates to victims of violence... they are a pillar of strength... and a shining light in a time of darkness.

Lastly, but most certainly not least, I am grateful for our local United Way. United Way of Greater Yankton makes incredible things possible for our agency through the generous funding we receive from them each year. If not for our partnership with United Way, we would have to substantially cut the programs we are able to offer in a year. United Way is led by driven leaders who provide guidance and a helping hand to all the partner agencies in our community... and for that we are all grateful.

For more information on River City Domestic Violence Center or other United Way of Greater Yankton partner agencies, visit www.yanktonunitedway.org.

YHS Raises Funds For Clinic With 'Volley-For-A-Cure'



SUBMITTED PHOTO

The Yankton High School volleyball team presented Yankton Medical Clinic, P.C. with money raised through the team's "Volley-for-a-Cure" night. The money will be used to aid in funding mammograms for area women. Pictured are YHS Gazelle seniors, Bev Karstens, YMC Mammography Team Leader, and Diane Larson, YMC Director of Nursing.

Ladies Auxiliary VFW Welcomes, Becomes VFW Auxiliary

PITTSBURGH — At its 116th annual National Convention in Pittsburgh, convention delegates of the Veterans of Foreign Wars of the United States (VFW) passed a resolution to amend their National Bylaws, allowing male family members to join the Ladies Auxiliary VFW effective Aug. 21, 2015. As a result, the organization's name changed to VFW Auxiliary.

"It's an exciting time to be a member of the Auxiliary," said VFW Auxiliary National President Francisca Guilford. "Women comprise nearly twenty percent of our nation's military, and this change allows all spouses, fathers, grandfathers, sons, grandsons and brothers to serve others in honor of their veteran."

"It not only expands the eligibility of the organization's members, it provides us a wonderful opportunity to serve

more veterans and promote patriotism in communities across our great nation."

If you are a male or female relative of someone who served in overseas combat, you may be eligible to join the VFW Auxiliary. If you are interested in serving veterans, active-duty military, their families and your community in honor of the sacrifices and commitment of every man and woman who has served in uniform, we invite you to visit www.vfeauxiliary.org to learn more or contact any officer or member of your local VFW Auxiliary.

Established 1914, members of the Veterans of Foreign Wars of the United States Auxiliary set out to serve the veterans of this country and our communities in honor of the sacrifices and commitment of every man and woman who has served in uniform.

The VFW Auxiliary is one of the nation's oldest veteran's service organizations and our members are the relatives of those who have served in overseas combat. We have nearly 465,000 members nationwide who volunteer millions of hours and fundraise millions of dollars for charitable projects that benefit veterans, military service personnel and their families.

Through our National Programs, we assist the VFW pass or block legislation that impacts veterans and their families, provide nearly a million volunteer hours in the VA medical system, conduct patriotic programs with thousands of students and offer hundreds of thousands of dollars in scholarships for our nation's youth. VFW Auxiliary works to improve the lives of America's uncommon heroes.

MEETINGS

GFWC WOMAN'S CLUB

The Yankton Chapter of GFWC Woman's Club met Oct. 10, 2015, at 11 a.m. at Hillcrest Golf and Country Club. First Vice President Joan Neubauer called the meeting to order. The Pledge of Allegiance, South Dakota Pledge, and the Collect for Women were given.

Guests: Peggy Schiedel's guest was Ruth Hanson.

Program: Jane Wuestewald, Domestic Violence/Sexual Assault Advocate, presented an update on the River City Domestic Violence Center.

Treasurer's Report: Treasurer Denise Erickson gave the Treasurer's Report. This report is for information and is filed for audit in June 2016.

Minutes were approved as written.

Leadership Inspirations: Joan Neubauer read "What We Know About People" by Mary Kay Ash, who started a charitable foundation in 1996 that supports cancer research and efforts to end Domestic Violence.

Welcome New Members: Marlys Blaaid, Erna Huitema, Jean Schaecher, Liz Lynch, and Cheryl Leiferman were presented red roses and welcomed as new members.

Business: The Red Ribbon Rally program for the public will not be held this year. Marilyn Huntley reported there would be one more meeting to sign up for items from fundraiser, Terry Lynn, Inc.

Bingo: Sharon Kreitzinger, Dores Allan, and Virginia

Larson will be volunteering for Bingo at Majestic Bluffs on Saturday, Oct. 24.

Hostesses: Diane Butzlaff, Alberta Bender and Dona Steffen were hostesses.

Door Prizes: Liz Lynch, Darlene Kolda, Judy Ray, Peggy Schiedel, Ellen Rodenberg, Evangeline Jensen and Erna Huitema were awarded door prizes.

No further business. The meeting was adjourned.

INTERCHANGE

Interchange held its regular weekly meeting Monday, Oct. 26, 2015, at noon at Minerva's. Interchange Board President Sherri Conti-Rodgers led the Pledge of Allegiance. Past President, Ann Clough, introduced our newest member, Sherri Duke, Ex. Dr. of Southeast Job Link.

The following announcements were made by members. Frani Kiefer, Yankton Boys & Girls Club, announced that Dr. Wayne Kindle, Supt. of Yankton School District (YSD) will provide an overview of the results of the Crane Youngworth Field Survey, Wednesday, Oct. 28, 2015, at 6 p.m. at the Yankton High School Theatre. Also, that YSD Strategic Updates are available on the school district website. Lauren Hanson, Yankton United Way and Volunteer Services of Greater Yankton, on behalf of the Yankton Volunteer Leaders thanked those that helped with Make A Difference Day. Along with distributing coats, information on community resource

es was provided. There were 268 participants. She also announced that the holiday programs Toys for Tots, Adopt A Family and Partnering with Payless Shoes will start in the very near future. Rita Wentworth reminded everyone that tonight was the last night to attend the high school play. Shannon Viereck, MMC, informed the group that MMC students will be trick or treating on Halloween; not for candy but for canned goods for the Contact Center. Also, Vespers is scheduled for Dec. 6, 2015. Tickets are available at the MMC Bookstore and the Monastery Gift Shop beginning Nov. 9, 2015. Kathy Gerstner, Gerstner Oil, shared that if you are interested in having a holiday picture in the Mead Building, Holiday Photos at Mead is Nov. 28, 2015. Call the Dakota Territorial Museum to schedule an appointment. On Dec. 1, 2015, a formal dinner, Holly History at Mead, will be held in the restored lobby of the Mead Cultural Education Center.

Member Spotlight featured Dev Farver, Pharm D. She shared where she grew up, her education and professional experiences. She has practiced pharmacy for 32 years and is currently at the Human Services Center and a faculty member at SDSU where she teaches classes and mentors pharmacy students.

Hostess Gertrude Thomas, retired, Walnut Village introduced the guest speaker, Lisa Kneifl of Twist of Pine.

Lisa has a background in marketing and shared her past work experiences including working for Disney and Vishay. Lisa and her husband are in the process of building Twist of Pine Bed and Breakfast in the Lewis and Clark Lake area with a targeted opening date of Fall 2016. The Twist of Pine B&B will have three luxury suites and a room to hold events that will host up to 160 people. Their living space will be in the lower level. Wanting people in the Yankton area to realize the great features of the Yankton area, which many take for granted, Lisa opened the Twist of Pine retail store in the old WNAX gas station about eight weeks ago. She features unique handmade items made in SD, IA, MN and NE, and a few "touristy" items. Sharing her energy, excitement and passion for what she does, she hosts weekly and monthly special events. Check the Twist of Pine FB page to learn more. She also has a small event room for people to host small parties. Her hours are 10 a.m.-7 p.m. Monday-Saturday and noon-4 p.m. Sundays.

The next meeting for Interchange is at Noon, Monday, Nov. 2, 2015, at Minerva's. For more information about Interchange, send an email to Interchange.Yankton@yahoo.com.

VFW AUXILIARY

VFW Auxiliary to Ernest Bowyer Post 791 met Tuesday, Oct. 13, 2015, at the

Post Home with President Dorothy Stanage presiding. The meeting opened accordingly to ritual.

Minutes of the previous meeting and treasurer's report were approved.

Membership is currently at 88.81 percent. Reports were presented by Veterans & Family Support Chair Jane Slowey, Cancer Aid and Research Shelley Stoddard,

National Home Marlys List, Legislation by Marge Olson. Buddy Poppies will be distributed Nov. 4-6. Funeral luncheon for Elvin Parish. Reports are filed for future reference.

General Orders from State President Nancy Worth were read as were notes from the families of Ida Foxhoven, Red Nelson, Loren Gibson and Penny Hofer.


The Auxiliary will sponsor three Christmas wreaths for National Cemeteries. The

Veteran's Day Banquet will be held at the Post on Nov. 11 and is free to all paid up members of the VFW and Auxiliary.

Cindy Williamson, District 1 president, was on hand to bring the members up-to-date on changes within the Auxiliary. Bills were paid and the report of the Audit Committee was accepted. Marge Olson won the 10-cent cup. Arlene Mieman was not present to receive the attendance price of \$8. It will increase to \$10 the November meeting. Odella Ellis will have her dues paid for the next year and Mary Ann Gall will have her cancer insurance paid this year.

Meeting was adjourned following the closing prayer by Chaplain Jane Slowey. Dorothy Stanage and Iona Fischer chaired the lunch committee.

Sometimes the right choice is obvious



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