

The Press & Dakotan Weather Center

Yankton's Forecast

Friday
11

Partly Cloudy

Precip Chance: 10%

Wind: ESE, 5-15

High: 50

Low: 30

Saturday
12

Rain/Snow

Precip Chance: 30%

Wind: N, 10-15

High: 38

Low: 30

Sunday
13

Rain/Snow

Precip Chance: 40%

Wind: NW, 5-10

High: 36

Low: 26

Monday
14

Partly Cloudy

Precip Chance: 10%

High: 36

Low: 25

Tuesday
15

Snow Likely

Precip Chance: 60%

High: 32

Low: 19

Yankton Almanac

Temperature

Yesterday's High / Low 55° / 45°
Normal High 33°
Normal Low 14°
Record High 65° in 1939
Record Low -10° in 1932
Last Year High / Low 34° / 30°

Precipitation

Yesterday's 0.04"
Month to date 0.14"
Year to date 25.26"
Avg. year to date 23.46"
Maximum this date 0.40" in 1970
Yesterday's snowfall 0"
Total snowfall for season 18.00"
Maximum this date 7.00" in 2000

Sun and Moon

Sunrise

Sunset

Today 7:50 a.m. 4:55 p.m.
Tomorrow 7:51 a.m. 4:55 p.m.

Moonrise

Moonset

Today 7:42 a.m. 5:40 p.m.
Tomorrow 8:36 a.m. 6:33 p.m.

New
12/11

First
12/18

Full
12/25

Last
1/2

Weather key: s-sunny, pc-partly cloudy, mc-mostly cloudy, cl-cloudy, t-thunderstorms, sh-showers, ra-rain, sn-snow, fl-flurries, w-wind

Regional Forecast

Pierre
39 / 24

Huron
41 / 26

Brookings
41 / 26

Chamberlain
43 / 25

Mitchell
44 / 27

Lake Andes
49 / 29

Yankton
50 / 30

Sioux Falls
47 / 28

Sioux Center
49 / 31

Sioux City
54 / 32

Vermillion
52 / 31

Norfolk
52 / 31

Omaha
57 / 36

O'Neill
50 / 28

Winner
44 / 27

Forecast for Today

Today

Tomorrow

S. Dakota

Hi Lo W

Aberdeen 34 22 sn

Brookings 41 26 mc

Custer 40 20 s

Deadwood 39 18 s

Mobridge 34 24 sn

Huron 41 26 mc

Mitchell 44 27 mc

Pierre 39 24 mc

Rapid City 43 26 pc

Sioux Falls 47 28 mc

Today

Tomorrow

Hi Lo W

Sioux City 52 31 pc

Waterbury 37 26 cl

Winner 44 27 pc

Des Moines 56 41 pc

Sioux City 54 32 pc

Norfolk 52 31 pc

Lincoln 59 36 pc

Omaha 57 36 pc

National Forecast

Today

Tomorrow

Location:

Hi Lo W

Anchorage 30 21 mc

Atlanta 69 53 pc

Boston 58 44 s

Chicago 55 49 s

Dallas 77 64 s

Denver 55 29 pc

Detroit 55 46 s

Green Bay 45 35 pc

Houston 82 68 pc

Kansas City 63 48 mc

Las Vegas 58 43 sh

Los Angeles 64 48 t

Miami 81 72 s

Minneapolis 40 33 cl

New York City 58 50 s

Philadelphia 61 46 s

Phoenix 64 46 pc

San Francisco 57 49 t

Seattle 49 39 ra

Tampa 80 63 s

Washington, D.C. 61 48 s

Livestock Outlook

Today we will see partly cloudy skies with a high temperature of 50°, humidity of 66%. East southeast wind 5 to 15 mph. Expect mostly cloudy skies tonight with an overnight low of 30°. Northwest wind 5 to 10 mph. Saturday, skies will be cloudy with a 30% chance of rain and snow.

Gavins Point Dam

Lake Temperature 38°

Lake Elevation 1208.01

Discharge 17,000 cfs

Spillway Release 0 cfs

Tailwater 1152.84

SDDOT Awards Economic Grants

PIERRE — At its Nov. 20 meeting, the South Dakota Transportation Commission awarded nearly \$3.8 million in economic development grants for infrastructure improvements in smaller communities in South Dakota.

Before making the awards, the Commission also adopted the department's recommendation to double the total amount of funding available for the three different grant programs from \$2 million to \$4 million. The additional funds were made available as a result of the passage of Senate Bill 1 during last year's legislative session.

The economic development grant program funds awarded at the meeting will improve roads leading to schools, main business areas, hospitals, grain elevators and other economic areas in the communities. The grants pay for 60 percent of the construction costs, up to a maximum of \$400,000.

The department received 29 applications requesting approximately \$7.15 million in funding for projects directly benefiting small South Dakota communities and access to businesses.

Area communities receiving grant awards this year are:

- City of Tripp — \$400,000 for Main Street which serves the downtown business area (Community Access Grant).
- Town of Volin — \$177,120 for Main Street, Lincoln Avenue and Garfield Avenue which serves the downtown business area (Community Access Grant).

9,456 People Signed Up For Coverage

PIERRE — Heading into the final days before the December 15 deadline for Jan. 1 coverage, more than 2.8 million consumers selected a plan in the HealthCare.gov platform as of Dec. 5, including 9,456 in South Dakota. This includes both new consumers and consumers returning to shop for private health insurance plans sold on Healthcare.gov.

"I am pleased with the strong start to this year's Open Enrollment," Department of Health and Human Services Secretary Sylvia Burwell said. "While we have more work to do, more than 1 million new consumers have signed up for affordable quality coverage in the 38 states that use HealthCare.gov. And existing Marketplace customers who have returned and shopped for a more affordable plan are paying less in premiums this year than they were paying last year. Time is running out to sign up for a health plan that begins on Jan. 1. With less than a week remaining before the Dec. 15 deadline, we urge consumers to visit Healthcare.gov and get enrolled."

Open Enrollment for 2016 health coverage at HealthCare.gov began Nov. 1, and runs through Jan. 31, 2016. However, it's important to note that individuals who need coverage starting Jan. 1, 2016, must sign up by the Dec. 15, 2015, deadline.

Having health insurance when you can afford it is now the law. If someone chooses not to buy health insurance and could afford to do so, they are at risk of paying a fee of \$695 or more.

Consumers should visit HealthCare.gov or Cuidadode-Salud.gov to review their coverage options, learn about what financial assistance is available or to sign up or re-enroll in a plan that best meets their needs.

FIVE FACTS ABOUT OPEN ENROLLMENT IN SOUTH DAKOTA

- Since Open Enrollment began on Nov. 1, 9,456 South Dakota consumers have selected a plan in the Federally Facilitated Marketplace.
- Plans for 2016 are affordable, 70 percent of South Dakota enrollees can find plans for \$75 or less a month in premiums after tax credits. Nationwide, about 8 out of 10 people who enroll in health coverage through HealthCare.gov qualify for financial help to make their monthly premiums more affordable.
- For 2016, 71 percent of returning South Dakota HealthCare.gov consumers could save an average of \$217 annually in premiums before tax credits for a plan in the same level of coverage by returning to shop.
- When South Dakota customers visit HealthCare.gov, they'll find a variety of quality health coverage options available. For 2016, South Dakota consumers can choose from 2 issuers and an average of 19 plans.
- Free confidential enrollment help is available if people in South Dakota have questions or want to talk through their options with a trained professional. Visit LocalHelp@HealthCare.gov to find a listing of enrollment centers and events in your community where free, confidential enrollment help is offered.
- Representatives at the 24-hour Call Center are available every day at 1-800-318-2596. Call Center representatives can answer questions and help people enroll in coverage over the phone.

SHARE Holding Christmas Soup Kitchen

The community is invited to Yankton SHARE's special Christmas Soup Kitchen to be held Wednesday from 11 a.m.-7 p.m. at Peace Church, 206 E. 31st St.

Donors to Yankton SHARE will receive \$2 off their meals. Those donors who purchased food for Thanksgiving include Affordable Storage, American Family Insurance - Eugene Kocer, Greg Andersh Carpentry, Laura Fejfar, Deb Johnson and Mary Uhrich, Modern Woodmen of America 18126 Yankton Summit Chapter, Beth Nohr, Deb Norris, Women's Night Club of United Methodist Church, The Nutmegs, Janis Revell, Sally & Terry/Lewis & Clark Realty, Inc., Sewing Cool Stuff & More, Hal and Cindy Somer, Veronica Trezona and Yankton SHARE.

For Christmas, which includes purchasing either a Christmas Dinner or a Best Value Package, those donating include: American Family Insurance, Eugene Kocer, Greg Andersh Carpentry, Angela, Avery, Starr, B'Dazzled/Barb Rhode, Deb Johnson, LÖV Chapters Earth, Beth Nohr, The Nutmegs, Sam Schnabel, Sewing Cool Stuff & More, Veronica "Roni" Trezona, Mary Uhrich, Yankton SHARE and more.

The Nutmegs purchased the most meals to give away and deserve a special thank you, as do all who have contributed to Yankton SHARE.

Tips For A Holiday Season Filled With Less Sugar & More Fun

BROOKINGS — The holidays are here! It is a time to celebrate with family and friends — but for many of us, it is a time to over-eat, gain weight and feel sluggish, explained Megan Erickson, SDSU Extension Nutrition Field Specialist.

"On average, Americans gain 1 to 2 pounds during the holiday season. Making healthy choices during the holiday season can be a challenge," Erickson said. "But ask yourself this, 'Do you really want your waistline to suffer one year after another?'"

The temptations of sweetness surrounds us — according to the American Heart Association, Americans are swallowing 20 teaspoons of sugar daily. "This contributes to 352 calories with zero nutritional value," Erickson said.

She added that consuming too much sugar can increase the risk of developing diabetes and obesity. "The 2010 Dietary Guidelines for Americans recommends limiting the consumption of added sugars," she said.

In today's society, people turn to food for energy. But, Erickson explained that if that food is sugary, it will raise blood sugars providing a short burst of energy which most likely will result in an energy crash. "Making healthy food choices is a method for boosting our energy levels. A balanced meal includes fruits, vegetables, lean protein, whole grains, and fat-free or low-fat dairy products which will provide you with an overall lasting increased energy level," Erickson said. "By reducing your sugar intake, you may have more energy or even lose weight."

Tips to reduce your sugar

intake this holiday season:

- Scale back coffee. Scale back slowly on the amount of sugar added to your morning coffee. Try a little low-fat milk, a pinch of cinnamon or even a sugar substitute. Shrink the size of your flavored coffee or ask for fewer flavored pumps.
- Morning kick-start. Instead of reaching for the sugar to sprinkle on your cereal or oatmeal, try adding some fresh fruit or dried fruit.
- Satisfy the craving. Try eating a piece of fresh fruit or fruit salad.
- Swap out the pop. Select sugar-free or low-calorie beverages. Water is always the best choice.
- Moderation. Select smaller portions of your favorite holiday treats.
- Eat fresh, frozen, dried or canned fruits. Select fruits canned in 100 percent juice. Avoid fruit canned in syrup.
- Substitution in baked goods. Substitute an equal amount of fruit puree, i.e. applesauce, for oil in cake, brownies or bread. The fruit will add flavor and keep your baked goods moist.
- Reduce. In baked goods, such as cookies, pie fillings, and brownies, reduce the sugar by one-third to one-half. Try adding extracts such as vanilla, almond and lemon for added sweetness. "You may be thinking that you have to leave out all of the holiday foods you love. That is not the case. Enjoy a cookie or two! Remember moderation is key," Erickson said.

By incorporating the suggestions provided above, Erickson said small cuts in sugar will make a big difference in creating a more energized self and a healthier lifestyle throughout the entire holiday season.

LOTTERIES

THURSDAY'S RESULTS

2 By 2: Red Balls: 13-25, White Balls: 6-24

MYDAY: Month: 4, Day: 22, Year: 31
Pick 3: 9-4-9
Pick 5: 19-29-34-36-38

ON THIS DATE

75 YEARS AGO

Wednesday, December 11, 1940

• Operation of the Yankton Traffic Bureau, an affiliate of the Chamber of Commerce, through approximately its first year of existence affected a saving in transportation costs to Yankton consumers through rate adjustments secured of more than \$2,600.

• A new troop of Boy Scouts of America in this, the Big Muddy district of the state, has been formed at Mission Hill, sponsored by the P.T.A. of that place, and with L.W. Kehm, teacher in the town schools, as scoutmaster.

50 YEARS AGO

Saturday, December 11, 1965

• The Yankton Bucks kept on the winning tail last night with a resounding 70-41 Eastern South Dakota conference win over the

BOARD OF TRADE

CHICAGO (AP) — Grain futures were mostly higher Thursday on the Chicago Board of Trade.

Wheat for March delivery gained 5.75 cents to \$4.9550 a bushel; March corn was up 5.50 cents to 3.7925 a bushel; March oats fell .75 cent to 2.3750 a bushel; while January soybeans rose

1.50 cents at \$8.7825 bushel.

Beef higher and pork was lower the Chicago Mercantile Exchange. February live cattle was up 2.37 cents to \$1.2652 a pound; January feeder cattle rose 2.43 cents to \$1.5305 a pound; while February lean hogs fell .03 cent at \$.5922 a pound.

DAILY RECORD

POUND COUNT

Several animals are available at the Yankton Animal Shelter. For more information, call the Yankton Police Department's animal control officer from 8 a.m.-4 p.m. Monday-Friday at 661-9494, or 668-5210.

ACCIDENTS

• Dylan Schrempp, 24, Yankton, was arrested Thursday on a probation hold for aggravated assault.

INCIDENTS

• A report was received at 12:14 p.m. Thursday of a hit-and-run accident on Broadway Ave.
• A sheriff's office report was received at 2:45 p.m. Wednesday of a car-versus-deer accident near the intersection of 309th St. and 444th St. Ave. near Mission Hill.

CRIME STOPPERS

Anyone wishing to report anonymous information on unlawful activity in the City of Yankton or in Yankton County is encouraged to contact the Crime Stoppers tip line at 665-4440.

WALL ST. RECAP

FOR THE WEEK:

The Dow fell 272.88 points, or 1.5 percent.
The S&P 500 fell 39.46 points, or 1.9 percent.
The Nasdaq dropped 97.10 points, or 1.9 percent.

FOR THE YEAR:

The Dow is down 248.32 points, or 1.4 percent.
The S&P is down 6.67 points, or 0.3 percent.
The Nasdaq is up 309.12 points, or 6.5 percent.

BIRTHDAYS

HELEN BIRGER

There will be an open house and card shower for Helen Birger as she celebrates her 94th birthday at Avera Sacred Heart Majestic

Bluffs Dec. 12 from 1:30-3:30 p.m.
Cards may be sent to Avera Sacred Heart Majestic Bluffs Room 227, 2111 W. 11th St., Yankton, SD 57078.

YANKTON DAILY

PRESS & DAKOTAN

Fill the puzzle so that every row, every column, and every section contain the numbers 1-9 without repeating a number.

5 4

6 2

9 8

6

5

1

6

3

5

7

3

9

1

6

8

3 4

4 7

3 1

CHALLENGING

CH BOOK 79 #6

Yesterday's Solution

6 9 5 8 3 1 2 7 4

7 1 4 9 6 2 3 5 8

3 2 8 4 7 5 9 6 1

9 5 6 2 4 7 1 8 3

8 3 1 5 9 6 4 2 7

2 4 7 1 8 3 6 9 5

5 6 9 7 1 4 8 3 2

1 8 2 3 5 9 7 4 6

4 7 3 6 2 8 5 1 9

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Check tomorrow's paper for the solution to today's puzzle.

INT BOOK 79 #6

GOT NEWS?

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(Firefox is the preferred cell phone browser)