

ABOUT AVERA MCKENNAN info

August 20, 2010

Avera 
McKennen

Pampering and Prevention CELEBRATION

Join the Avera Breast Center in Avera Doctors Plaza 2 for a special celebration 8 a.m.-noon Saturday, Aug. 28. Participate in pampering and prevention activities with mini-education sessions every half-hour. Topics include acupuncture, relief for dry skin, integrative medicine, urogynecology, Vitamin D deficiency, sclerotherapy (vein), healthy eating and gyn health.

Relax and celebrate! Screening mammography is available during the event with insurance co-pay accepted. Also, shop at local retail vendor booths. The celebration features muffins, juice and coffee. Register to win fantastic door prizes. To schedule your mammogram at the event and register, visit www.AveraCancer.org or call 1-877-AT-AVERA (1-877-282-8372).

Avera Medical Minute to feature Avera eCARE™

Avera Marketing has been working with Avera eCARE™ and KSFY Television to produce the first “Avera Medical Minute Extra,” a half-hour program. The show will air on Saturday, Aug. 28, at 6:30 p.m. This program will take an in-depth look at Avera eCARE, a revolutionary rural health care delivery model designed to provide health care to patients in outlying areas. Services discussed include Avera eICU® CARE, eEmergency and Avera CareVIEW.

Watch ‘River of Hope’

The 30 minute “River of Hope” TV show highlights the journey of those affected by cancer, and how water features and landscaped healing areas are incorporated to enhance the quality of life for patients and their families. The show airs Saturdays on MyUTV at 5:30 pm, and Sundays on KELO at 10:30 a.m. following the weekend TV mass. To watch episodes online or check the weekly schedule, go to www.RiverofHopeFoundation.org. This weekend’s shows will feature the Bill Connor story.



Volunteers needed for Handi-Riders

Volunteers are needed for Handi-Riders, a therapeutic horseback riding program for people with disabilities. The program is expanding from a summer evening program to a year-round program with expanded outreach. Volunteers serve as leaders and side-walkers to assist participants and ensure their safety as they ride. No horse experience is necessary for side-walkers. Avera McKennan serves as a sponsor for this organization. For more information, go to www.handi-riders.com or call Sue Karges, Executive Director, (605) 270-9449, Kaia Kloster, Development Director, (605) 360-2812 or email handiriders@yahoo.com

On-site construction

A reminder for all staff to adhere to any and all barricades, caution tape, cones and/or signage on campus for either security or safety reasons. In addition, if there is construction being done within your normal route, please take a different route if possible. As always, if you see a safety concern please contact us; 322-7674/7817. Thank you.

LifeLight Festival 2010

Avera is a platinum sponsor for LifeLight Festival 2010. The free Christian music festival will take place Sept. 3-5 at Worthing, S.D., 12 miles south of Sioux Falls.



This year, Avera will provide The Avera Mommy House, a caring environment for mothers and their young children. The air conditioned trailer provides a respite for moms and their young children to get out of the heat, a place to feed or a cool place for the children to nap. The house has all the essentials such as rocking chairs, a water cooler, and diaper supplies (donated by Avera employees). Volunteers are needed to restock supplies, empty garbage and assess for any additional needs. Since many moms that utilize the Mommy House are nursing, female volunteers are required. This is a wonderful way to display our mission at Avera Health to mothers and their babies. Parents who have used the Mommy House have been very thankful for this service. To view available volunteer shifts, go to Sharepoint/Behavioral Health/LifeLight 2010/Mommy House Volunteer sign-up. To sign up, contact Michael Jerke at Michael.Jerke@avera.org or 2-4329 and leave a message.

Run For His Glory is a 5K and 10K road race and 3K fun run/walk as part of LifeLight, beginning at 8 a.m. Saturday, Sept. 4 at the LifeLight festival grounds in Worthing. The race is open to everyone of all ages and skill levels who want to run or walk. All entrants will receive a T-shirt and prizes will be awarded to top finishers in age categories in the 5K and 10K races. Entry fee is \$25 for individual and \$40 for family (\$35 and \$60 the day of the race). To sign up, go to www.allsportcentral.com. To learn more or to sign up to volunteer go to www.lifelight.org.

Learn about your health risks

Take FREE online Health Risk Assessments at www.AveraMcKennen.org to instantly learn about your risk of diseases such as stroke, colon cancer, breast cancer, diabetes and more. A new assessment is added each month – the new one in August covers general health.

You’ll answer private, personalized questions based on your age, lifestyle, pre-existing conditions and heredity. These assessments measure your risk so you can arm yourself with the information you need to protect your health and your life. Log on, open an account, take the free assessment, print off your results and take it to your doctor. Health Risk Assessments are offered as a community service as part of Avera McKennan’s commitment to improve the health and lives of men and women throughout our region.

Are you a cancer survivor?

The Service Excellence Communication team is looking for employees who are cancer survivors to honor at the September Employee Forums. Please send us your name, department, and years of survivorship. The information can be sent to secommunicationsteam@avera.org. Thanks for your help!

Poker Run

The Avera Heart Hospital will be having a Poker Run on Saturday, Aug. 21, from 1-5 p.m. starting at the Avera Heart Hospital parking lot. Cars, trucks and motorcycles are welcome – just come have fun! There will be lots of great prizes including \$100 for first place. All proceeds will go to the American Heart Association.

INFO IN THE NEWS

SculptureWalk Avera McKennan

Now on display throughout the Avera McKennan campus are 18 new sculptures, marking the third year of SculptureWalk Avera McKennan. Read INFO to learn more about the artists who are featured in this exhibit:

John Sterner, "Sazi-To-Inya"



Sazi-To-Inya. What does it mean? Translated from Lakota, the artist says it means "from blue to orange." One of the most colorful pieces in the Avera McKennan SculptureWalk, artist John Sterner says he got his inspiration from a dancer. "I was originally watching a fancy dancer at a Pow-Wow," he says. "Imagine a figure skater as they do one of those fast spins in the Olympics. That is what this image is. I wanted to simplify the original image to its most basic elemental shape. And this is what I came up with."

The sculpture, made out of lost foam bronze and iron, and embellished with horse hair, stands 24-inches tall and weighs 50 pounds. "Originally I modeled the entire piece out of white bead board Styrofoam and green floral ring foam. I later immersed it into loose sand, and vibrated it until the sand was very tight," he explains.

"We then poured bronze and iron separately into each part." After more heating and rinsing, Sterner used copper tubes he found and then glued orange-dyed horse hair into the tubes. "These hair pieces really impact the movement of the piece," he says.



"I find this piece really dynamic and exciting. It's a 'talker' piece." Using American Indians as inspiration for his work comes second nature to Sterner. He says he focuses mainly on his Sicangu Lakota heritage and combines that with his love of movement and action. "Most of my abstracted work is related to this piece (Sazi-To-Inya) in shape, form, energy and content. I really try to find the basic lines or shapes to define an image and capture the movement and energy that forces the viewer to look again."

Brochures directing visitors through the walk are available in the front lobby or in racks located on most sculptures. Sculptures, owned by the artists, are on loan to the exhibit for one year. Through Sept. 30, employees are encouraged to join the public in voting for their favorite sculpture, and Avera McKennan will purchase the favorite add it to our permanent art collection. All featured sculptures, both downtown and at Avera McKennan, are for sale. For more information please contact SculptureWalk at (605) 339-8359.

Welcome Project SEARCH interns

Avera McKennan recently welcomed a group of interns as part of Project SEARCH.



Project SEARCH is a unique business-led transition program for students with disabilities. It provides students who want to work a chance to explore careers and develop transferable job skills. The ultimate goal is to help interns become independent adults working in a competitive environment.

Designed as an internship program, Project SEARCH places students in real-world situations where they learn all aspects of gaining and maintaining a job. Large organizations such as banks, hospitals, or universities typically host the program, and students learn new work skills on site.

Avera McKennan is serving as host site in Sioux Falls with internship opportunities including patient services assistant, tray line worker, food services worker, housekeeper, materials handler, sterile processing technician, linen technician, laundry worker and admissions representative.

Job placements are based on a student's experiences, strengths and skills. A series of job rotations lasting up to 10 weeks allow students to seek positions that best suit their interests and skills. They receive support with accommodations, adaptations, and on-the-job coaching.

Lori Popkes, assistant vice president for Women's and Children's Services, said involvement in Project SEARCH is just one more way for Avera McKennan to live out its mission of making a positive impact in the lives of persons and communities. She quoted Martin Luther King who said, "Life's most persistent and urgent question is: What are you doing for others?"

"Project SEARCH provides a supportive, safe environment to help the interns develop skills and experiences that will prepare them to successfully enter the workforce," Popkes said. "It's also a great opportunity to showcase our organization and the care that is provided here, and potentially recruit great people." Pediatrics is hosting two Project SEARCH interns.

Bret Corcoran, facility services supervisor, agreed. "It's a wonderful chance for these students to get work experience where they normally wouldn't have that option. Giving them this opportunity to learn, grow and be productive on their own is going to bolster their confidence in ways we may not ever know," Corcoran said.

As parent of a Project SEARCH intern, Debbie Spinar says she appreciates the program because it sees beyond her son's disability. "He went through an interview process – just as if he were applying for a job. He's just seen as one of the employees who is doing his job to the best of his ability. His goal is to have his own apartment and live on his own, just like every other 21-year-old, and I believe that Project SEARCH can help him achieve this."

Keri Statema, Project SEARCH teacher, said the start of the program at Avera McKennan has been a huge success. "The people at Avera have been so welcoming to us and the students are excited to begin their work." The first students began work this week in Housekeeping, with other students starting throughout the rest of August and September.

Students who have completed all academic requirements for graduation from high school may apply for enrollment in Project SEARCH. Participants may be 18 to 21 years old. East Dakota Educational Cooperative provides Project SEARCH through a partnership with Avera McKennan and Division of Rehabilitation Services and Service to the Blind and Visually

Impaired. For questions about the program, please call (605) 367-7680 ext. 102.



Pictured are (left to right) front row, Gabby Volk (Pediatrics) and Cory Anderson (Pediatrics); second row, Danielle Schumacher (cafeteria), Allie

Andrashie (housekeeping) and Raquel Navarrate (linens); third row, Sadie Benz (linens), Alan Spinar (Patient Financial Services) and C.J. Mueller (maintenance).

INFO PROGRAMS & EVENTS

Riding and Racing for Breast Cancer Awareness

A Ride Pink for Cancer Awareness Poker Run to benefit breast health services at the Avera Cancer Institute will be 11 a.m.-1 p.m. Saturday, Aug. 21. Register at J&L Harley Davidson. Cost is \$20 per person. The Poker Run ends at 4 p.m. at McNally's Irish Pub (69th and Western). Enjoy live music, specials and prizes awarded to the top hand courtesy of sponsors J&L Harley Davidson and McNally's Irish Pub. Huset's Speedway Ladies Night will be Sunday, Aug. 22, at Huset's Speedway in Brandon. Tickets can be purchased at Stewart School or the Avera McKennan Foundation. Please call (605) 336-2775 with additional questions.

Save the Date: Paint the Night Pink

Giving – it will never go out of style! Enjoy an amazing evening of art and fashion while raising money to benefit patients and families at Avera Cancer Institute. Tickets for Paint the Night Pink, set for Friday, Oct. 22, are \$25 per person and can be purchased online at www.AveraThinkPink.org or by calling 605-271-9877.

Stampede host families needed

Are you interested in becoming a host family for a Sioux Falls Stampede hockey player? Host families are needed for the upcoming season. To learn more about this rewarding experience, call Kevin Hartzell at 612-382-6415 or email at hartzell@sfstampede.com

RN to BSN program

Interested in learning about USD's RN to BSN Program? Information sessions will be held 2-3:30 p.m. Sept. 22 in the OI Board Room or 2-3:30 p.m. Sept. 30, OI Auditorium. USD will be enrolling students for Summer/Fall 2011. The program is offered entirely online and portfolio credit is available for clinical experience. Discuss credit transfer, general requirements of the program, as well as scholarship and financial aid information.

Golf Benefit

A golf benefit for Compassion in Action will be Tuesday, Sept. 14 at Spring Creek Golf Course. Compassion in Action was created to raise funds to support patients and families battling blood disorder cancers and/or awaiting a bone marrow transplant with financial assistance for additional expenses associated with their illness. For more information on how you can sponsor or register to play, please visit www.CompassionInActionSd.org or call Rodney Lamfers at (605) 366-4996 by Aug. 27.

Quilt raffle benefits Health Care Clinic

Purchase your chance to win a hand-crafted quilt in a raffle to benefit the Avera Health Care Clinic. Tickets are \$1 per chance or \$5 for six chances and are on sale at the Gift Store or by calling the Avera McKennan Foundation at (605) 322-8900. The drawing will be held during the Great Tables Luncheon on October 16. Need not be present to win. To view this custom creation, stop by the main lobby of Avera McKennan.



Hu Hot Night

Come eat at Hu Hot on Western Avenue Wednesday, August 25 between 5:30-8:30 p.m. to benefit the Avera teams in raising money for the American Heart Association.

Prayers and Squares

Avera McKennan has become a member of the international organization "Prayers and Squares," a ministry in which quilts will be made and given to patients at the Avera Cancer Institute when it opens this fall. Each quilt is a tied quilt, and the strings that are placed in the quilt are left untied. When a staff member, visitor or family member offers a prayer for that patient, they tie a knot in the quilt, so each knot represents a prayer for that person. Three groups of volunteers are currently making quilts, but more volunteers with sewing skills are needed. A room has been designated for material and sewing equipment in the Volunteer Services office at Avera McKennan. Donations of cotton material are also needed and the Avera McKennan Foundation has set up a fund for monetary donations to this ministry. If anyone would like to form a work group to make quilts they can contact Volunteer Services or Lyle Kroon at lyle.kroon@avera.org.



Join the Heart Walk

Avera is a top sponsor of this year's American Heart Association Start! Heart Walk, scheduled for Saturday, August 28 at Falls Park. Patty Larson and John Srstka are coordinating Avera McKennan teams and T-shirts. If you are interested in forming or joining a team email them at patty.larson@avera.org or john.srstka@avera.org by Aug. 20. Each team member is asked to submit a \$25 donation to the American Heart Association, which includes a T-shirt. Teams will be automatically registered in the American Heart Association Heart Walk website and members will receive an email with information on how to use the Heart Walk website to raise additional funds. For more information, contact Jen McKeown at (605) 310-8606 or jen.mckeown@heart.org.

EAP Workplace Wisdom

Internet Safety for Teens

Are you a parent? If you are, have you already had the internet safety talk with your child? If you have yet to do so, this is a discussion that you will want to have. Since many teenagers like using social networking websites, online message boards, internet chat rooms, and instant messaging programs, internet safety is a subject that must be discussed. Just a few of the many reasons why you should have the internet safety talk with your child are outlined below.

- 1. They may not know:** They may be unaware of the dangers that lurk on many popular websites, including online chat rooms and social networking websites.
- 2. It is your job, as the parent:** Perhaps, the greatest reason why you should talk to your child about internet use and internet safety is because it is your job to do so.
- 3. It will help to keep them safe:** As much as we would all like to believe that the world is filled with nice, happy people, it isn't. Unfortunately, many of those people, who may be child predators, are finding it easy to target children online. Why? Because the internet enables anyone to create their own identity.
- 4. You can teach them what to do:** Let them know that they cannot discuss personal information or share pictures or videos with strangers. You should also let your child know what to do if they are targeted or harassed by someone online. This should involve coming to you immediately or saving all information, as opposed to erasing it from the computer, until you or the police can examine it.
- 5. They can feel more comfortable talking to you:** If your child is in high school or middle school, they may automatically get defensive when you try to talk to them about internet safety. This is because most kids believe that they already know all that is needed to know and others just assume that you are being an overbearing parent. Despite this, discussing internet safety with your child in a calm and cool manner is likely to make your teenager feel comfortable about the issue. This increases the chances of them approaching you when they run into trouble online. From The Child Development Institute www.childdevelopmentinfo.com Avera EAP is your source for organizational and individual support. www.averaeap.org 322-4069 or 1-800-527-9394

INFO CLASSIFIEDS

The Info Classifieds are open to Avera employees. Because space is limited, we're not always able to run all the classified ads we receive. If you don't see your ad this week, look for it in the next issue. THANKS for your understanding! The cutoff for submissions is Tuesday at noon. Submit items using the following: **1.** Form located in Infonet under "Info Submissions,."; **2.** Outlook to "McK Info News".
Please refrain from using all capital letters.

THANKS AVERA MCKENNAN:

My family and I would like to thank Avera McKennan for the peace lily that was sent in memory of my Grandma. - *Loren Wheeler (Maintenance)*

I would like to thank Avera McKennan for the peace lily they had sent in memory of my brother. - *Candis Newman (Housekeeping)*

Sympathies to:

Kim Domier (Supervisor, Housekeeping) on the death of his father-in-law.
Maria Engels (HIM Transcription) on the death of her father.
Kathy DenOtter (Avera Health Care Clinic) for the loss of her brother-in-law, Paul Nelson.
Caleb Smith (F&NS) on the loss of his grandmother.
Loren & Crystal Wheeler on the death of Loren's grandmother.

Classifieds:

FOR SALE: ATTENTION QUILTERS-Inspira Quilting Frame for the Pfaff GrandQuilter. Can be set up in two sizes - full 10 foot size or half size for smaller rooms and quilts. Easily set up by 1 person. Paid \$2595; asking \$1500 OBO. Amber 322-6925 or 360-7588

FOR SALE: Yamaha Student Alto Sax, perfect condition. \$500 366-6781

FOR SALE: Timeshare by Fort Lauderdale Florida. Owned every odd year. 507-920-0573 evenings only please after 7pm.

FOR SALE: Immaculate 2+ bedroom, 2 bath ranch home near McKennan Park, Avera Hospital & St. Mary's Church/School. New shingles in May 2010, carefree exterior, new hardwood oak floors in kitchen & den/office, remodeled lower level bathroom, updated paint colors, both levels completely finished. 1722 Sq. Ft. Only 2 previous owners, great quiet neighborhood, well take care of, move-in ready. 725 East 28th St. \$129,900. 605-940-4898

MOVING SALE: Must sell: Light oak BR set - \$100 for entire set. "L" shape computer desk, light oak, excellent condition - \$250. Roll-top computer desk, light oak, good condition \$225. Mission style coffee table and end table, medium oak \$100 for both pieces. Twin bed with oak headboard w/ shelf - \$150 for set. 605-201-1948

FOR SALE: 1996 Nissan Pathfinder LE SUV. Loaded: 4 WD, leather interior, a/c, stereo, towing pkg. 185K miles. Color: Burgundy w/light grey interior. Runs excellent. \$4,200 obo Brock: 605-360-0818 or email brock.willoughby@knology.com

FOR SALE: Helmets (White) X-small & X-large only worn once. \$50 each (firm) 322-8745 or after 5pm 338-2821

FOR SALE: Jacuzzi 5 person hot tub \$900; Century Lg punching/speed bag/stand \$175; Weidemer exercise system \$125. (like a bowflex) Oak Ent. Ctr \$75 Custom Ent Ctr \$350; Bach Intermed. Trumpet \$450; Antique Chiminea \$70 595-7735

FOR SALE: Two Sheltie puppies, have first set of shots and wormed. One sable merle and one dark brown merle. 7-1/2 weeks old. Adorable and very loving. 605-595-5143

FREE for the picking: Wine making grapes and/or pears. Carol 201-0096

FOR SALE: Just in time for back to school T1 85 graphing calculator \$25 359-8488

FOR SALE: 2000 Artic Cat Pantera Snowmobile low usage 580cc \$2,500 OBO; Frabil Ice house insulated model 7070 R2 Tec 300 with ice fishing equipment \$600 OBO; 2 man weight station \$150 OBO Sheila 582-8289

FOR SALE: Wii Fit, includes game and board. In box, rarely used. Dresser, white with silver handles, 4 drawers. From Menards, meant to part of a closet organizer system. Entertainment center, light oak, glass doors with 3 shelves. Can email pictures. 605-421-0962

FREE: Hybrid iris all kinds of color. You dig, available after Sept 3 757-6814 Leave message

FOR SALE: 1980 Ford Pinto wagon 52,000 miles, 4-speed, aluminum rims w/new tires, brakes, shocks. Runs and drives great. White w/red interior. \$2,000 335-7418

FOR SALE: 1984 Honda V65 Magna 1100 CC. 31,900 miles. Black. super clean and in great condition 335-7418

FOR SALE: HP C6280 Photosmart all-in-One Printer. Prints, copies & scans in black & white or color. 2 years old, works great, upgrading to one with a fax. \$100 360-8033 (eves), Suzanne

FOR SALE: Boys Under Armour football shoes size 5 1/2. Excellent condition, worn one season, \$15. 421-0497

FOR SALE: COOL MOPED, 1982 Yamahopper. Blue w/ nice padded seat. No helmet required. Needs tune-up. Asking \$500 201-1633

FOR SALE: Russian Blue / Chartreuse CAT. Male, Fixed, has claws. Big, plush & feisty. Moving soon, can't keep him. \$50. 201-1633

FOR SALE: Silver metal futon/bunkbed like new - asking \$200. 605-310-5796 Leave message

FOR SALE: 2004 Honda VTX 1300 C Motorcycle Burgundy, Switchblade Windshield, Custom Pipes, 5097 Miles, Excellent Condition, \$5250 201-3788 leave message

FOR SALE: 2002 Harley Davidson Road King: 20K miles. Beautiful bike, well-maintained, always stored in heated garage. Red Garnet and Black in color. Lots of extras include: 95 cu inch motor (re-mapped and re-chipped), cruise control, Vance and Hines "Long Tom's" great sounding), quick detach windshield, windshield tool bag, passenger back rest, driver and passenger foot boards, highway bars, road king leather saddle bags, new oil change less than 200 miles ago, newer tires -front and back, and air ride suspension. Reduced to \$11,000 Rick 338-4761 or 351-0153 after 5

FOR SALE: Collection of Precious Moment figurines. Make offer. Mike 371-3671/323-9443

WANTED: Used verizon phone. Call Pam, 371-9628.

FOR SALE: 2003 Harley Davidson softail deuce, 167000 mils, 5 spoke HD aluminum wheel, almost new rear tire, samson pipes, fuel injected, LED lights, \$12,000/obo Call Jeremy @ 507-360-1461

FOR SALE: Black 2000 Chevy Monte Carlo SS Fully loaded ~ 102,000 miles new tires \$6500 Jessica 712-470-2355 Great for a school car!

WANTED: Little tikes picnic table and little tikes slide in good condition. 605-881-4516 or 605-697-9530

FOR SALE: Silver, open holed Gemeinhardt flute. Can add plugs to the holes for a beginner, and remove plugs as they become more advanced. Pics can be sent 321-5887

FOR SALE: TV stand, black metal and glass, 4 shelves, 28"x22"x29", excellent condition, \$75. 321-9447 Pat

FOR SALE: Barely used nursing textbooks, will sell for cheap! -Kelsey #759-6745

WANTED: Dehumidifier for slightly damp basement. Call Jason at 376-3239.

FOR SALE: 2005 Honda Civic LX Special Edition, automatic, spoiler, tinted windows, 6 disc change cd player, black with black interior, new tires, windshield and battery. \$8950/OBO 310-6968 pics available

FOR SALE: Schwinn adjustable weight bench bought from Scheels: weights include 45, 35, 25, 10, 5, 2.5 lbs \$140 can email pics 605-582-7856 or 201-9846

FOR SALE: Hundreds of DVDs! Make an offer to buy in bulk and get a great deal!!! Most DVDs \$3-\$5. Many un-opened. Great gift! Please email @ fiery121@yahoo.com or call Frank @ 376-8848 for a list

WANTED: Used Loft bed, prefer IKEA but will consider any. 366-9460 Angie

FOR SALE: Flower girl dresses (one white, one ivory) size 6, and boy's complete black tux w/shoes size 7 all only used once. Dresses \$40 ea, tux \$60. 322-4059, or 333-0821

FOR SALE: 2 Natuzzi dark brown leather chairs, good condition, not rocking or reclining, \$200 for the pair, will email pictures. 310-0038

FOR SALE: 1996 Chevy 1500 W/T Truck. New fuel pump/sending unit. 141,000 miles. 2 wheel drive. Runs great. \$1,900 OBO 605-351-3267

FOR SALE: Snow board/bindings Lamar Slayer 155 with Lamar MX30 bindings, case included. \$200/offer Mike-371-3671/323-9443

FOR SALE: Hunter green wrought iron glider with leaf design. \$125. 4 matching rocker chairs with arms. \$125. Call 26513 or 371-3701

FOR SALE: Hawk DOT Approved Solid Flat Black Motorcycle Helmet (Large) NEVER USED. Received as a gift. Retail for \$89.99. Selling for \$50 OBO. Includes drawstring nylon carrying bag. 605 323-9247

FOR SALE: 1976 25' GMC Midas Motorhome GM 400 engine, runs great. 370-3337

FOR SALE: Camp site available for Labor Day weekend (9/1-9/6) at North Point Rec area/Pickstown. Can transfer all or partial reservation...email alm1982@hotmail.com

FOR SALE: Chicco Key Fit 30 travel system. Includes stroller, infant carseat and 3 bases. Red. In good shape. Rated #1 infant car seat in America. 5 point harness, infant padding for newborns, can be used up to 30 lbs. 254-4830

FOR SALE: 1994 17' Starcraft Fishing boat with trailer. 90 HP mercury motor many extras \$7000 605-332-7592

FOR SALE: 2003 Honda Rincon 650 4 Wheeler, 4WD, 1500 miles, always kept inside, excellent condition. \$3800 Call 310-6776.

FOR SALE: Frigidaire 4.4 Cu.Ft. black/silver dorm refrigerator. Adjustable door bins. Key lock. Used only one semester. \$100 212-9942

FOR SALE: 1983 Yellowstone 29' 5th wheel camper, Sleeps 4. Self contained. New awning. Microwave, frig. \$2,000 firm 712-753-4816

FOR SALE: Hands-free Freestyle Medela pump 2010. Excellent condition. Quiet and rechargeable. Retail \$379 asking \$250. Amy 310-8118

FOR SALE: Home raised AKC Registered German Shorthair puppies ready to go to a loving family. Call 605-762-3394 or email schlomer99@hotmail.com.

FOR SALE: 1993 JEEP Wrangler, 6 cylinder, 5 speed, removable hardtop and doors, Lifted 7 inches, 35 inch mud tires, runs and drives great, \$4500 obo, 612-270-2560

FOR SALE: 1998 Yamaha YZ400F dirtbike, 4 stroke 5 speed, liquid cooled, runs and rides great, fast and torquey, \$1500, 612-270-2560

FOR SALE: dutch blue delf accessories Norma 321-9136

FOR SALE: 2004 Grand prix GT. Black, 4 door, 4 new Michelin tires put on 1 month ago. 3.8L v6, 89,500 miles. Sharp, clean looking car \$6,900 OBO Angie @ 360-8335

RUMMAGES

Multi Family Garage Sale: Saturday, August 21, open 7:30am @ the corner of 54th and Arden Avenue SF. Bedroom and living room furniture and rugs, hand tools, name brand teen girl's clothes, girl's size 10-12 coats and Halloween costumes, women's clothes sizes 4 to 12, Filter Queen vacuum, air hockey game, various household, kid and adult items

August Sale

For the month of August, Super Adrenal Stress Formula™ will be on sale at 20% off the regular price at Avera Doctors Plaza 2 Pharmacy. Stop in to find out more and we can answer your questions.

**Sale price can not be used in conjunction with employee discount for this item.