

COMMUNITY NOTEBOOK

The Community Notebook 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, PO Box 56, Yankton, SD 57078, or e-mail to newsroom@yankton.net.

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Ladies Pool, 10 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th street.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut
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., September: Magilly's, Yankton, 605-665-5956

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
Vermilion 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

SECOND FRIDAY

Parkinson Support Group, 1:30 p.m., Benedictine Center.

SATURDAY

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.
Vermilion 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

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange Inc., noon, Waterfront Gourmet Grill, 201 Capitol.
Interchange, noon, open meeting, Waterfront Bar and Grill, 605-660-8849.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinochle, 1 p.m., The Center, 605-665-4685
Whist, 1 p.m., The Center, 605-665-4685
River City Harmony Sweet Adelines, 6:30 p.m., First United Methodist Church, 11th and Cedar, 605-661-7162
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

FIRST MONDAY

Yankton Republican Party Executive Meeting, 5:30 p.m., 401 Capitol, 605-260-1605
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, Bonanza, 605-665-4694
Heartland Humane Society Board Meeting, 6:30 p.m., 601 1/2 Burleigh
Yankton Parks Advisory Board Meeting, 5:30 p.m., RTEC, 1200 W. 21st Street

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456
Yankton Area Writers Club, 7 p.m., Yankton Library, 605-664-6582
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
YHS Booster Club Meeting, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

THIRD MONDAY

Yankton Golf Advisory Board Meeting, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205
Yankton School Board Meeting, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Friends Of The Yankton Community Library, 5:30 p.m., Yankton Library, 515 Walnut
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, Bonanza, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar Street

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Ladies Pool, 10 a.m., The Center, 605-665-4685
Yankton Alanon, noon, non-smoking session, 1019 W 9th Street
Nurse, 12:30-3:30 p.m., The Center, 605-665-4685
Open Cards, 12:45 p.m., The Center, 605-665-4685
Alanon STEP session, 7 p.m., 1019 W 9th St.
Bingo, 7-9 p.m., The Center, 605-665-4685
Open Billiards, 7-9 p.m., The Center, 605-665-4685
Vermilion Unity Alcoholics Anonymous, 7:30 p.m., closed session, Trinity Lutheran Church at 816 E Clark St, Vermillion.
Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St, Vermillion

FIRST TUESDAY

Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut

SECOND TUESDAY

VFW Auxiliary, 7:30 p.m., 209 Cedar Street

THIRD TUESDAY

Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut

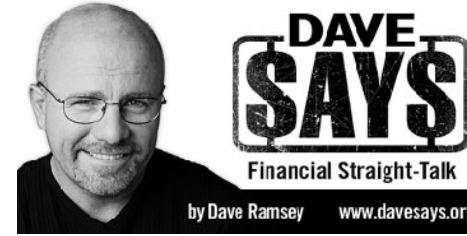
WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St.
Whist, 1 p.m., The Center, 605-665-4685
Yankton Alanon, 7:30 p.m., non-smoking session, 1019 W. 9th St.
Springfield Footprints, 7:30 p.m., non-smoking open session, Catholic church, Springfield

DAVE SAYS:

Helping Son Get Back On His Feet

Dear Dave,
My wife and I are getting close to retirement, and our 36-year old recently moved back in with us. His automotive restoration business went bankrupt, he hasn't been able to find another job and he has nowhere else to go. What can we do to help him?
— John



Dear John,
You have to define what helping your son really means. In my mind, you haven't helped him at all if he's still squatting in your basement five years from now. That's called being an enabler. But it's not going to help him, either, if you toss him on the street and say "You're 36. Be a man!" I think you should formulate a progressive plan somewhere between those two extremes—something that includes a move-out deadline, but will help him regain some dignity.

As part of living with you, I'd require him to do three or four things. One is that he abides by your household rules. If he's going to live in your home, he should act the way you want him to act. Number two, he needs to be engaged in some kind of regular physical activity. Even if you have to pay for it, you could get a membership at a gym or buy some exercise equipment. Exercise stimulates the mind, and he needs that right now.

It'll also be great for his body. Getting beat up like he's been can be tough at that age. It can lead to depression if you don't engage in physical activity and goal setting.

Next, is to think about career steps. He could start with a part-time job to get some money in his pockets. Then, work on a long-term career goal. He knows how to turn a wrench, and he probably likes that kind of work. His mind works spatially, which means he can look at things and figure out how they operate. So, it might be a good idea to move in that direction. It doesn't even have to be cars. He could learn to work on boats or aircraft.

You don't want to beat the kid when he's down, but you don't want to participate in his sewage, either. Help him clean up his life, and get him out of there as fast as possible. It's what's best for everyone!
— Dave

KEEPING COLLEGE COSTS IN CHECK!

Dear Dave,
We live in Boston, and we've got three kids who are almost ready for college. My wife and I make about \$114,000 a year combined, and that includes a \$34,000 a year pension I receive. Should we use the pension money to pay for their tuition, or should we let them take out student loans?
— Geoff

Dear Geoff,
There's no way I'm going to send anyone into student loan debt, especially when the household income is in the six-figure range! Now, that assumes the kids choose a college you can afford, but with your income you guys could handle tuition at most state colleges. And that means all the kiddos are going to have to pick a reasonably-priced school if they expect you to foot the bill. We've got to use a little common sense here. No champagne taste on a beer pocketbook!

You guys are doing okay, but you can't afford to send these kids to \$30,000 a year schools. All this will be hitting you at about the same time, so I want you to cash flow this thing, and pay as you go along. College is great, but you need to invest your money into something that fits your budget!
— Dave

* For more financial help please visit daveramsey.com.

COMMUNITY CONNECTIONS:

Marching To The Football Field

BY PAM KETTERING
United Way & Volunteer Services of Greater Yankton

It is with gratitude that the United Way and partner agencies will be "kicking-off" the 2011 Campaign on the football field during halftime on Friday night. With 22 agencies being featured with representation, there will be more people on the field than team members vying for the higher score. So we encourage the cheering crowds in the stands to wait just a little longer to show their support to the United Way team before taking a break!

This campaign includes two new agencies that add valuable services to our greater community. Independent Living Choices, formerly known as Prairie Freedom Center, provides a vital service to our neighbors that need adaptive equipment to assist them in daily activities. Equipment may be as simple as a safety bar on a wall or a ramp to the front door. Sack Pack provides a sack of food for elementary children on Friday as they leave school. With the high number of qualified students for free and reduced lunch, it was obvious that a number of children were returning to school on Monday with empty stomachs and short attention spans due to lack of nutrition.

These two agencies, plus the other agencies that provide quality, efficient services to the greater Yankton community, need your support! The campaign goal for 2011 is \$470,000. By reaching this goal, the agencies can devote time to fulfilling their missions. By giving to the United Way, you are supporting ALL of the agencies with ONE donation. If everyone in the community would support this collective effort with just \$1 a week, the goal would easily be reached!

By sharing the cost of one cup of coffee per week or a can of pop, children and youth have safe, constructive, enriching programs to nurture their development; our more experienced citizens have social activities and nutritious meals that enable them to remain in their homes; special needs individuals have the opportunity to learn sportsmanship, team building and experience community support as they exercise; parents learn how to be better parents as they gain skills in raising their young children; caring adults have guidance when mentoring youth and tutoring language and math skills; families and individuals have assistance when their lives

are hitting a financial wall; transportation enables people to get to their jobs, children to school and individuals to shop for groceries or get to their medical appointments on time.

Kettering
All of this AND MUCH MORE FOR \$1 A WEEK!

If you are a bargain hunter, it does not get better than this! When times get tough, these agencies are the front line providers. Food, clothing, housing, transportation are basic needs. Everyone benefits when services are provided to our neighbors that are in need. When quality of life is improved or sustained through programs for our low income neighbors,

the whole community improves. Quality of the workforce improves, attitudes improve, those that needed a helping hand can now extend a helping hand.

The saying, "it takes a village to raise a child" is as true now as ever before. It takes a village to feed the hungry, to protect the abused, to tutor the uneducated, to enrich children's lives, to counsel the low in spirit and to give hope to those who need it most.

It all begins Friday night. Support the 22 partner agencies working together with a donation to the United Way & Volunteer Services of Greater Yankton. It all begins with \$1 a week. Get connected by calling 665-6766 or visit our webpage www.yanktonunitedway.org.

Host Families Sought

Pacific Intercultural Exchange (PIE), a nonprofit agency, is searching for host families in Yankton and surrounding towns for our students, including students from Thailand, South Korea, China and Germany.

Students arrive in late August, and would attend the local public high school where their host family resides. The students are 15-18 years old, they speak English, have medical insurance and their own spending money. Several of our students enjoy sports while others are accomplished musicians. Host families provide a room, meals and a caring environment. Host families can be singles, married with kids, without kids and empty nest families.

For more information about the program, call Mary Armstrong at 1-866-601-1933, website: www.pieusa.org or e-mail Mary at maryarmstrong@pieusa.org.

Teresa Ewalt of Yankton and Ronald Ewalt of Volin announce the engagement of their daughter, Miranda Ewalt to Thomas Nygaard, son of Randy and Julie Nygaard of Watertown. Miranda is a 2004 graduate of Gayville-Volin High School and a 2008 graduate of Southeast Technical Institute. She works in Watertown at Prairie Lakes Healthcare System as a Registered Diagnostic Cardiac Sonographer. Thomas is a 2002 graduate of Watertown High School and a 2004 graduate of Lake Area Technical Institute. He works at Mark's Auto in Watertown as a mechanic. The couple is planning an October 9, 2010, wedding in Watertown.

Ewalt-Nygaard

Michelle Lea Rydell and Daniel Edward Cwach announce their engagement. Parents of the couple are James and Iris Rydell of Vermillion and Gary and Mary Cwach of Yankton. Michelle is a 2005 graduate of Vermillion High School and a 2009 graduate of University of South Dakota. She is anticipated to graduate from Iowa State University in May 2011. She is currently a graduate assistant in the communications department for the College of Human Sciences at Iowa State University. Daniel is a 2005 graduate of Yankton High School and a 2009 graduate of University of South Dakota. He is anticipated to graduate from Iowa State University in May 2011. He is currently a graduate assistant in agronomy at Iowa State University. The couple is planning a Sept. 18, 2010, wedding.

Rydell-Cwach

KYNT Yankton's Home Team!
AM 1450
MORNING COFFEE
WEEKDAYS 7:40 AM MONDAY-FRIDAY
Friday, September 3
Nathan Johnson, P&D
8:15 Pam Meylor,
Yankton Area Arts
—
Yankton's Home Team!

Sponsored by **HyVee HealthMarket** and **Avera Sacred Heart Hospital**

Healthy FOR Life Eating

HyVee EMPLOYEE OWNED

WELLNESS EVENTS SEPTEMBER 2010

HealthMarket New Product Demofest
Thursday, September 2nd - 9:00 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.
The HealthMarket is always receiving new products for you to sample. Please join us and try some of the latest products available in your HyVee HealthMarket!

Dietitian Pick of the Month - Omega-3 Fats
Tuesday, September 7th - 2:00 p.m. - 5:00 p.m. (HealthMarket)
High blood cholesterol affects over 65 million Americans. Did you know that scientific research has shown that certain foods, including Omega-3 fatty acids can help lower cholesterol levels? It's true! See Brenda, your HyVee dietitian in the HealthMarket for valuable cholesterol-lowering information and what foods and supplements contain Omega-3 fatty acids.

Fad Diets - Why Diets Don't Work - Lunch & Learn - FREE
Friday, September 10th - 12:15 p.m. - 1:00 p.m. (HyVee Conference Room)
Have you wondered why there are so many diets out there, but we still struggle to lose weight? Join Brenda, your HyVee Dietitian for a brief presentation over the lunch hour as she reviews some common fad diets and reviews tips for healthy eating. Bring a healthy lunch! Register for this event at customer service or call Brenda 665-3412 or 668-8672.

Bringing the Mediterranean Lifestyle Home: From Your Cart to Your Kitchen - FREE SEMINAR
Thursday, September 16th - 5:15 p.m. - 6:15 p.m. (HyVee Conference Room)
There is a growing body of evidence that supports the healthfulness of the Mediterranean way of eating. The evidence continues to show that the Mediterranean lifestyle may help prevent many chronic diseases and lengthen your life! Join Brenda for this one-hour program and learn how to incorporate the Mediterranean way of living into your lifestyle! Registration required. Register at customer service or by calling HyVee at 665-3412 or Brenda at 668-8672.

Gluten-Free New Product Demofest
Saturday, September 18th - 10:00 a.m. - 4:00 p.m. (HealthMarket)
Do you have celiac disease or know of someone that does? Do you have a hard time finding great tasting gluten-free foods? Join Brenda your HyVee Dietitian as she will have new, great-tasting gluten-free foods available in the HealthMarket for you to taste and will be available to answer your nutrition questions.

New to HyVee Kitchen - Rotisserie Chicken Breast!
Tuesday, September 28th - 4:00 p.m. - 6:00 p.m. (HyVee Kitchen)
You know that HyVee Kitchen's Rotisserie Chicken is mouth-watering and delicious. Now HyVee introduces the new Rotisserie Chicken Breast. A quick and healthy solution to dinner that can be used for sandwiches, salads, casseroles and more! Stop by the HyVee Kitchen for a sample!

Crohn's and Colitis Support Group Meeting Presentation - Nutritional Considerations for Crohn's Disease and Colitis
Tuesday, September 21st, 6:45 p.m. - Avera Professional Office Pavilion, Conference Rm. #3
Have you or a family member been diagnosed with Crohn's disease or Colitis? The Yankton Crohn's and Colitis support group would like to invite you to attend their monthly meeting and listen as Brenda Patzlaff, your HyVee dietitian gives a presentation regarding nutritional considerations for Crohn's and Colitis. For more information, contact Dave Brown at 665-7199 or Kathy Ryken at 665-8667.

Individual Nutrition Consultation - One hour - \$50.00 - Half hour - \$25.00
Brenda is available to provide personalized assessment and nutrition consultation for heart health, weight management, diabetic diet review, gluten-free and food intolerances, infant and child nutrition and other nutritional concerns.

2100 Broadway, Yankton • 665-3412
Pharmacy 665-8261 • Floral Dept. 665-0662

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