

# 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  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Interchange**, noon, Minerva's Bar and Grill, 605-760-7082.  
**Whist**, 12:30 p.m., The Center, 605-665-4685  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Cribbage**, 1 p.m., The Center, 605-665-4685  
**Hand & Foot Cards**, 1 p.m., The Center, 605-665-4685  
**English as a Second Language classes**, 2-5 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.  
**English as a Second Language classes**, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.  
**Narcotics Anonymous "Road To Recovery" Group**, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton  
**Meditation Sessions**, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m., 665-3344 or 665-2456.  
**Sweet Adelines**, First United Methodist Church, 207 W. 11th, Yankton, Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

## FIRST MONDAY

**Yankton Lions Club**, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694  
**Servant Hearts Clinic**, a free, Christ-centered medical clinic, 5:30-8 p.m., 232 Capital St., Yankton.

## TUESDAY

**Table Tennis**, 8:30 a.m., The Center, 605-665-4685  
**Billiards**, 10 a.m., The Center, 605-665-4685  
**Explore the Bible**, 10:30 a.m., The Center, 605-665-4685  
**Weight Watchers**, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Wii Bowling**, 1 p.m., The Center, 605-665-4685  
**Citizenship Class for Chinese students**, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.  
**English as a Second Language classes**, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.  
**Conversational English Class**, 6:30-8 p.m., Southeast Job Link, 1200 W. 21st St.  
**AA, Alano Group**, 7 p.m., step meeting, 1019 W. 9th St, Yankton.  
**Bingo**, 7-9 p.m., The Center, 605-665-4685. (Open to the public)

## SECOND TUESDAY

**Caregiver Dementia Support Group**, 4 p.m., The Center, 900 Whiting Drive, Yankton.  
**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  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Whist**, 12:30 p.m., The Center, 605-665-4685  
**Partnership Bridge**, 1 p.m., The Center, 605-665-4685  
**Rummikub**, 1 p.m., The Center, 605-665-4685  
**Penny Bingo**, 1 p.m., The Center, 605-665-4685  
**Chair Massage**, 1:40-3:50 p.m., The Center, 605-665-4685  
**Citizenship Class for Chinese students**, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.  
**Meditation Sessions**, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m., 665-3344 or 665-2456.  
**Narcotics Anonymous "Road To Recovery" Group**, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton  
**AA, Alano Group**, 7 p.m., discussion, 1019 W. 9th St, Yankton.

## 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  
**ASHH Toastmasters Club #217**, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Dominos**, 1 p.m., The Center, 605-665-4685  
**Love Addicts Anonymous**, 7 p.m., for women, 120 West Third Street, Yankton, 605-760-5307.  
**AA, Alano Group**, 8:30 p.m., speaker, 1019 W. 9th St, Yankton.  
**Weight Watchers**, 5:30 p.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.  
**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  
**Yankton Area Banquet**, 6-7 p.m., United Church of Christ, Fifth and Walnut  
**English as a Second Language classes**, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.

## 'The Winter Rose' Centerpiece For UCC Service

A winter rose — traditional symbol of divine love — will bloom during worship on Sunday, Dec. 13 in the historic sanctuary of the Yankton United Church of Christ (Congregational) at 5th and Walnut, and everyone is invited to be a part of this special event.

The Yankton UCC Adult Choir's performance of Joseph M. Martin's "The Winter Rose" will be the centerpiece of an Advent service. The choir will be accompanied by an eight-piece chamber ensemble, including woodwinds, organ and piano, all under the leadership of Jennifer and Ted Powell, the church's directors of music.

Ted Powell noted, "We understand that many folks will be worshipping in their own churches then. However, if you attend a service at a different time or do not currently have a church home, we warmly invite you to be part of our musical Advent/Christmas observance."

The cantata includes narration written by Pamela Martin, and worshipers will recognize Advent and Christmas scriptures and well-known poetry.

The music — reflective and rousing, pensive and powerful — also includes references to several carols and folk songs. Choir director Jennifer Powell said, "This is a favorite of mine because of the contrasting themes and styles. It lets our choir expand their talents a little. It's also a nice blend of carols and melody lines; our minds and hearts hear the familiar tunes, but with a new little twist. That makes 'A Winter Rose' familiar and comforting, but with a touch of new

and interesting sounds." The public is invited; no admission will be charged, of course, though a free will offering will be gathered. The church is fully accessible through its elevator entrance.

For more information, contact the church office (uccoffice@midconetwork.com; 605-665-7320) or visit the Yankton UCC website (www.yanktonucc.org).

### SDCUC announces board nominations open

The South Dakota Corn Utilization Council (SDCUC) is a progressive organization which has visionary and influential producer leadership throughout the state. The 9-member board manages and invests South Dakota's 1-cent per bushel corn checkoff fund.

The SDCUC is announcing director positions that are open in Districts 1, 2 & 7. A SDCUC director's position consists of a three-year term beginning on March 1, 2016. Each director can serve a maximum of two terms, resulting in a six-year director's position.

If interested in seeking a board seat in one of the open districts, you must obtain and file with the corn office a nominating petition. All nominating petitions must contain at least 15 "participating" corn producer signatures from your district. (A "participating" corn producer has not requested a refund of his/her corn assessment since January of 2015). Eligible candidates who wish to seek a director's position cannot have requested a checkoff refund from the SDCUC since January of 2011. Nominating petitions must be returned back to the SDCUC office by 5 p.m. on January 1, 2016.

To request a petition please contact the SDCUC office in writing at 4712 South Technopolis Drive, Sioux Falls, SD 57106 or call 605-334-0100.

If more than one nominating petition is received by the SDCUC office for any district, a special election will be conducted for that district. The elections will be held February 1-5, 2016 at the local extension offices in those counties.

The counties assigned to the districts accepting nominations for director positions are detailed below:

- **District 1** — Clay, Lincoln, Turner, Union, Yankton
- **District 2** — Lake, Miner, Minnehaha, Moody
- **District 7** — Aurora, Beadle, Buffalo, Hand, Hyde, Jerauld, Sanborn

# A Grown-Up Talk About Vaccines

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

Whooping cough. Mumps. Measles. Chickenpox. They're not just for kids anymore — and neither are the vaccines that protect against them. While there's some push back against childhood vaccines thanks to misinformation from certain presidential candidates and B-list celebrities, recent reports show that grown-ups are the real slackers.

That's dangerous. Vaccine-preventable diseases kill tens of thousands of North American adults each year and land plenty more in the hospital. We're talking about pneumococcal pneumonia and related diseases, which kill more than 45,000 adults; shingles, triggered by the chickenpox virus, which affects 1 million annually and often leaves behind excruciating nerve pain. Measles and mumps can cause brain damage in adults (if you were born after 1956, you're probably not immune). Getting infected can spread diseases like whooping cough to unvaccinated babies.

Yet tens of millions of grown-ups (is this you?) are behind on their shots. In one recent Centers for Disease Control and Prevention study, half of older adults skipped tetanus shots that protect against rare but deadly lockjaw, and 76 percent skipped the shingles vaccine. Meanwhile, it's estimated that more than one in six international travelers don't have all the vaccines they need. That boosts the risk for exposure to hepatitis A via tainted food and water, and for exposure to the measles. Half of all U.S. measles outbreaks can be traced to the illness picked up outside our borders.

So here's what you need to know.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Myth: "I got all the vaccines I need as a kid."

Fact: You probably need some new ones — and a couple of boosters. If your doc doesn't bring it up, ask about which shots you really need. In general, all adults need an annual flu shot; a tetanus, diphtheria and pertussis (Tdap) shot or booster every 10 years; and older adults also need vaccines against shingles. There are two pneumonia vaccines; ask your doc if you need one or both. Younger women and men should get the human papilloma virus (HPV) vaccine and, if you didn't get them as a kid, you likely also need vaccines against chickenpox, hepatitis (A and B) and mumps, measles and rubella (MMR). Ask about the meningococcal vaccine, too.

Myth: Only doctors give vaccines.

Fact: Pharmacies do, too. Don't want to spend the time or money on a doctor's visit for vaccines? Get your shots where you shop. Pharmacies and quick-care clinics in all 50 states are authorized to provide many adult vaccines. Call ahead to find out which ones are available in your local drugstore and whether or not you need a prescription.

Myth: The side effects are scary.

Fact: Side effects are rare. If you have a weakened immune system or have had an allergic reaction to a vaccine, there are some you should skip — and others where certain formulations may be a better choice for you. But it's important to know that the risk for a serious reaction is very small, especially compared with the protection vaccines provide. For instance, the pneumococcal vaccine cuts your risk for infection by as much as 70 percent. And the shingles shot cuts risk for a blistery outbreak in half and reduces your odds for nerve pain by 67 percent. Overall, the chance of gaining benefits from a vaccination is 40,000 times greater than the chance of incurring a serious side effect.

Myth: Vaccines are expensive.

Fact: Most are covered by insurance plans and Medicare — especially if you get them at the recommended age. Talk to your insurance company. If you don't have insurance, talk to your doc or call your state's department of health about free clinics in your area. It's worth the effort!

Myth: It's gonna hurt!

Fact: Maybe not. Studies prove that distracting yourself (bring your headphones and listen to music) or breathing deeply and relaxing your muscles just before the jab reduces pain significantly. Drugstore numbing creams containing lidocaine applied beforehand (follow package directions) also can help.

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.

© 2015 Michael Roizen, M.D. and Mehmet Oz, M.D.

# Advantages Of Play For Babies

The understanding of play can help children develop a wide variety of skills. Skills babies will use later in life.

Toys do not have to be expensive or new and preferably, shouldn't be electronic. Electronic toys do not allow babies to develop skills because the toy is doing all of the work.

Basic, cheap, "unlimited" playing will do the job.

When toys are basic, a child is forced to be creative, energetic and involved on a whole different level, which allows and promotes development.

Benefits of play for babies include:

- building confidence
- feeling loved, happy and safe
- developing social skills, language and communication
- learning about caring for

others and the environment

- development of physical skills

More tips and information are available through Northeast Nebraska Community Action Partnership's Healthy Families program. This free service provides personalized, one-on-one, parent- and child-focused support, education and resources into families' homes in Northeast Nebraska. NENCAP Healthy

Families follows the national Healthy Families America model that supports nurturing parent-child interactions which are proven to reduce the prevalence of child abuse and neglect.

There are no income guidelines for Healthy Families. Call 800-445-2505 or 402-385-6300 to speak to a Healthy Families Advocate.

## Weiland To Speak In Vermillion

VERMILLION — The Clay County Democratic Party will be hosting Rick Weiland Wednesday, Dec. 9 at Howlers Bar & Grille at noon.

Weiland champions bipartisanship and campaign finance reform with his new organization, TakeltBack.org. He will also be speaking about ballot initiatives including redistricting, non-partisan primaries and anti-corruption.

Weiland ran for the United States Senate for South Dakota.

Mark Winegar, CCDP chairman and candidate for state representative for District 17, says, "Everyone is welcome. Rick is discussing issues important to all South Dakotans!"

For more information, contact Winegar at mark.winegar@mac.com.

www.yankton.net

## GRAHAM YOUR TIRE STORE NEXT DOOR

Just how good have you been this year?

Apparently pretty good, according to Graham Tire

# LAST BIG SALE OF THE YEAR! TODAY ONLY!

7am to 8pm

# All Tires On Sale!!

13

HOUR TIRE SALE

FREE BATTERY TEST

FREE COOLANT TEST

## 6 MONTHS NO INTEREST DOUBLE REBATE

with a Goodyear Credit Card

Expires 12/31/15

With Every New Tire Purchase You'll Receive:

- Road Hazard
- Rotation
- Mounting
- Vehicle Inspection
- Flat Repair
- Air Pressure Check
- Alignment Check

Purchase your Gift Certificate for:

# \$1888

Today Only!

Gift Certificate

## One Oil Change

Limit 5 per customer. Certificate must be used by March 31, 2016.

GOODYEAR COOPER TIRE DUNLOP  
 KELLY TIRE HANKOOK

We've Got Your Price! We've Got Your Tire!

# GRAHAM

YOUR TIRE STORE NEXT DOOR

2704 Fox Run Pkwy  
 Yankton, SD  
**665-4406**