

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.

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
Pinocle, 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

FRIDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th Street.
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Bingo, 7-9 p.m., The Center, 605-665-4685
Open Billiards, 7-9 p.m., The Center, 605-665-4685
Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St, Vermillion
Porchlight, 8 p.m., non-smoking closed session, United Church of Christ, 210 W 5th Street

FOURTH FRIDAY

Scrapbooking, 10 a.m.-3 p.m., The Center, 900 Whiting Drive, Yankton.

SATURDAY

Weight Watchers, 9 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Each Day a New Beginning, 10 a.m., non-smoking closed session, 1019 W 9th Street
Daily Reprieve, noon, non-smoking closed session, 1019 W 9th Street.
Vermillion Unity Alcoholics Anonymous, 7:30 p.m. closed session, Trinity Lutheran Church, 816 E. Clark, Vermillion.

SUNDAY

Alcoholics Anonymous, 8 a.m., closed meeting, 1019 W. 9th Street
Tyndall Alcoholics Anonymous, 8 p.m., non-smoking, 1609 Laurel St., Tyndall
Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed meeting, Trinity Lutheran Church, 816 E. Clark, Vermillion

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
Pinocle, 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.

SCHOLASTICS

SOUTHEASTERN LOUISIANA UNIVERSITY

HAMMOND, La. — Southeastern Louisiana University conferred degrees on approximately 1,200 graduates Saturday, Dec. 14, at the university's fall commencement exercises.

Receiving a Masters Degree was Laura M. Jackson, Vermillion, Biology (Thesis). University of Louisiana System President Sandra K. Woodley was the keynote speaker at the 10 a.m. ceremony in the University Center arena. Candidates for associate, bachelor's, master's and doctoral degrees were honored.

In his welcome Southeastern President John L. Crain noted that the 1,284 individuals being recognized at commencement included 468 men and 816 women who were receiving 15 different

degrees; and representatives from 28 states and 15 countries. Seven candidates received the doctorate in educational leadership.

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

Visiting Hours

5 Tricks To Finding Fiber

BY SARA GERMAN, RD, LN
 Avera Sacred Heart Hospital

What pictures come to mind when you hear the word, "fiber"? A cow munching on hay? A bowl of flavored cardboard masquerading as breakfast cereal? A stalk of celery? Regardless of what you think about it, fiber is an important part of a healthy diet and most people don't get enough.

So what is fiber? Fiber is the stuff in plants that our bodies are unable to digest — you won't find it in dairy products, meat or eggs. All plant foods (fruits, vegetables, grains, nuts, and legumes) contain fiber in various amounts. The Institute of Medication recommends that most women eat 25 grams of fiber and men eat 38 grams each day, but on average people eat closer to 15-20 grams of fiber each day. If fiber is in so many foods, why aren't we eating more of it?

One reason is that most Americans don't eat enough fruits and vegetables. Getting the recommend amount (for most adults, 2-1/2 cups of vegetables and 2 cups of fruit) would go a long way toward meeting fiber requirements.

Another reason is that many grains are processed to remove the fiber. All-purpose flour and regular pasta are made from wheat that has been stripped of its bran (the outer layer), which contains most of the fiber. Similarly,



white rice is made from brown rice that has had its bran removed. Most processed grain products you buy at a grocery store — bread, cereals, rolls, pastries, sweets — will be made with processed flour. Because that's what most of us are used to, products made with whole wheat flour take some getting used to.

Why is fiber important? You may have heard that fiber helps keep a person "regular" — and it does. It can help lower cholesterol. It

feeds the good bacteria in your gut, which in turn provide your body with enhanced immunity and keep the bad bacteria from taking over. It makes your gut healthier and decreases your risk for colon cancer. Additionally, because fiber is found in many healthy, nutrient-rich foods, if you are getting enough fiber you will probably be getting a lot of other beneficial nutrients, too.

Below are some ways to get more fiber in your diet.

One word of caution if you typically don't eat many fiber-containing foods: go slow. If you rapidly increase your fiber intake, your body will not be able to adjust fast enough and you may actually experience constipation. Try increasing your daily fiber intake by 3-5 grams each week, and make sure to drink lots of water!

1. Start your morning right with a high-fiber cereal. On the nutrition label, look at "total fiber" under the "total carbohydrates" section. Aim for a cereal with at least 5 grams of fiber.

2. Eat more fruits and vegetables — and stick with whole produce (juice doesn't contain fiber).

3. Choose whole grains. Common foods that naturally are whole grains include oatmeal and popcorn. If you are buying bread, choose a loaf with "whole wheat" as the first ingredient in the ingredients list. Try whole grain pasta and brown rice. If you like to bake, whole wheat flour can usually be substituted for half of the all-purpose flour in a recipe.

4. Eat beans! They may have a bad reputation for being a "musical fruit," but they are nutrient powerhouses and great sources of fiber.

5. Nuts are good sources of fiber, too. They are also high in calories, so limit yourself to a small handful (instead of the whole container).

Celebrate The Holidays Safely: Facts About Drinking Alcohol

LINCOLN, Neb. — Alcoholic beverages are part of many holiday celebrations, but there are things about alcohol use and your health you might want to know:

- Consuming five or more alcoholic beverages in just one night can affect your brain and physical activities for up to three days.
- Your attention span is shorter for periods up to 48 hours after drinking.
- Binge drinking on a single occasion slows your body's ability to ward off infections even up to 24 hours after getting drunk.
- Alcohol slows muscle growth.
- Coming from a family with a history of alcoholism increases your risk for becoming an alcoholic.
- Eighty percent of young people feel that parents should have a say in whether they drink alcohol.

- Parental disapproval is the number one reason why young people choose not to drink.
- In Nebraska, a person age 20 or younger who is convicted for minor in possession of alcohol will have their driver's permit or license impounded by the court for 30 days.
- According to the most recent roadside survey information it was determined that after 9 p.m., one of every 12 drivers on the road was legally drunk.
- If you operate a vehicle on Nebraska roadways, you have already given your consent to submit to a blood, breath, or urine test when asked by a law enforcement officer. Refusal to comply can result in your license being revoked.
- Nebraska ranks 4th nationally among all states in DWI arrests per capita.

- In 2012, the average blood alcohol level for individuals arrested for drunk driving in Nebraska was .161. The legal limit is .08.
 - At a .08 blood alcohol concentration level, a driver's crash risk is 11 times higher than a non-drinking driver.
 - The average financial cost of being convicted for driving while intoxicated is more than \$5,000.
 - In 2012, the conviction rate for those who were arrested for DWI in Nebraska was 90 percent.
- "Celebrate the holidays safely," said Scot L. Adams, director of the Division of Behavioral Health at the Nebraska Department of Health and Human Services. "Keep in mind that overconsumption of alcohol may result in unwanted consequences—health, legal, family and more. Safety first."

Avoid the Holiday Buzz with...

New Year's Fun Week

- Middle School Dance**
Dec. 27, 7 - 10 p.m.
Sacred Heart Link Auditorium
6th - 8th Grade
\$7 admission
Proceeds go to Post Prom Party
- New Year Scavenger Hunt**
Dec. 28, 5 - 9 p.m.
City Hall
Fun, prizes and refreshments for the family.
Free will donation
- Free Summit Swim & Gym**
Dec. 27, 1 - 4 p.m.
Summit Activities Center
- Holiday Party**
Dec. 29, 7 - 9 p.m.
City Hall
Fun, prizes and refreshments for the family.
Free will donation
- Free Ice Skating**
Dec. 31, 6 - 9 p.m.
Alcoa Arena

These are family-friendly, alcohol, tobacco and drug-free celebrations.

For more information, contact Jennifer Berg jennifer.berg@lcbs.net

NEED EXTRA CASH?

Enjoy short early morning hours! Monday-Saturday. Ability to work with little supervision and provide prompt, efficient service a must!

**Yankton City
 Newspaper
 Delivery Route
 Earn \$300-\$400
 per month**

**\$50 Sign On Bonus
 After 30 Days!**

PRESS&DAKOTAN

Call The Circulation Dept. Today! 665-7811, Ext. 142

APPLIANCE SALES/ SERVICE

Larry's
APPLIANCE
 920 Broadway, Yankton
 665-9461
 LG, Amana, MAYTAG

ARCH SUPPORT
 Boston Shoes To Boots
 312 West 3rd, Yankton, SD
 605-665-9092

AUTO BODY
 Justas Body Shop
 2806 Fox Run Parkway
 Yankton, 665-3929

Riverside Auto Body
 www.riversideautobody-gonegreen.com
 402-667-3285



Business AD-vantage

Where You Find Business & Professional EXPERTS!
 A NEW BREED OF YELLOW PAGES

BANKING
 Services Center
 Federal Credit Union
 609 W. 21st, Yankton, SD
 First Dakota National Bank
 225 Cedar St., 665-7432
 2105 Broadway, 665-4999

BUILDING MATERIALS
 ProBuild
 301 E. 3rd St., Yankton, SD
 605-665-7423

Advertise Here!

CLEANING
 FloorTec
 Professional Cleaning & Restoration
 605-665-4839

CLEANING
 Steamway
 Carpet & Upholstery Cleaning
 •Duct Cleaning
 •Fire/Smoke •Water Restoration
 •Mold Testing & Remediation
 665-5700
 1-800-529-2450

DECORATING
 Yankton Paint & Decorating
 406 Broadway • 665-5032
 "Since 1964"
 •Carpet •Vinyl •Wood
 •Ceramic & Laminate Flooring
 •Window & Wall Treatments
 Benjamin Moore and Pratt & Lambert Paint

ELECTRICAL
 Johnson Electric, LLP
 Commercial • Residential • Trenching
 605-665-5686
 L&S Electric
 Harry Lane, Contractor
 665-6612 • 661-1040

BRIGHTWAY ELECTRIC, LLC
 Serving SD & NE - Licensed & Insured
 760-3505 • 661-9594

**Advertise Here!
 Call 665-7811**

FUNERAL & CREMATION
 Wintz & Ray
 FUNERAL HOME
 and Cremation Service, Inc.
 Yankton • 605-665-3644
 Garden of Memories Cemetery

Wintz FUNERAL HOME
 Hartington, Coleridge & Crofton
 402-254-6547
 wintzrayfuneralhome.com
 Trusted For Generations

HEATING & COOLING
 Larry's
HEATING & COOLING
 920 Broadway, Yankton
 665-9461
 Carrier
 Turn to the Experts

**Advertise Here!
 Call 665-7811**

MEDICAL CLINIC
 Lewis and Clark
 Family Medicine
 2525 Fox Run Parkway, Ste. 200
 Yankton, SD • (605)260-2100

PETS
 Canine Grooming
 Center, L.L.C.
 718 Douglas, Yankton, 665-8885

**Advertise Here!
 Call The Advertising
 Dept. For More Info
 665-7811!**