

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, 1019 W 9th St.

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., Books & Beans, downtown 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
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
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

SECOND WEDNESDAY

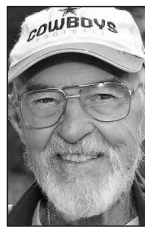
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Antique Auto Club, 7 p.m., The Center, 605-665-4685

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

BIRTHDAYS

CY BEYE



Beye

Cy Beye will be 90 years old on February 17, 2013. A celebratory brunch will be held following the 10:15 service at Christ Episcopal Church, 517 Douglas Ave. Yankton.

MILDRED CAMERON



Cameron

Mildred Cameron of Yankton will celebrate her 80th birthday on Feb. 15. A card shower will be held and cards may be sent to her at 600 East 15th street, Yankton.

MARJORIE LUDENS



Ludens

Marjorie (Mrs. Harold) Ludens of Springfield is celebrating her 85th birthday on Tuesday, February 12, 2013. In honor of her special day, her family is requesting a card

shower. Birthday greetings may be sent to 31281 314th Street, Springfield, SD 57062. Happy Birthday, Mom!

SISTER ROSALEEN DICKES



Dickes

Sister Rosaleen Dickes will be celebrating her 80th birthday on Feb. 14, 2013. A card shower is requested and may be sent to Sister Rosaleen at Sacred Heart Monastery, 1005 West 8th Street, Yankton, S.D. 57078.

IVAN VITEK



Vitek

The family of Ivan Vittek is hosting an open house in honor of his 95th birthday. It will be held on Feb. 17 from 2-4 p.m. at the VFW in Yankton. Every one is welcome. Your presence is the only gift he requests.

BIRTHS

ELLA JENSEN

Wendy (Schulte) Jensen and Justin Jensen of Sioux Falls announce the birth of Ella Marie Jensen, who was born Jan. 16, 2013, at Avera McKennan Hospital, Sioux Falls. Ella weighed 5 pounds, 5 ounces.

Grandparents are Michael and Michelle Schulte, Yankton; Jackie LaCroix, Yankton; and Jim and Toni Jensen, Ardmore, Okla.

Great-grandparents are LeRoy and Almeda Arens, Fordyce, Neb.; Anna Marie Schulte, Yankton; Joe Vitek, Yankton; and Joann and Terry List, Yankton.

Great-great-grandfather is Rudy Arens, Coleridge, Neb.

IRENE WUBBEN



Wubben

Irene Wubben is celebrating her 85th birthday on Monday Feb. 11, 2013. Her family is requesting a card shower in her honor to be sent to: 304 James Place, Yankton, SD 57078.

We want to make you a loan!
\$100 - \$3000

GENTRY FINANCE
 228 Capital • Yankton
605-665-7955

CONVENIENT LOAN
 1818 Broadway Suite D-1 • Yankton
605-665-1640



The 2012-13 flu season is one for the record books: 47 states report more than the usual number of cases; Boston and New York state have declared influenza emergencies, and that's caused shortages of vaccines and antivirals in some areas.

If you didn't heed our advice last fall to get an early-bird vaccine because you were busy, you didn't think you needed one or you fell for one of the flu "fictions" circulating faster than the H3N2 virus in a crowded subway car, now's the time to step up and get that shot! It's about 62 percent effective at preventing the flu, and if you do get the virus, symptoms are a lot milder. (Tip: Exercise your arm immediately after you get the shot. It increases the likelihood that the shot will be effective.)

Still need convincing? Here are six flu falsehoods and the real scoop.

Flu fiction No. 1: It's too late.

Truth: A late flu vaccine's better than none at all. Yes, it takes about two weeks to develop antibodies, but since flu season can drag into late May, it still can come in handy.

Flu fiction No. 2: The most common flu strains this year aren't in the vaccine.

Truth: This year's vaccine contains the three strains responsible for 90 percent of flu this season. They are: A/California/7/2009 (H1N1)-like virus; A/Victoria/361/2011 (H3N2)-like virus; and B/Wisconsin/1/2010-like virus. If you get the flu after you have your inoculation, it's probably because you caught the bug before the vaccine kicked in or you've come down with a type that isn't in the vaccine.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Flu fiction No. 3: The vaccine is too risky for kids and pregnant women.

Truth: Kids (including teens and college students) and pregnant women need it — but aren't getting it. Every year, up to 40 percent of kids catch the flu — and 20,000 kids under the age of 5 wind up in the hospital as a result. Yet only around half of little kids, teens and pregnant women (and just one in five college students) get the vaccine. If you're pregnant, a vaccine protects you and your fetus — and it keeps protecting your baby after birth (the child gets your antibodies while in the womb). True, kids with severe egg allergies or anyone who's had a severe allergic reaction to the vaccine should not get the shot. But a just-approved vaccine called Flublock, for those 18-49, is OK for adults with an egg allergy. It's in limited supply this year, but it should be all over the place next year.

Flu fiction No. 4: I'm healthy, so a bout of the flu's no big deal.

Truth: Flu sets you up for bacterial infec-

tions and life-threatening health problems.

The flu vaccine can cut your risk for a heart attack or stroke by a whopping 50 percent — most likely because plaque in your arteries isn't subjected to the revved-up inflammation that happens when your immune system is battling the flu. (Inflammation can make the plaque rupture, causing a heart attack or stroke.) Could this benefit cut your risk for diabetes and cancer? Maybe. There's also news that flu increases risk for pneumonia super-infections. That's dangerous if you have asthma or other breathing problems, are age 65 or older, or already have a weakened immune system.

Flu fiction No. 5: I'll just keep my hands clean.

Truth: The flu virus is mostly airborne.

Tiny flu-virus particles float in the air for hours after a cough or sneeze. Wearing a face mask in crowded places could cut your risk for flu by about 50 percent, but we think it's easier just to get the vaccine! Regular soap-and-water scrubblings or rubbing on alcohol-based hand sanitizer can prevent the spread of cold viruses and bacteria that can easily infect folks with the flu.

Flu fiction No. 6: The vaccine is sold out.

Truth: You can find it. If you're among the 64 percent of people who haven't gotten their flu protection yet, track down this life-saving vaccine near you with one click: www.flu.gov in the U.S., or www.fightflu.ca in Canada.

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, visit sharecare.com.

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Deadline Near For Grant Vision Business Competition

PIERRE — Potential applicants are reminded that the deadline for entries to the 2013 Governor's Giant Vision Business Competition is Friday, Feb. 15, and Student Competition entries are due Friday, Feb. 22. Visit www.southdakotagiantvision.com for more information or to submit entries.

The Governor's Giant Vision event is hosted by the South Dakota Chamber of Commerce and Industry and offers significant prize money. The Business Competition winner will be awarded \$20,000. The second place award is \$5,000, third place is \$4,000, fourth place is \$3,000, and fifth place is \$2,000. The remaining qualifiers will receive \$500 each to help with

the expenses of participation.

This competition is offered to show new entrepreneurs that South Dakota is serious about helping business, creating opportunities and proving to young people that they can have any future they desire right here at home.

In addition to cash awards, the competition will bring people with new business ideas together with judges and other invited guests who have business development experience and several who have a capacity to make venture investments.

Sponsors for Giant Vision are Gov. Dennis Daugaard, Black Hills Corp., Rapid City; Christiansen Land & Cattle Ltd., Kimball; Dacotah Banks, Aberdeen; Daktronics, Inc., Brookings; South Dakota EP-SCoR, Brookings; Toshiba America, Mitchell; US Bank, Sioux Falls, Aberdeen and Rapid City; Wheeler Manufacturing, Lemmon; and Xcel

Energy, Sioux Falls.

Those entering the Governor's Giant Vision competition will submit a business plan through the website www.southdakotagiantvision.com. The competition is open to all South Dakotans. The judges give heavier weight to business opportunities that would advance South Dakota employment or the South Dakota business base. The competition is open to entrepreneurs with new ideas that they believe would benefit from the review and analysis process of the competition. Existing companies must be a South Dakota company and may only have been in business three years or less AND with annual revenue not to exceed \$250,000.

Previous winners may not apply again for the same idea. The focus of this program is on the business plan or business model and is not limited to technology entries.

The South Dakota Chamber of

Commerce and Industry is also hosting the seventh annual Governor's Giant Vision Student Competition. South Dakota college, university and technical school traditional students are encouraged to apply. The winner will be awarded \$5,000, with a second place prize being \$3,000, third place \$2,500 and fourth place \$2,000. The remaining qualifiers will receive \$500 each to assist with the costs of competing.

The student competition is underwritten by Gov. Daugaard and Citibank of Sioux Falls.

Applications must be submitted by 11:55 p.m. Friday, Feb. 15, for the Business Competition and Friday, Feb. 22 for the Student Competition. The final competition and awards event will be held Tuesday, April 16, at the Ramkota in Sioux Falls. www.southdakotagiantvision.com.

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