

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,

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., Fry'n Pan Restaurant, 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
Billiards, 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
Wii Bowling, 1 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. (NOTE: This group in on temporary hold until further notice.)
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
Partnership Bridge, 1 p.m., The Center, 605-665-4685
SHINE, 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
Wii Bowling, 9:30 a.m., The Center, 605-665-4685
Billiards, 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

Holiday Jam Set For Dec. 15 At Dak. Theater

Holiday Jam with the Hegg Brothers is coming to the Dakota Theatre in Yankton at 4 p.m. Sunday, Dec. 15.

This musical showcase features the talents of a multi-piece band playing holiday classics as well as contemporary new arrangements in the lush and rhythmic horn band sound of Jeremy and Jon Hegg. With alumni from the long running favorite Acoustic Christmas, Holiday Jam is a twist on the season audiences will not soon forget. Male and female vocalists, two keyboardists, guitars,

percussion, upright bass and horns round out this festive evening. This two-hour show will feature stories of the season, messages for the heart and music to lift the spirit.

The Historic Downtown Yankton Association is honored to be able to bring this performance to Yankton. Tickets are available at Boller Printing, Yankton County Observer, B-Dazzled Downtown, Royal Sport Shop, Rexall Drug, Lily Crest, Hy-Vee, Dakota Theatre or online at <https://yanktonjam.eventbrite.com/>.

BIRTHS

EMERY LARSON

Todd and Angela Larson of Yankton announce the birth of their daughter named Emery Kay Larson, born Nov. 21, 2013, at 3:36 a.m. She weighed 7 pounds and was 19 inches long.

Emery joins her sister Klaire, 2 years.

Grandparents are Rodger and Marlene Larson of Kiron, Iowa, and David and Rita Gough of Salem.

Great-grandparents are Carl and Betty Gough of Sioux Falls.

NEIL LIST

Jordan and Kim List of Meridian, Idaho, are the proud parents of a son, Neil Bennett List, born Nov. 26, 2013. He weighed 7 pounds 2 ounces and was 19 inches long.

Grandparents are Kirby and Carol List, Hutchinson, Kan., Robbie Dickey, Wichita, Kan. and Terry Dickey, Overland Park, Kan.

Great-grandparents are Marv and Lorraine Rankin, Ankeny, Iowa and Don and Marlys List, Yankton.

New Heart Health Rules

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

King Features Syndicate, Inc.

There's been a lot of debate about the new Cardiovascular Disease Prevention Guidelines targeting cholesterol management and heart disease risk, which came out recently from the American College of Cardiology and the American Heart Association. At the heart of the controversy is the less-than-perfect risk calculator they use, as well as their resulting recommendations for taking statins, such as Lipitor — or what we call atorvastatin.

The risk calculator (it's available at www.heart.org; search for "2013 prevention guidelines tool") assess your risk of cardiovascular disease by including factors such as age, race, gender, blood pressure, total and HDL cholesterol levels and diabetes. The way they have weighted those factors has the potential of doubling the number of Americans taking inflammation-cooling, cholesterol-lowering statins. And most surprising to many folks, that number includes more than 45 million Americans who don't currently have cardiovascular disease.

We say, recognizing ALL your risk factors for cardiovascular disease — and then talking to your doctor about how to reduce each of them — is at the heart of the new guidelines. And while there's debate about the numbers the new risk calculator generates, they alert you to a REAL RISK that you have relative to folks who have either more or less chance of heart woes. (By the way, the RealAge calculator at realage.com is an accurate way to spot your risks and learn you what you can do to reduce them, and to make yourself younger.)

The AHA and ACC also released new



Dr. Mehmet Oz and Dr. Michael Roizen

guidelines to help folks manage heart-risky obesity and to adopt heart-healthy lifestyles, to be used along with the new guidelines on cholesterol management. In them, they lowered the heart-risky BMI from 30 to 25 with one co-risk (diabetes is an example). They also suggest using behavioral counseling for at least six months to help people stick with exercise and diet programs.

If you do use the new AHA/ACC risk calculator, cross-reference those results with the Reynolds Risk Score (www.reynoldsriskscore.org). It factors in family history and hs-CRP (C-reactive protein) level, which measures body-wide inflammation and the target is 1.0 or less, making it more precise for women and catching hidden risks in some men, too. You can get a test for hs-CRP the next time you have blood drawn for your cholesterol check; it's a must-know heart health number for everyone.

Here's where we disagree with the cholesterol management guidelines. They don't recommend tracking changes in your cholesterol levels. We think you should. It's helpful to know if your efforts with a healthy lifestyle

(and any statin you might take) are working. So we say: Get your LDLs below 100 and your HDLs over 50, and keep track of how they go up, down or stay the same with a periodic blood test.

If it turns out you're at risk, or you just want to stay in the clear, adopt a heart-healthy diet (none of the Five Food Felons): every day enjoy veggies, a handful of walnuts, fruits and only 100 percent whole grains. Aim for 10,000 steps a day, do resistance exercises, manage stress, keep immunizations up to date and avoid secondhand smoke as if it were poison — it contains arsenic!

And if you're slated for statin therapy, remember these drugs can slash heart-attack risk by 50 percent even in people with normal LDL cholesterol levels and higher-than-healthy hs-CRP scores. If you're worried about side effects, ask your doc about taking a statin every other day and a daily dose of 200 mg CoQ10. This important enzyme seems to be depleted by statins, and taking it seems to restore exercise tolerance and muscle endurance. Also, ask your doc about taking these daily: 900 mg of omega-3 DHA; 420 mg of the purified omega-7 (containing less than 3 percent palmitic acid); 1,000 IU vitamin D-3; and 162 mg aspirin with a half glass of warm water before and after. But remember, these are not substitutes for eating only healthful food, getting physical activity and managing stress.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Oral Interp Students Compete At MMC

Sixteen area high schools totaling 150 students converged on Yankton's Mount Marty College campus to compete in the annual MMC 2nd Place Contest on Tuesday, Dec. 3.

The annual contest which began more than 40 years ago by Professor Emeritus Virgil Petrik is run by MMC's Department of Speech and Theatre.

Participating schools included Beresford, Bon Homme, Canton, Centerville, Ethan, Gayville-Volin, Hanson, Irene-Wakonda, Lennox, Menno, Parker, Scotland, Sioux Falls Washington, Vermillion, Wagner and Yankton.

MMC Professor Andrew Henrickson, Contest Chair, gave thanks to the Mount Marty students who assisted in the preparations as well as serving as judges for the event. "It takes a lot of planning and coordination to put on the contest. I also appreciate the coaches and administrators for their dedication to giving students an opportunity to use their creativity to develop communication skills. The skills being honed now will make a positive difference in their future endeavors."

The following students received first- and second-place trophies and third-place medals in their respective categories during an awards ceremony held late Tuesday afternoon in Marian Auditorium:

- ORATORY Class A 1st — Alexi Malatare (BH), 2nd — Morgan Fuller (VER), 3rd — Tosha Keith (BER); Class B 1st — Meghan Harold (PAR), 2nd — Seth Friesen (MEN), 3rd — Ally Feiner (ETH).
- DUET INTERP Class AA 1st — Leshya/Magnuson (Y), 2nd — Kandic Wagner (SFW),

- 3rd — VandeBraak/Hixon (SFW); Class A 1st — Marquardt/Klinkhammer (LEN), 2nd — Ahrens/Carda (BH), 3rd — Hanks/Meyer (CAN); Class B 1st — Hanson/Hanson (HAN), 2nd — Harold/Rang (PAR), 3rd — Kirschenman/Hare (L-W).

- HUMOROUS Class AA 1st — Maddie Henrickson (Y); Class A 1st — Austin Olson (VER), 2nd — Madison Marquardt (LEN), 3rd — Morgan Smith (CAN); Class B 1st — Ashley Oien (L-W), 2nd — Callie Hohn (ETH), 3rd — Brittany Flanagan (ETH).

- SERIOUS DRAMA Class AA 1st — Gabrielle Swenson (Y); Class A 1st — Jacob Ford (VER), 2nd — Hailey Hilzendege (WAG), 3rd — Jennifer Huber (CAN); Class B 1st — Lilly Trawick (L-W), 2nd — Hannah Rolfs (G-V), 3rd — Brittany Flanagan (ETH).

- SERIOUS PROSE Class AA 1st — Brea Wagner (SFW), 2nd — Ariana Ellis (SFW), 3rd — Talitha Greaver (Y); Class A 1st — Morgan Fuller (VER), 2nd — Carly Sternhagen (BH), 3rd — Paige McManigal (VER); Class B 1st — Brenna Roth (ETH), 2nd — Lindsey Meiers (PAR), 3rd — Lexie Ellison (G-V).

- POETRY Class AA 1st — Lydia Simmons (SFW), 2nd — Rebecca VandeBraak (SFW), 3rd — Annie Banks (SFW); Class A 1st — Jacob Ford (VER), 2nd — Michael Kolvek (CAN), 3rd — Brenda Walloch (BH); Class B 1st — Calla Harper (L-W), 2nd — Miranda Henglefeld (HAN), 3rd — Rylee Black (MEN).

- READERS THEATRE Class A 1st — CAN 1, 2nd — BH 1, 3rd — BER 1; Class B 1st — MEN 2, 2nd — PAR 1, 3rd — HAN 1.

BIRTHDAYS

MYLES ELSBERRY

Myles Elsberry will be 80 years old on December 16, 2013. His family is requesting a card shower in his honor.

His address is: Myles Elsberry c/o Golden Living Care Center

703 S. Vivian St. Wausau NE, 68786

ADELINE ZEEB

Adeline (Addie) Yonke Zeeb is turning ninety on December 14! Her family requests a card shower. Birthday greetings may be sent to 1005 W10th, Yankton, SD 57078. Thank you for helping her have a fabulous birthday!



Elsberry

ROY ULMER

80th Birthday festivities for Roy Ulmer, Open house Sunday Dec. 15th @ Grace Lutheran Church in Menno, SD from 1-3 p.m. card shower: send greetings to 109 Anchor Drive Yankton, SD 57078



Ulmer

GOT NEWS?

Call The P&D
At 665-7811

USD

New Minors Approved

RAPID CITY — Three minors aimed at preparing new graduates for their career goals were approved today in action taken by the South Dakota Board of Regents.

The minors, all to be offered at the University of South Dakota, are in child and adolescent development, inter-professional disabilities services, and K-12 English as a new language.

The child and adolescent development minor provides students with research-based theory, knowledge and skills in human development that can be applied to a broad array of interests and career goals. Students pursuing health careers or graduate training in health- or counseling-related fields should have particular interest in this minor, university officials said.

The minor in inter-professional disabilities services offers a course of study across several areas — health sciences, medicine,

education, and arts and sciences — to better serve the needs of individuals with disabilities. Adding this minor to a program of study enhances the marketability of students entering the job market, as well as their readiness for graduate studies in the health and helping professions.

Students in teaching majors increasingly find themselves working with a growing population of new English language learners. The minor in K-12 English as a new language prepares teachers to work with those learners whose first language is not English. This minor will fulfill state requirements for an 18 credit-hour endorsement in teaching English as a new language.

All of the courses needed to offer these minors were already available through the public university system, and no additional state resources were required to implement the programs.

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