

C O M M U N I T Y

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, 319 Walnut, 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
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange, noon, Minerva's Bar and Grill, 605-660-8849.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Whist, 12:45 p.m., The Center, 605-665-4685
Hand & Foot Cards, 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 Republican Party Executive Meeting, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605
Yankton Lions Club, 11:30 a.m. lunch, noon 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

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
Pinochle, 12:45 p.m., The Center, 605-665-4685
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
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

WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St.
Whist, 12:45 p.m., The Center, 605-665-4685
SHIINE, 1-4 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

FIRST WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685

BIRTHS

CHESNEY KRONAIZL

Justin and Christine Kronaizl of Irene, announce the birth of their daughter, Chesney Brooke Kronaizl, born Nov. 11, 2012, at 3:34 p.m. Chesney weighed 5 pounds, 14 ounces.

Grandparents are Kevin and Charlene Healy, Irene, and Mark and Charlene Kronaizl, Tabor.

Great-Grandparents are Lucille Healy, Yankton, and Arlene Kronaizl, Tyndall.

LONDON JOHNSON

Jamin and Kari (Hofer) Johnson of Webster announce the birth of Landon Harold Johnson, who arrived Nov. 1, 2012, at Prairie Lakes Hospital, Watertown. He weighed 8 pounds, 1 ounce and was 20 1/2 inches long.

Landon's grandparents are Kim and John Slemp, Yankton; Keith Hofer, Yankton; Jim and Dianne Johnson, Devils Lake, N.D.; Jody Kunkel, Watertown; and Rich Kunkel, Watertown.

Great-grandparents are Dave and Gladys Hofer, Huron; Harold and Rita Mautz, Garrison, N.D.; and Wayne Johnson, Mesa, Ariz.

LUKE LYNSTAD

Wes and Steph Lyngstad of Brandon announce the birth of their son, Luke Robert, born on Nov. 18, 2012, at Avera McKennan Hospital, Sioux Falls. Luke weighed 7 pounds, 1 ounce and was 20 inches long.

Grandparents are Steve and Vicki Knutson of Philip, Carla and Michael DeLeon of Rapid City, and Bob and Marilyn Lyngstad of Volin.

Great-grandparents are Esther Knutson of Philip, Eileen Fitzgerald of Philip, Colleen Slagle of Yankton and Dorothy Heine of Hartington, Neb.

ANNABELLE HUNHOFF

Robert and Stephanie (Stech) Hunhoff announce the birth of their daughter, Annabelle Mercedes, born on Nov. 23, 2012 at Avera Sacred Heart Hospital, Yankton. Annabelle weighed 8 pounds, 10 ounces.

Grandparents are Marvin and Mary Beth Stech of Osmond, Neb., and Tom and Lois Hunhoff of Yankton.

Great-grandparents are Theresa Rice and Ed and Bernie Stach all of Osmond, Neb.

Oz And Roizen

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.

King Features Syndicate, Inc.

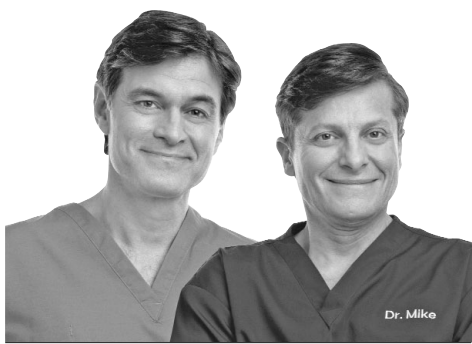
What do your favorite wool sweater, your retirement savings account and your brain have in common? They're all better off if they don't shrink! But the brains of millions of Americans and Canadians with slightly elevated blood sugar levels are at risk for just that!

One study making headlines found that even a little extra blood glucose shrivels gray matter. Seems the hippocampus (memories) and amygdala (thinking) areas of the brain grew smaller in women and men whose blood sugar was in the prediabetes range, about 110 mg/dL on a fasting blood sugar test. (And if you progress from prediabetes to diabetes, as most people eventually do, you'll accelerate shrinkage even more!)

But there's a lot you can do to reverse prediabetes and keep your brain cells healthy and your neurons firing.

1. Break out your walking shoes. Exercise stimulates the growth of new neurons and new neuron connections by boosting levels of a protein called BDNF. Even a few 30-minute walks a week protect against cognitive decline, and they're more effective than brain games or spending time with your BFFs. We recommend that you aim for 10,000 steps a day — that'll definitely give prediabetes the heave-ho.

2. Break out your sweats and heart-rate monitor. More-vigorous physical activity (especially using leg and core muscles) increases neural connections and the size of your brain's memory-processing hippocampus. Get your heart rate up to 85 percent of your age-adjusted maximum for 20 minutes, three times a week for top benefits. (A woman's max age-adjusted heart rate is 226 minus her age; and man's is 220 minus his



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

age.)

3. De-stress daily. Chronic worry and anxiety switch on a gene that blocks the creation of new nerve connections. Meditation and exercise are great de-stressers.

4. Get B's, C, D, E — and omega-3's. Loading up on these nutrients found in produce, whole grains, fortified breakfast cereal, low-fat milk and omega-3-rich fish like salmon and trout reduces your risk for brain shrinkage substantially. People who didn't get enough omega-3 had 37 percent more brain loss, in one eye-opening report. You can also take 900 milligrams of omega-3 DHA daily and half a multivitamin twice a day.

5. Skip trans fats. Trans fats reduce brain size. Check all food labels. If you see "partially hydrogenated" fats, especially in baked goods and ready-to-eat frozen and canned meals, put the package back on the shelf.

6. Lower high blood pressure. Take your blood pressure readings seriously. Anything higher than 117/76 can damage blood vessels that supply brain cells with oxygen and fuel.

7. Stop smoking; avoid secondhand smoke; get your flu shot. Puffing on tobacco

Challenge

From Page 1

has been terrific.

"The YankTON Challenge has been so well-received for how new of a program it has been," Hauer said. "We tried to make it fun for businesses to participate in the event. We had some training for team coordinators and also wanted to make the program fun, interesting and challenging. We also had some free workshops and classes offered for those that were in the program to help keep them motivated to lose weight."

Some of the classes that were offered included a free Zumba class and several Yoga programs as well.

Going forward, Hauer hopes to continue to build and expand

the program. However, she said the challenge will not be offered in 2013, but will be back in 2014.

"We want to get more businesses involved and participating in the YankTON Challenge," she said. "The goal of the program is to keep the workforce in Yankton healthy."

Hauer added that she is grateful to the Chamber of Commerce for making this event possible and said it adds value for the businesses that are members of the Yankton Chamber.

"The members of the Chamber really did a good job helping put this event together," she said. "It takes a total team effort to make this all possible, and it takes a lot of volunteers to make this happen."

As part of the awards ceremony on Saturday, business team coordinators were recognized with certificates. In addition, several individuals and businesses that lost the most weight were

recognized. Prizes included massages, gift cards, Chamber Bucks and memberships to local fitness centers.

Small business winners (1-24 employees) were:

- 3rd place: Losing a total of 52.8 pounds (4.05 percent body weight) — Bon Homme Electric
- 2nd place: Losing a total of 96 pounds (4.26 percent) — Riverfront Broadcasting
- 1st place: Losing a total of 139.8 pounds (5.31 percent) — Yankton Rexall Drug

Medium business winners (25-199 employees) were:

- 3rd place: Losing a total of 225.8 pounds (3.14 percent) — Shurco
- 2nd place: Losing a total of 196 pounds (4.69 percent) — Sacred Heart Monastery
- 1st place: Losing a total of 346 pounds (5.45 percent) — Truxedo

Large business winners (more than 200 employees) were:

- 3rd place: Losing a total of 280.7 pounds (3 percent) — First National Bank of Omaha

- 2nd place: Losing a total of 148 pounds (4.34 percent) — HyVee

- 1st place: Losing a total of 248 pounds (4.65 percent) — Vishay Dale Electronics

Individual Winners were:

- 6th place: 11.7 percent body weight lost — Jan Anderson

- 5th place: 11.9 percent body weight lost — Phyllis Meier

- 4th place: 13 percent body weight lost — Tom Tacke

- 3rd place: 13.7 percent body weight lost — Kelly Kneifl

- 2nd place: 16.8 percent body weight lost — Jessi Stark

- 1st place: 24.6 percent body weight lost — Kristi Palecek

You can follow Andrew Atwal on Twitter at twitter.com/andrewatwal

BIRTHDAYS

DOROTHY BRANDT

Dorothy Brandt will celebrate her 85th birthday on Dec. 4. Greetings may be sent to 508 Birch Street, Apt. 14, Avon, SD 57315.



Brandt

BETTY HUBER

Family and friends are invited to an open house to celebrate Betty Huber's 80th birthday on Saturday, Dec. 8, 2012, from 1:30-4:30 p.m. at The Center, 900 Whiting Drive, Yankton. If you can't attend, please send cards to 2403 Cedar Terrace, Apt. 4, Yankton, SD 57078. No gifts please.



Huber

LOUISE SEJNOHA

A card shower and open house will be held for Louise Sejnoha celebrating her 100th birthday on Dec. 9, 2012. The open house is set for 1:30-4 p.m. Sunday, Dec. 9, in the Busy Nook Wagner Good Samaritan Center in Wagner. You can send well-wishes to 515 West, Highway 46, Wagner SD 57380



Sejnoha





AM 1450

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WEEKDAYS

7:40 AM

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