

NAMI Sponsoring Education Course In Yankton

NAMI South Dakota is sponsoring a six-week education course in Yankton for families of people with serious mental illnesses. Course begins on Saturday, Oct. 6, for a total of six Saturdays. Hours for the class are from 9:30-11 a.m. and noon-2:30 p.m.

Offered free of charge, the course will cover information about schizophrenia, mood disorders, anxiety disorder, panic disorder and obsessive compulsive disorder, PTSD, borderline personality disorder, coping skills, basic information about medications, listening and communication techniques, problem-solving skills, recovery and rehabilitation and self-care around worry and stress. A library of pamphlets will be available for participants in the program.

Call 605-661-4434 for further information and enrollment in the course.

Author To Lecture On S.D. Hutterite Culture

VERMILLION — Author Joanita Kant, M.S., will present “Hutterite Communities of South Dakota” at 5 p.m. on Tuesday, Oct. 2, in Room 111 in the Andrew E. Lee Memorial Medicine & Science Building at the University of South Dakota. Sponsored by the USD School of Health Sciences’ Cultural Competency Committee, the event is free and open to the public.

Based on her contacts and friendships with Hutterites since 1976 in eastern South Dakota, Kant’s topics will range from colony clothing patterns and children rearing practices to food customs and history.

“Kant will present some good information for those of us who know very little about this vibrant and fascinating culture—which is essentially right in our back yard,” said Debralee Nelson, R.D.H., M.A., professor of dental hygiene at USD and chair of the School of Health Sciences’ Cultural Competency Committee.

Kant, who has published extensively on Hutterite culture, first worked with Sunset Colony near Britton during the production of “The Hutterite Community Cookbook,” published by Good Books in 1990. In 2004, she conducted research at USD and chair of the School of Health Sciences’ Cultural Competency Committee.

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An honors graduate of the University of South Dakota, Kant earned a Master of Science degree in geography from South Dakota State University in 2008. She currently resides in Brookings where she is a full-time graduate student and research assistant at South Dakota State University, studying for a Ph. D. in Biological Sciences with an emphasis in plant science.

Funding for this program was made possible by the South Dakota Humanities Council, an affiliate of the National Endowment for the Humanities.

Gayville-Volin Church Fall Supper Oct. 6

GAYVILLE — The Gayville-Volin United Methodist Church is holding its Fall Supper at the Gayville Community Center on Saturday, Oct. 6, running from 5:00-7:30 p.m.

The menu includes Swiss steak, herbed potatoes, corn, dinner roll, pie and drink.

There will also be a craft and food bazaar.

SCHOLASTICS

AUDREY POOR BEAR

BROOKINGS — Audrey Poor Bear of Yankton was awarded the Helen K. Grace Doctoral Scholarship in Nursing for the 2012-2013 academic year at South Dakota State University.

Poor Bear is a graduate student majoring in nursing at SDSU.

Helen Grace served as vice president for programs at the W.K. Kellogg Foundation in Battle Creek, Mich., from 1987 until her retirement in 1995. She joined the Kellogg Foundation after serving as a faculty member with the University of Illinois College of Nursing beginning in 1969 and advancing to the positions of associate dean of graduate programs and dean of the college. She joined the Kellogg Foundation in 1982. The Beresford native earned her bachelor’s degree in nursing from Loyola University in Chicago in 1963, her master’s degree in nursing from the University of Illinois in Chicago in 1965, and her doctorate in sociology

from Northwestern University in Evanston, Ill., in 1969. She has received honorary doctorates from SDSU, Loyola University, Valparaiso University, and Northeastern University. She has one grown daughter, Elizabeth.

KATHLEEN HEALY

Sigma Alpha Lambda is proud to announce that Margaret Kathleen Healy of Yankton has recently become recognized as a member of Sigma Alpha Lambda, National Leadership and Honors Organization at the University of Nebraska Lincoln.

Sigma Alpha Lambda is a national leadership and honors organization dedicated to promoting and rewarding academic achievement and providing members with opportunities for community service, personal development and lifelong professional fulfillment.

MENUS

Menus listed below are for the week of October 1. Menus are subject to change without notice. All meals are served with milk.

Yankton Elementary Schools

Monday — Round Pizza  
Tuesday — Corn Dog  
Wednesday — Turkey Hoagie  
Thursday — Oven Fried Chicken  
Friday — Meatballs

Yankton Middle School

Monday — Spaghetti  
Tuesday — Corn Dog  
Wednesday — Oven Fried Chicken  
Thursday — Walking Taco  
Friday — Cold Sub

YHS A Line Menu

Monday — Chicken O’s  
Tuesday — Spaghetti  
Wednesday — Oven Fried Chicken  
Thursday — Club Sandwich  
Friday — Burrito

YHS B Line Menu

Monday — Vegetable Pizza  
Tuesday — Taco Casserole  
Wednesday — Yogurt W/ Toppings  
Thursday — Potato Soup  
Friday — BBQ Beef

YHS C Line Menu

Monday — Ham & Cheese Sandwich  
Tuesday — Turkey Hoagie  
Wednesday — Beef Sliders  
Thursday — Tavern Sweet Potato  
Friday — Stuffed Crust Pizza

Sacred Heart Schools

Monday — Grilled Chicken Sandwich  
Tuesday — Turkey & Gravy  
Wednesday — Cheeseburger  
Thursday — Taco In A Bag  
Friday — Chicken Nuggets

The Center — Yankton

Monday — Beef Stew  
Tuesday — Oven Fried Chicken  
Wednesday — Lasagna  
Thursday — Swiss Steak  
Friday — Grilled Hamburger

Tabor Senior Citizens Center

NO MENUS AVAILABLE

Husband Is Right In This Situation

BY TOM AND RAY MAGLIOZZI  
King Features Syndicate

**Dear Tom and Ray:**  
I have enjoyed reading your help for car owners for years. Now I need your help. When I was working and had my car, I took care of my own maintenance. When I had the tires rotated, I always paid to have them balanced. Now retired, my husband and I share a car. We recently had the tires rotated on our 2007 Toyota Corolla. My husband would not pay to have the tires balanced. He said this is not necessary unless new tires are put on. He said the tires had been balanced when they were first put on the rims, and balancing is not needed just because they are now in a different position on the car. Is he right?

—Dorothy  
**RAY:** You might want to sit down, Dorothy. Because he IS right.  
**TOM:** Take a few deep breaths, Dorothy. The lightheaded feeling will pass. Generally speaking, tires get balanced for specific wheels, or rims, as you call them. So if you move the whole package (tire and wheel) to another position on the car, it shouldn’t need to be balanced again.  
**RAY:** Now, there are exceptions. Tires can become unbalanced. Like my brother.



CAR TALK

Tom and Ray Magliozzi

**TOM:** Sure. The most common causes of unbalanced tires are wheel weights that fall off, bent rims or tires that have been damaged. Those events often are associated with hitting a curb or driving over a really nasty pothole.  
**RAY:** If a front wheel were to go out of balance due to some such event, you’d probably notice that right away. You’d get a shimmy or wobble that would get telegraphed up the steering wheel. But if it happens to a rear wheel, it might go unnoticed for a while.

**TOM:** And if you then have your tires rotated, and that unbalanced rear tire then gets rotated to the front, you’ll suddenly notice a problem. In that case, a rebalancing would be necessary.  
**RAY:** But your husband is right, Dorothy. The tires don’t have to be balanced automatically whenever they’re rotated. If you drive away and have a problem, then you can go back and try to blame it on the guys who rotated the tires. And when that doesn’t work, you can pay them to rebalance the tires.

Used cars can be a great bargain, and reliable, too! Find out why by ordering Tom and Ray’s pamphlet “How to Buy a Great Used Car: Secrets Only Your Mechanic Knows.” Send \$4.75 (check or money order) to Used Car, P.O. Box 536475, Orlando, FL 32853-6475.

Get more Click and Clack in their new book, “Ask Click and Clack: Answers from Car Talk.” Got a question about cars? Write to Click and Clack in care of this newspaper, or email them by visiting the Car Talk website at [www.cartalk.com](http://www.cartalk.com).

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Bringing Technology Into Kids’ Lives

BY HEIDI STEVENS  
© 2012 Chicago Tribune

CHICAGO — If Michael Levine had his way, we’d consult a “tech pyramid,” the same way we look to a food pyramid to balance our occasional treats with the truly wholesome stuff.

“There will always be some empty calories,” says Levine, the executive director of the Joan Ganz Cooney Center, a digital media research lab within the Sesame Workshop. “But the idea is to kick the balance toward the more healthful, nourishing choices, the kind of educational media that allow a child to have a more purposeful experience when they’re seemingly being entertained.”

More “Little Speller.” Less “Angry Birds.”

Children age 8 and younger are spending more time than ever with screens, according to a 2011 Common Sense Media Research study, which clocked the average at 3 hours, 14 minutes a day. That includes television, computers, mobile applications, music, e-readers.

It’s a trend, say many experts, that’s unlikely to reverse course.

“The devices are here to stay,” Levine says. “The wise parents and the wise educators need to figure out the right mix. We know kids are learning from whatever media they’re exposed to. It’s just a question of what they’re learning.”

“It comes down to determining what is a normative experience and how do you set reasonable boundaries at age 2 or 3, when a child’s natural curiosity with his or her environment is permeated with devices. It would be unnatural for a toddler or preschooler to not notice the six or seven devices in their parents’ home.”

“The data is telling us that parents are not taking screen time limits as seriously as they might, but I think there’s a big difference between spending hours on the types of media with no proven educational benefit — the empty calories — and educa-

tional media offerings that have proven educational value,” he says.

The trick is finding that screen time sweet spot.

Arlyne Chin and her husband, Ken, both IT professionals, wholeheartedly embrace technology for their two sons, 8 and 6. In addition to the iPads the children use in their classes at school, they share an iPad and laptop at home.

“We reinforce what they’re learning at school and try to harness the technology piece of their lives to keep it educational and creatively bound,” says Arlyne.

They spend a fair amount of time playing video games on the family Wii and their Nintendo DS devices. They download apps and play games on their parents’ iPhones. And the iPad apps aren’t all education-based.

On the surface, that sounds like a lot of “empty calories.” But Arlyne Chin adopts a more organic approach.

“We don’t give them a lot of instruction on how to use the devices, unless they’re doing something that’s not safe,” she says. “We let them find their own creative way of maneuvering through different applications and programs, and it helps them learn to explore and tap into their creative side.”

The upshot? The kids are fearless in their navigation and innovative in their tech-based play. The family creates digital slide shows together and year-end movies of the previous school year and sports season highlights.

“They’re learning how to put storyboards together and make their own little movies,” says Arlyne Chin. “We don’t limit them based on time; we limit them based on what they’re doing.”

It’s an approach endorsed by Chip Donohue, director of the Technology in Early Childhood Center at the Erikson Institute.

“I’m not a believer in setting hard-and-fast screen time limits,” Donohue says. “If you tell a child they can only look at the iPad for

15 minutes, and at 15 minutes the kid is so engaged in learning and creating, why would you turn it off? I don’t think an arbitrary limit set by anybody — pediatricians, educators — is helpful.”

The American Academy of Pediatrics recommends no screen time for children younger than 2, arguing that unstructured playtime is more beneficial for children to develop creativity and problem-solving and reasoning skills. For children older than 2, the group recommends no more than 1-2 hours of “quality programming” per day.

Parents, some experts warn, need to consider the opportunity cost of screen time: What are children not doing when they’re tethered to devices?

Families should take frequent stock of the role that screens are playing in their kids’ lives, Donohue says.

“When is enough, enough?” he says. “When a kid isn’t going outside. When a kid doesn’t have any friends. When it’s an impediment on a kid’s social development.”

In Chin’s family, that means mixing in real-world play with the virtual stuff.

Just as important, experts say, is making sure devices don’t become a deterrent to togetherness.

Lynn Schofield Clark, associate professor in media, film and journalism studies at the University of Denver and author of “The Parent App: Understanding Families in the Digital Age” (Oxford), recommends leveraging kids’ tech enthusiasm as a bonding opportunity.

“Technology is a way for young people to communicate to us what’s important to them,” Clark says. “Watch the latest silly cat videos on YouTube with them. Ask them for a tour of Instagram. Encourage them to Skype with their grandparents. Work together to make holiday cards.

“Media,” she says, “can be a way to provide a social glue for families.”

Parents’ Choice (parents-choice.org): A foundation that confers awards for children’s media and toys based on a multi-tiered review process.

Apps for Children With Special Needs (a4cwsn.com): An alphabetical index of reviews of apps that offer skills and play for special-needs users.

Levine’s organization has been championing the idea of engagement since the invention of “Sesame Street” 40 years ago.

“The idea was to create media that will delight and educate two or more generations at the same time,” he says. “Early co-viewing and joint media engagement reduce isolation as kids get older.” Which, ideally, sets the entire family up for a life of healthy tech integration.

“If we’re going to get past the ‘devices are evil’ arguments, we’ve got to focus on making responsible content choices,” says Donohue. “Tech can actually help us get kids more active and keep all of us more connected. We have a fantastic opportunity.”

GETTING TO THE GOOD STUFF

“Parents are struggling for good information,” says Chip Donohue, director of the Technology in Early Childhood Center at the Erikson Institute. “There’s some throw-away stuff from an educational standpoint, but kids are having fun with it. Fun is good. Digital literacy is good. How do you know what to choose?”

Early childhood experts recommend the following sites for help navigating the maze of programs and apps and games.

Common Sense Media (commonsensemedia.org): “The first place I send people,” says Donohue. Its “reviews and advice” section includes descriptions and star ratings for apps, games, websites and more.

Yogi Play (yogiplay.com): Provides personalized app recommendations based on a child’s learning needs and interests.

Parents’ Choice (parents-choice.org): A foundation that confers awards for children’s media and toys based on a multi-tiered review process.

Apps for Children With Special Needs (a4cwsn.com): An alphabetical index of reviews of apps that offer skills and play for special-needs users.

Yankton Set To Host Breast Cancer Walk In Oct.

The City of Yankton has joined the Mayor’s Challenge initiated by the Mayor of Pierre for a Statewide fundraising event “Making Strides Against Breast Cancer Walk” to be held in Pierre the first weekend in October. The team name is “Yankton: A Community of Treasured Chests.”

Together the communities of

South Dakota will pull together with a common goal and lead the fight against breast cancer in our communities.

To promote the fundraising in Yankton, the city commissioners will be bartending at The Land-ing for tips and donations on Thursday, Oct. 4, running from 5-10 p.m. You can also make online

donations to the Yankton team by logging onto <http://main.ac-sevents.org/goto/Yankontreasuredchests> or join the team and help be a part of the statewide event. We would love to have

you.

For more information, contact City Commissioner Pauline Akland at 660-5549.

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**THANK YOU**

We wish to thank our friends and relatives who attended our 65th Wedding Anniversary celebration. Thanks for the gifts, cards, flowers, and phone calls.


A special thank you to our wonderful family who honored us with this great party. We will cherish it always.

**Frank & Emma Lou Potts**

**THANK YOU**

Words cannot begin to express how much your kindness meant to us during the time of Glen Folkestad’s death. Thank you to friends, neighbors, and family for the food, cards, flowers, memorials, hugs and tears you shared with us.

**Phyllis Thornton**



**Poulos-Suing**

Mark Poulos, Altoona, IA, and Kevin and Nadine Ernesti, Stanton, NE, announce the engagement of their daughter, Cassandra Poulos, Yankton, SD, to Cody Suing, Yankton, SD, son of Jim and Mary Suing, St. Helena, NE.

The bride-elect is a graduate of Stanton Community Schools and Wayne State College, and is currently the 4th grade teacher at Bloomfield Community Schools.

The groom-elect is a graduate of Wynot Public School and Wayne State College, and is currently an assistant manager at HyVee in Yankton.

The couple is planning an October 20, 2012 wedding at Immaculate Conception Church, St. Helena, NE.