

## 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.

## 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

## 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  
**Dominoes**, 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

## BIRTHS

## CHLOE FRIEBERG

Kyle and Sara Frieborg of Yankton announce the birth of their daughter, Chloe Rae-Marie Frieborg, born Dec. 13, 2012, at 6:18 p.m. She weighed 6 pounds, 5 ounces and was 19 inches long.

Grandparents are Chuck Frieborg of Yankton, Pat and Alicia Cusa of Aurora, Colo., and Sam and Linda Nickel of Hartington, Neb.

Great-Grandparents are Bob and Elaine Frieborg of Beresford

and Bill and Syvilla Nickel of Rapid City.

## EZRIE WHEELER

Kristie (Hackett) and Adam Wheeler of Sauk Rapid, Minn., announce the birth of Ezrie Marie Wheeler, born Nov. 20, 2012. She weighed 6 pounds, 7 ounces.

Grandparent is Tonya Hackett of Sauk Rapids.

Great-grandparent is Denise Hecht of Yankton.

## Oz And Roizen

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

King Features Syndicate, Inc.

Olive Oyl may have been Popeye's one and only, but we doubt he could have loved her any more than we adore olive oil — another of the odd omega monounsaturated fats. This one is mainly omega-9, and it's the secret sauce in the tasty and good-for-you Mediterranean diet.

And now, a bushel of recently revealed benefits make us want to exclaim: "Olive ya' forever!"

- It's great for your bones. In one brand-new report, guys who ate lots of fruit and veggies, whole grains, lean protein and low-fat dairy products along with olive oil had higher levels of osteocalcin — a protein that keeps bones and teeth strong — compared with guys on a low-fat diet who didn't use olive oil.

- Protects you from silent strokes. Symptom-free mini-strokes can lead to dementia — and bigger, more disabling brain attacks. Olive oil to the rescue: In one report, brain scans showed that enjoying this good stuff (drizzled on salad greens, used to saute chicken and broccoli) lowered the odds for silent strokes by more than 35 percent.

- Way less risk of heart disease. Enjoying two tablespoons of olive oil a day could lower your odds for deadly heart disease by a whopping 44 percent. Even one tablespoon a day can slash your risk by 28 percent, says another new report.

- Controls blood-sugar levels. Polyphenols in olive oil help your body process blood sugar more efficiently — and could even help you avoid type 2 diabetes. If you do have diabetes, regular use of olive oil can make it eas-



## OZ AND ROIZEN

*Dr. Mehmet Oz and Dr. Michael Roizen*

ier to manage blood glucose levels and possibly reduce the amount of blood-sugar-controlling medication you need to take.

- Guards against cancer. Making the big "double O" your go-to oil could protect you against respiratory and digestive-system cancers and reduce a woman's risk for breast cancer by 38 percent.

What makes olive oil such a health-booster? For starters, 55 percent to 80 percent of the fat in olive oil is oleic acid — an omega-9 fatty acid that lowers bad LDL cholesterol, boosts good HDLs, puts blood sugar on an even keel and helps protect against some cancers. But it's also rich in the plant chemicals that have the power to turn on beneficial genes. Here's how to use our favorite oil more often.

## BUY TWO GRADES OF OLIVE OIL

Reserve intense, fruity-tasting extra-virgin olive oil for low-heat cooking and room-temperature drizzles, dunking and salad dressings. There's evidence that it contains more

of the polyphenols that contribute to olive oil's big impact. But extra-virgin olive oil also burns at a lower temp — at about 320 F — than other types labeled "virgin olive oil," "pure olive oil," "light olive oil" or just plain "olive oil." These other less-expensive forms can be heated to about 400 F before their goodness starts going up in smoke. And they're still great sources of oleic acid.

## DO A SMART FAT SWAP

Use olive oil instead of butter or coconut oil, both of which are rich in saturated fat. They boost inflammation and load your body with the building blocks of heart-threatening LDL cholesterol. The less of that stuff the better! (Coconut oil is a good hair tonic, though.) And olive oil also is smart to use in place of corn, sunflower, safflower and soy oils. These vegetable oils are rich in omega-6 fatty acids, which in large amounts can boost inflammation.

## GIVE OLIVE OIL NEW STARRING ROLES

Spritz it on hearty, whole-grain toast at breakfast. Buy olive-oil-based mayo and use it (sparingly — lots of calories here!) in salmon or chicken salad. Love to bake? You even can make savory pastry crusts with olive oil in place of butter. Drop a dollop into the pot when cooking brown rice, whole-wheat couscous or quinoa. Hosting a party? Create healthy dips by whirling white beans, olive oil, garlic and spices; serve with veggies.

*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.*

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## AAA: Practice Safety On 'Deadliest Day Of The Year'

SIOUX FALLS — As Americans prepare for holiday celebrations, AAA reminds drivers and passengers alike of the dangers on the roads this New Year's Day, which consistently ranks as the year's deadliest day for alcohol-related fatalities. To strengthen efforts to protect the public against drunk drivers and reduce alcohol-related traffic deaths, AAA is announcing its support of ignition interlock devices for all who are convicted DUI offenders, and are offering important safety advice to partygoers.

According to the 2012 Traffic Safety Culture Index conducted

by the AAA Foundation for Traffic Safety, more than nine in 10 drivers consider it a serious threat to their personal safety when others drink and drive, and nearly all (97 percent) surveyed find it unacceptable for a driver to get behind the wheel when they have had too much to drink.

AAA South Dakota's spokeswoman, Marilyn Buskohl says "Preventing drinking and driving is a shared responsibility to save lives. New Year's Eve partygoers can do their part by following some of these simple tips:"

- Always plan ahead to designate a non-drinking driver before

any party or celebration begins, call a taxi, or take part in AAA's Tipsy Tow Service.

- Never get behind the wheel of a car when you've been drinking alcohol — even after just one drink.

- Do not hesitate to take the keys from friends or family members who may be impaired.

- Be a responsible host in reminding guests to stay safe and always offer alcohol-free beverages.

- If you encounter an impaired driver on the road, keep a safe distance and ask a passenger to call 911 (or pull over to a safe location to make the call yourself).

- Remember: prescription, over-the-counter medications and illegal drugs also can impair your ability to drive safely.

You can find these simple tips, Tipsy Tow information and zero-proof mocktail recipes at AAA.com/partyguide.

## BIRTHDAYS

## MARJORIE HANSEN



Hansen

Marjorie Hansen, formerly of Yankton, will celebrate her 96th birthday on Sunday, Jan. 6, 2013. Cards and greetings may be sent to 87290 565 AV, Coleridge, NE 68727.

## SCHOLASTICS

## UNIVERSITY OF NEBRASKA-LINCOLN

LINCOLN, Neb. — The University of Nebraska-Lincoln granted degrees to some 1,500 students at commencement exercises Dec. 14 and 15. The graduates included:

- Fordyce: Andrew Michael Dickes, College of Agricultural Sciences and Natural Resources, bachelor of science in agronomy.

- Fordyce: Douglas Clarence Jansen, College of Engineering, bachelor of science in mechanical engineering.

- Fordyce: Madelyn Rae Larson, College of Arts and Sciences, bachelor of arts.

- Fordyce: Kelby Michael Sud-

beck, College of Agricultural Sciences and Natural Resources, bachelor of science in animal science.

- Fordyce: Kristine M. Sudbeck, Division of Graduate Studies, master of arts.

- Randolph: Daniel Mark Korth, College of Public Affairs and Community Service (UNO), bachelor of science in criminology and criminal justice.

- Yankton: Matthew Hansen Waid, College of Engineering, bachelor of science in electrical engineering.

The graduates are from 34 states and 28 countries.

Chris. R. Calkins, professor of animal science at UNL, gave the

address at the graduate degree ceremony on Dec. 14; Jeff Zeleny, the national political correspondent for the New York Times, gave the address at the baccalaureate ceremony on Dec. 15; and Judge Michael W. Pirtle of the Nebraska Court of Appeals gave the address at the law ceremony on Dec. 14.

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 -Emma and Chuck-

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## DO YOU KNOW YOUR NUMBERS?

### TAKE OWNERSHIP OF YOUR HEALTH

When you know numbers, you can take action to reduce your chances of developing heart disease, diabetes and other major chronic illnesses.

The Avera Sacred Heart Hospital Lab provides health screenings at reduced rates. Walk-in, no appointment or doctor order necessary, and make sure you know your numbers.

**TESTS AVAILABLE INCLUDE:**

- **Complete Blood Count \$6**  
Helps to determine general health status
- **Comprehensive Lab Profile \$12**  
Profile of kidneys and liver, as well as blood sugar and proteins
- **Lipid Panel Screen \$10**  
Measures good and bad cholesterol and risk of heart disease
- **Hemoglobin A1c \$15**  
Determines average blood glucose over past 3 months
- **Thyroid Profile \$18**  
Evaluates thyroid gland function and helps diagnose thyroid disorders.

*Walk-in testing available Monday through Friday, 7 a.m. - 5 p.m. 12-hour fasting is required for some tests.*

**Avera Sacred Heart Hospital**

*Look no further.*

For more information, call the Avera Sacred Heart Hospital Lab at (605) 668-8169.