

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, 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.

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456
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

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

SECOND TUESDAY

Alzheimer's Care Givers Support Group, 5 p.m., The Center, 605-665-4685
VFW Auxiliary, 7:30 p.m., 209 Cedar Street

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

SECOND WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685
Antique Auto Club, 7 p.m., The Center, 605-665-4685

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Ladies Pool, 10 a.m., The Center, 605-665-4685
Yankton Sertoma, noon, Pizza Ranch, 605-661-7159
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th street.
Avera Sacred Heart Hospital Toastmasters, noon, Benedictine Center; open session 605-665-6776
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Weight Watchers, 4 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Take Off Pounds Sensibly (TOPS #SD 45), Weigh-in 5:30-6:30 p.m., meeting 6:30-7:30. RTEC building, 1200 W. 21st St. For more information call 605-665-3738 or 667-9274.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut
Celebrate Recovery, 7 p.m., Calvary Baptist Church, Youth Room #4, 2407 Broadway, Yankton, 605-665-5594
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., December: Yesterday's Cafe, Yankton, 605-665-5956.
Catholic Daughters (Court Willard 967), 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

P&D Hosting Food Drive, Ad Offer

The *Yankton Daily Press & Dakotan* is currently hosting a food drive for the Yankton County Contact Center's Food Pantry. Donations may be dropped off at 319 Walnut St., Yankton before Dec. 31.

Those who donate may place a private-party classified ad and receive a \$3 discount. All ads must run between Dec. 1-31. For more information, call the *Press & Dakotan's* Classifieds Department at 665-7811.

BIRTHDAYS

ROY ANDERSON

Roy Anderson will celebrate his 80th birthday on Dec. 15, 2012. The family requests a card shower for Roy, greetings can be sent to: Roy Anderson, 809 East 18th Street, Yankton S.D. 57078.



Anderson

HARLAN HANSON

Harlan Hanson will be celebrating his 80th birthday on Dec. 10, 2012. Greetings may be sent to 129 Clay St. Irene, SD 57037.



Hanson

BERTHA KAISER

Bertha Kaiser of Yankton will celebrate her birthday on Dec. 15, 2012, with an open house from 2-4 p.m. at Moose Lodge, 310 Walnut, Yankton.



Kaiser

The event will be hosted by her children Donna Kaiser, Alan Kaiser, Barb (Mike) Steinberg, Kathy (Kelly) Jensen and Lynette (Don) Simonsen. She has 13 grandchildren and 19 great-grandchildren. Friends and relatives are invited to attend for coffee and cake. She requests no gifts.

JOHN HOLZWARTH

The family of John Holzwarth is hosting a card shower in honor of this 80th birthday on Dec. 12, 2012. Send your greetings to him at either of these addresses: PO Box 477 or c/o Oakview Terrace, PO Box 370. Both addresses are in Freeman, SD 57029.



Holzwarth

LAURA GOEDEN

A card shower is requested in honor of Laura Goeden's 85th birthday on Dec. 15. Greetings can be sent to: 510 W. 2nd St., Yankton, SD 57078 or call to wish her a Happy Birthday.

BIRTHS

KELLEN AND HOLDEN DIEKMANN

Kelly and Cristin Diekmann of Synmyvale, Cal., announce the birth of their twin sons, Kellen and Holden Diekmann, born Oct. 20, 2012. Kellen weighed 5 pounds, 3 ounces and was 19 inches long. Holden weighed 6 pounds, 13 ounces and was 20 inches long.

They join their brothers Jackson, age 4 and Mason, age 2. Grandparents are Jerry and Diane Diekmann of Yankton and Skip and Janet Magee of Medford, Ore.

KAMI KOLETZKY

Dusty and Sherri (Fuks) Koletzky of Yankton announce the birth of Kami Bae Makenzie Koletzky, born Oct. 23, 2012, in Yankton. She weighed 8 pounds, 9 ounces and was 20 1/2 inches long.

She joins siblings: Caid, 12; Kobe, 5; Kalli, 3; and Kinsley, 1. Grandparents' names are Tom and Diane Fuks, Yankton; Kellie Koletzky and Dave Poppe, Yankton; and Ron Koletzky, Tabor.

Great-grandparents are Ann Kloucek, Tabor; Ella Fuks, Yankton; Marilyn Cooley, Yankton; and Helen Koletzky, Yankton.

ELI, COLIN AND OWEN RING

Allison (Goeden) and Brandon Ring of Whitefish Bay, Wis., announce the birth of Eli Charles, Colin Keith and Owen Patrick Ring, born Dec. 2, 2012 at Columbia St. Marys Hospital, Milwaukee. Eli weighed 2 pounds, 12 ounces; Colin weighed 2 pounds, 10 ounces, and Owen weighed 2 pounds, 12 ounces.

They join a sister, Natalie, 23 months.

Grandparents are Galen and Pat Goeden; Cedarburg, Wis. (formerly Yankton), and Keith and Susan Ring, North Manchester, Ind.

EASTON FOXHOVEN

Brian and Janna Foxhoven of Crofton, Neb., announce the birth of their son, Easton Arthur, born Oct. 24, 2012, at 1:58 p.m. Easton weighed 8 pounds and 20 3/4 inches long.

He joins siblings Braxton, 6, and Preston, 3, and Tony and Tiffany.

Grandparents are Dolores Foxhoven, Crofton, Neb.; JoAnn Claussen, Wausa, Neb., and Gerald Claussen, Wausa, Neb.

Great-Grandparents are Betty Skelberg, Wausa, Neb., and Phyllis Schmeckpeper, Bloomfield, Neb.

LUKE LYNSTAD

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

He joins a sibling, sister, Jasa, 20 months.

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

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

MILES SCHENKEL

Mike and Sandy Schenkel of Avon announce the birth of Miles Christian Schenkel, born Nov. 27, 2012, in Yankton. He weighed 9 pounds, 3 ounces.

Miles joins a sister, Emma, 3, and s brother, Nolan, 1.

Grandparents are Ken and Kathy Sayler, Tabor, and Dave and Julie Schenkel, Tyndall.

Great-grandparents are Mildred Walloch, Tabor, and Alan and Lilian Schenkel, Utica.

ELLA NETH

John and Lindsay Neth of Sioux Falls announce the birth of their daughter, Ella Alyene Neth, born Oct. 18, 2012, at 1:23 p.m. She weighed 7 pounds 9 ounces and was 21 inches long.

Ella joins her brother Will Neth, age 2 1/2.

Grandparents are Bill and Diane Pape of Freeman and Wally and Diane Neth of Menno.

Zwilling J.A. Henckels Knives
7 pc. Block Set with nonslip, durable handles & High Carbon Stainless Steel Blades

THE P 215 W. 3rd
A N
N T R Y
Historic Downtown Yankton
665-4480

Dr. Oz and Dr. Roizen

What's In Your Holiday Travel Survival Kit?

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Get ready to ensure and protect your holiday fun by saving space in your suitcase or carry-on for smart tools that let you stay ahead of seasonal-travel health hazards. They'll help you fight off colds and flu viruses, digestive-system discomforts, sleep problems and extra stress. That way, you'll stay healthy on car trips and airline flights, during hotel stays and whenever you're away from home.

Take an empty plastic travel mug or water bottle, and a bag or two of healthy snacks. Stay hydrated and energized on the road the way Dr. Mike does. Tote a container for water: You can fill it up at a water fountain or bathroom tap after you've passed through airport security. Use it for water (or coffee or tea refills) on the plane, and again at your destination to stay hydrated while you're exercising. And for snacking, pack nuts, sliced red pepper, baby carrots and a piece of fruit in zipper-lock bags. Water and fiber-rich snacks keep your digestive system working right!

Pack alcohol-based sanitizing wipes. We don't think hotel germs pose a huge risk to your health, but a recent report raised alarms about bacteria levels in even the fanciest hotels. Give light switches, sink faucets and the TV remote a quick rub-down with a sanitizing wipe. (Don't use anything that's labeled "antibacterial" — those products contribute to antibiotic resistance, and alcohol does the job without causing problems.) Same goes for the table, if you plan to eat there. Bonus: Pull the top sheet, which is always freshly laundered, up over the edge of the bed covering or comforter (which usually is not washed between hotel guests), before you go to bed. The comforter was one of the germiest objects, next to light switches and TV remotes (you can always put those in a baggie and use them through the plastic).

Carry alcohol-based hand sanitizer and vitamin D-3. The holiday season is also the height of cold and flu season. Use hand sanitizer frequently, as it's your first line of defense. And get your flu shot! Bonus: Popping 1,000 IU of vitamin D-3 daily can slash flu risk by half. Bring warm winter gear. Heading to a colder climate? Make room

in your suitcase for a coat, sweater, hat, scarf, gloves and boots, even if you're not sure you'll need them. A dip in temperature from what you're used to increases your risk for stroke (7 percent) and heart attack (12 percent). Bonus: You'll be ready to de-stress by tossing snowballs or walking in a winter wonderland.

Take walking shoes and a heart-rate monitor. Short days, long nights and the year's lowest levels of natural light can conspire with travel strains and family dramas to deflate your mood. Comfortable, supportive shoes will help you take regular, mood-boosting exercise breaks. Dr. Mike insists on an hour for exercise every day he's on the road. (That helps keep his RealAge younger.) Try walking breaks during long drives — a stay-sharp move that can help you remain alert in traffic on some of the most challenging driving days of the year. Also, stroll the aisle every hour on the plane, as Dr. Mike does. And use walking shoes and the heart-rate monitor to help you escape — er, exercise — outdoors when the holiday house gets too crowded.

Bring an alarm clock. Love staying up late to catch up with friends and family? Do your level best to get up at your usual time. You'll slash your risk for post-holiday "social jet lag" — those groggy, early January days when your body clock tries to readjust to your regular schedule. Maintaining a consistent morning wake-up time, and getting morning exposure to sunlight, keeps your sleep-wake cycle set to "normal." (Grab a short, early afternoon nap if you're tired; 26 minutes is ideal.) Bonus: Sidestepping social jet lag also can help you avoid extra snacking that packs on pounds.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Medical Officer at the Cleveland Clinic Wellness Institute. For more information go to www.RealAge.com.

© 2012, MICHAEL ROIZEN, M.D. AND MEHMET OZ, M.D.

I Have Always Followed My Own Path...

I have always made my own decisions. I may not be a traditional person. But I Still Believe In Some Traditions.

When you choose cremation, a ceremony is still important — one that reflects the way your family wants to remember you. To learn more about the options available to you, please contact us.

WINTZ & RAY
Yankton, 605-665-3644 • wintzrayfuneralhome.com
Garden of Memories Cemetery

SENIOR DAYS
Tues/Wed at Schweser's
Seniors take an
EXTRA 30% OFF
on top of savings up to 80% OFF on
Alfred Dunner Coordinates Jewelry
Hats, Gloves, Scarves Handbags
Fashion from Famous Brands Sweaters
Kids Gifts & Apparel Fleece
Gift Bags and Gift Cards Winter Coats
55 or better qualifies for Senior discounts, 15% off on all other items!

THE BIGGEST SENIOR DISCOUNTS OF THE YEAR!

TUESDAY & WEDNESDAY

schweser's
Fashions for Less!
www.schwesersstores.com
Yankton Mall

*New exclusions apply
**Some prices may not have resulted in sites