

# COMMUNITY CALENDAR

The **COMMUNITY CALENDAR** 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 email to news@yankton.net.

## 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**, noon, open meeting, Minerva's Bar and Grill, 605-660-8849.  
**Weight Watchers**, 12:30 p.m., BC Conference Room.  
**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  
**Divorce Care**, 7 p.m., Calvary Baptist Church  
**Divorce Care For Kids**, 7 p.m., Calvary Baptist Church  
**Daily Reprieve**, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

## FIRST MONDAY

**Yankton Lions Club**, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 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 Republican Party Executive Meeting**, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605  
**Yankton School Board Meeting**, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998  
**Yankton Area Writers Club**, 7 p.m., Books & Beans, downtown Yankton, 605-664-6582  
**Tri-State Old Iron Association Meeting**, 7 p.m., JoDeans Restaurant, 605-665-9785.  
**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  
**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, JoDeans, 605-665-4694.  
**Yankton American Legion Auxiliary**, 7:30 p.m., VFW Building, 209 Cedar Street

## FOURTH MONDAY

**NARFE Chapter 1053**, 10 a.m. at The Center, located at 900 Whiting Drive.

## TUESDAY

**Table Tennis**, 8:30 a.m., The Center, 605-665-4685  
**Yankton Community Forum**, 8:30 a.m. coffee, 9 a.m. meeting at Hillcrest, 605-664-5832  
**Ladies Pool**, 10 a.m., The Center, 605-665-4685  
**Weight Watchers**, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.  
**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  
**NAMI (National Alliance on Mental Illness) Connections Support Group**, 1:30-3:00 p.m. Enter main entrance on 3rd, of the former Sir Charles Hotel. Once inside take a right and enter the room which has the conference table in it. For further information or questions call 661-4434.  
**Bingo**, 7-9 p.m., The Center, 605-665-4685  
**Open Billiards**, 7-9 p.m., The Center, 605-665-4685  
**Yankton Alcoholics Anonymous STEP Sessions**, 7 p.m. and 8:30 p.m., 1019 W. 9th St.  
**Vermillion 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

**Alzheimer's Care Givers Support Group**, 5 p.m., The Center.  
**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 Alcoholics Anonymous**, 7:30 p.m., non-smoking session, 1019 W. 9th St.  
**Springfield Footprints**, 7:30 p.m., non-smoking open session, Catholic church, Springfield

## BIRTHDAYS

### LOUISE SEJNOHA

Louise Sejnoha will be celebrating her 99th birthday Dec. 9. An open house will be held in her honor from 1:30-3:30 p.m. Sunday, Dec. 11 in the Busy Nook at the Good Samaritan Center, Wagner. The family requests no gifts. Greetings may be sent to Louise Sejnoha, 515 West Highway 46, Wagner SD 57380.



Sejnoha

### ROBERT HAUGER

Robert Hauger will be celebrating his 85th birthday Dec. 17, 2011. A card shower is requested in his honor. Greetings may be sent to 29543 44th Avenue, Irene, SD 57037.



Hauger

### CLEOPHA UHING

Cleopha Uhing will turn 75 on Dec. 8. Her family is requesting a card shower in her honor. Greetings may be sent to Cleopha at 1010 April Lane, Yankton, SD 57078.



Uhing

## MENUS

Menus listed below are for the week of Dec. 5-9. Menus are subject to change without notice. All meals are served with milk.

### Yankton Elementary Schools

Monday — Cheese Pizza  
Tuesday — Shrimp Rounders  
Wednesday — Chicken Noodle Soup  
Thursday — Tavern  
Friday — Mini Corndogs

### Yankton Middle School

Monday — Hamburger  
Tuesday — Chicken Noodle Soup  
Wednesday — Power Slice Pizza  
Thursday — Burrito  
Friday — Chicken Littles

### Yankton High School "A" Line

Monday — Hot Ham and Cheese  
Tuesday — Chicken Littles  
Wednesday — BBQ Chicken Breast  
Thursday — Bacon Cheese Burger  
Friday — Turkey Hoagie

### Yankton High School Combo Line

Monday — Chicken O's  
Tuesday — Shrimp Poppers  
Wednesday — Chicken Noodle Soup  
Thursday — Spaghetti  
Friday — Turkey Tenders

### Yankton High School Salad Bar

Monday — Chef Toppings  
Tuesday — Casserole  
Wednesday — Yogurt Bar  
Thursday — Soup  
Friday — Sandwich

### Sacred Heart Schools

Monday — French Toast Sticks  
Tuesday — Chicken Nuggets  
Wednesday — Tavern  
Thursday — Sub Sandwich  
Friday — Cheese Pizza

### Missouri Valley Christian

Monday — French Toast Sticks  
Tuesday — Chicken Nuggets  
Wednesday — Tavern  
Thursday — Sub Sandwich  
Friday — Cheese Pizza

# Tobacco

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"I know some people around me have been pressured into doing it by seeing their friends or by the movies they watch," she said. "Once they see someone they look up to use it, they think they should, too."

"No Limits" goes beyond teaching the health hazards of tobacco use, Petersen said. The effort educates young people about the products and advertising targeted directly at themselves.

"I think we've made a difference by showing youth like me the lies and how (tobacco companies) manipulate youth to get them to use (those products)," she said.

Crofton's chapter is in its sixth year, Wynot is in its second year, and Hartington Public has started a new chapter that has drawn interest from Cedar Catholic students.

Students from the three chapters joined about 100 teen activists from across Nebraska at last month's statewide "No Limits" summit at Covenant Cedar in Hordville, Neb. The summit emphasized the dangers of secondhand smoke, particularly in outdoor areas, according to Amanda Mortensen, "No Limits" project coordinator. Outdoor smoke levels may be as high as indoor levels, she said.

"Everyone deserves smoke-free environments indoors and outdoors," Mortensen said. "Youth have the power to change tobacco's influence in Nebraska, and the No Limits Fall Summit gives teens the tools to make that change."

Petersen attended the recent summit and gained important peer support.

"My experience was really amazing," the Wynot student said. "I not only got to learn more about Big Tobacco products and companies, I also got to meet some really cool people who shared the same interests as me."

Petersen learned a great deal about the marketing campaign geared to her age group and younger.

"Going to the summit really made me realize how Big Tobacco

companies ... target youth, like me, just because we are more naive about it and would try anything that they make look cool," she said.

Tobacco use is a matter of life and death, Petersen said. That point was driven home by "Project 1,200," a memorial symbolizing the 1,200 people in the United States who die each day from tobacco-related illness.

No Limits participants often tell stories of family and friends who are suffering or have died from tobacco use.

The Wynot chapter displays 1,200 candles at its school to show the death toll caused by tobacco, Petersen said.

The Wynot students also held an assembly for the entire school, Freeman said. Crofton used a display of 1,200 tennis shoes, while Hartington will probably set out the 1,200 candles, she said.

"The students can imagine that (1,200) number and how many people die each day because of tobacco across the nation," she said.

During last month's summit, activities included a scavenger hunt and a "graveyard" of celebrities who died from tobacco use.

The focus on celebrity use is important because the movies, television and other media promote tobacco use, Petersen said.

"I think the main ways are by (things) like movies," she said. "By making it look like their idols think it's cool to do so, then (young people) will do it, too."

The promotion of tobacco can be very subtle in films, Freeman said. "You will see it in a lot of PG-rated movies and even some G-rated ones," she said.

Cecely Schieffer, a former Crofton chapter member, worked with the recent summit as a college intern. She helped the students develop creative ideas for spreading their anti-tobacco message.

Schieffer, along with fellow Crofton graduate Stacey Mueller, attended national No Limits events while in high school, Freeman said. Mueller attended an anti-tobacco demonstration in New York City.

In conjunction with the No Limits summit, the teens gathered at Central City's South Park to rally against Big Tobacco and celebrate the passage of Central City's tobacco-free parks policy. Enacted by the Central City Council in October, the policy prohibits smoking

in areas where secondhand smoke could be inhaled and the use of smokeless tobacco within parks or recreational facilities.

The local delegation at the summit and rally included Aspen Olsen, Addison Peitz, Randi Wilde, Chanda Lammers, Michaela Derickson and Whitney Dowling, students at Hartington Public School and members of Cats Against Tobacco; Kaylea Chase, Hannah Eskins, and Olivia Monaghan, students at Crofton High School and members of Warriors Against Tobacco; and Milah Petersen and Heather Burcham, students at Wynot Public School and members of Wynot Fight.

Freeman believes the rally will exert a lasting impact.

"It's fun to see the students have a good time and come back from the rally and provide a model for these kids (in) their own schools when they come back," she said.

One of the next major statewide events is the Kick Butts Day, when youth from across Nebraska gather at the State Capitol in Lincoln.

The No Limits efforts are working, according to statistics, Mortensen said. In 2009, 18.4 percent of Nebraska high school students smoked — down from 39.2 percent in 1997.

However, one of every five high school girls in America is a smoker, she said. And each day, about 1,000 people under 18 years of age become regular smokers.

No Limits provides positive peer pressure when it comes to tobacco use, Freeman said.

"Peer pressure depends on the crowd you hang out with," she said. "Kids that are involved in activities aren't as likely to use those products because of the ramifications. They want to continue to participate in those school activities. Kids who aren't involved in activities have higher rates of tobacco use."

The stakes are too high not to make the extra effort at fighting tobacco use, Freeman said.

"I hope they can bring awareness to the other kids," she said of her chapter members. "It is probably something that will affect them the rest of their lives."

For more information, visit www.NoLimitsNebraska.com or contact 866-FYI-TEEN (866-394-8336) or info@nolimitsnebraska.com.

# Budget

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the best possible raise for state employees," Kidwiler said.

South Dakota's economy has fared better than the nation's throughout the economic downturn. The state's unemployment rate in October was 4.5 percent, just half the national rate, and personal income growth in the state has outpaced that of many states.

But South Dakota's improving state financial situation appears to be following a national trend. The National Conference of State Legislatures reported in the past week that revenue in many states is growing and few states have budget gaps so far in the current financial year.

A recent report by legislative budget analysts said receipts from the sales tax, the state's largest general fund revenue source, are running slightly higher than had been expected. Sales tax collections for July through October were 4.3 percent higher than the same period a

year ago, or 1.8 percent higher than officials had projected when they passed this year's budget.

And sales reported by businesses in October were 6.2 percent higher than a year ago, meaning people are spending more and the state will get more tax revenue. Dilges said the state ended the last budget year June 30 in better shape

than expected, and revenues so far this year also have exceeded expectations.

The governor will be cautious in recommending spending increases because of uncertainty about the national economy, possible cuts in federal aid to states and the possible state costs of health care reform, Dilges said.

## Custom Framing

Still time to get those precious photos and art professionally framed for Christmas!

209 West 3rd  
Downtown  
668-0622

Yankton  
Mall  
664-0622

*Monta's*  
Framing & Trends  
"always lovely"

## Schwesers Holiday Liquidation

2-Days — Tuesday & Wednesday

### COATS

# 70% OFF

buy this coat for \$14.99

### Alfred Dunner

# 50% OFF

SALE 50% OFF entire stock

**SENIOR DAYS - 15% OFF**  
Tuesday & Wednesday Seniors take an extra 15% OFF

**\$1.99 ornaments jewelry scarves**

**\$9.99 fleece & sweaters**

Tuesday & Wednesday

# Schwesers

Fashion For Less!  
www.schwesersstores.com

Yankton Mall

**THE CENTER**  
RECREATION • SOCIALIZATION • NUTRITION  
900 Whiting Drive, Yankton

Now taking applications for

**Community Supplemental Food Program**

for low income women with children under the age of 6 and the elderly who meet eligibility requirements and for the

**Scoop-It Program**

for snow removal by the Yankton Trustee Unit.  
*(available to elderly/disabled persons)*

**Monthly maximum income eligibility requirements:**

One person.....\$1,679  
Family of 2.....\$2,268  
Family of 3.....\$2,857  
Family of 4.....\$3,446

**Monthly Income For Elderly:**

One Person.....\$1,180  
2 People.....\$1,594

**For more information call Jackie or stop by the The Center, 900 Whiting Dr., Yankton, 665-4685**

**P&D CLASSIFIEDS WORK FOR YOU!**  
**(605) 665-7811**

## planet Heart

### CARDIOVASCULAR SCREENING PROGRAM

FROM AVERA SACRED HEART HOSPITAL

**HEART CHECK \$50**

- Calcium Score CT – crucial to early detection of heart disease
- Blood pressure
- BMI (body mass index)
- Cholesterol and blood sugar check
- Education and risk assessment with an expert cardiovascular team
- Diet Quality Index
- Brief tobacco cessation and nutrition counseling – as needed

**VASCULAR CHECK \$50**

Offering three tests designed to detect the conditions of vascular disease. If detected early, treating vascular disease lowers your risk of stroke, heart disease and other complications.

- Carotid artery screening
- Abdominal aortic aneurysm screening
- Peripheral artery disease screening

**OR BOTH CHECKS FOR \$75**

**Avera**  
Sacred Heart Hospital

Look no further.