

## C O M M U N I T Y

## 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.

## THIRD MONDAY

**Yankton Golf Advisory Board Meeting**, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205  
**Friends Of The Yankton Community Library**, 5:15 p.m., Yankton Library, 515 Walnut  
**Yankton Lions Club**, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.  
**Yankton American Legion Auxiliary**, 7:30 p.m., VFW Building, 209 Cedar Street  
**NARFE Chapter 1053**, 10 a.m. at The Center, located at 900 Whiting Drive.

## 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

## THIRD TUESDAY

**Yankton Area Banquet**, 6 p.m., United Church of Christ, Fifth and Walnut

## 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

## THIRD WEDNESDAY

**NAIFA-Lewis and Clark**, noon-1 p.m., Minerva's.  
**Partnership Bridge**, 1 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

## THIRD THURSDAY

**HSC Friendship Club**, 5 p.m., February: Fry'n Pan Restaurant, Yankton, 605-665-5956.

**Catholic Daughters (Court Willard 967)**, 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

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

## How To Beat Menopause Brain Fog

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

King Features Syndicate, Inc.

Many women we know and those we hear from were not surprised by a new report saying that fuzzy thinking at menopause is real, and neither were we. It's great that medical science is catching up with this annoying reality after years of skepticism. The good news is that you don't have to wait any longer to banish the brain fog that's interfering with your working memory.

Working memory is your brain's storage container for info you might need in the next couple of minutes. A weak working memory lets valuable info slide out of the container, making everyday math problems tougher (How much is left in the account after I write checks for \$135 and \$350?), messing up your ability to grocery-shop without a list and focus in a business meeting (What did my boss just say about my department?), and much, much more. (For a quick test of your working-memory prowess, go to realage.com.)

Why is your working memory not working? Hormonal shifts at menopause can throw you off your mental game. The reason: There are loads of estrogen receptors in areas of the brain (like the frontal lobe) that control working memory. When there is less estrogen to turn these receptors on, memory degrades until the receptors adjust. With the fluctuations of menopause, the receptors often cannot adjust fast enough, and you forget your dentist appointment. Up to two-thirds of women report forgetfulness and other mental hiccups at this time. Things often improve once the wild hormone swings stop, but plenty of other factors like sleep, diet and



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

how often you exercise can help or hurt this important brain function, too. So sharpen thinking, hone your mental focus and lift that fog with these steps:

Don't overlook hormone therapy. We recommend bioidentical estradiol and micronized progesterone plus 162 mg of aspirin (with a glass of warm water before and after to prevent GI bleeding and upset) to decrease blood clot and cancer risks. (Hormone therapy may not be for you if you're at high risk for breast cancer.) There's recent evidence that bioidentical estradiol is better than conventional estrogen (called conjugated equine estrogen) for clearing up brain fog.

These next tips can benefit anyone's working memory whether you're in the middle of hot flashes, a 30-something guy or a senior canasta player.

Walk, swim, bike, run — or dance! We're big fans of strength-training, but for working-memory brain benefits you need to hustle your strong, sexy muscles rather than build-

ing more. Brisk walking is enough to boost volume and activity in brain areas associated with a super-efficient working memory. The more help you need with working memory, the more exercise seems to help. Three specific ways a stroll boosts working memory: Exercise increases the number of connections between brain cells, makes the connections stronger and improves blood flow in these brain regions.

Say yes to omega-3s. These good fats really are brain food and help working memory work better. And now that we know even adult brains replenish and regrow new cells (renewing them up to three times every year), it makes sense that you need plenty of these fats. The good omega-3 fatty acid, called DHA, is an important building block of brain cell membranes, the place where signals move from cell to cell. Have fatty fish three times a week, or get 900 milligrams of DHA a day from algal oil or fish oil capsules. We do.

Slumber deeply. Menopause can wreck a good night's sleep. Hormone therapy can help. So can getting checked for sleep apnea (a problem for one in three overweight women and for plenty of guys, too). Skipping on sleep erodes working memory — punching holes in that precious container. Turn in earlier, turn off electronics an hour before bed and adopt a sweet bedtime routine (a couple of stretches, a warm shower, some light reading or a snuggle, then lights out.)

*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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## SCHOLASTICS

## YANKTON HIGH SCHOOL

Due errors in the Yankton High School Honor Rolls, published in the Feb. 2 edition of the Press & Dakotan, we are re-running the corrected Second Quarter rolls for the YHS senior class.

## ROLL OF EXCELLENCE

AbdAlkreem, Banan Amer  
 Adams, Kali Lee  
 Alderson, Charles Warren  
 Arens, Joshua Thomas  
 Bakke, Morgan Makayla  
 Barnes, Theresa Faith  
 Berg, Alexa Leigh  
 Bergeson, Evan Jeffrey  
 Bies, Jacob Michael  
 Binder, Maria Clare  
 Blaha, Tara Elizabeth  
 Bouza, Holly Marie  
 Bryan, Tyler Bosworth  
 Butler, Kelsey Jean  
 Chambers, Savannah Skye  
 Christopher, Olivia Irene  
 Culver, Jessica Ann  
 Dahlberg, Fiona Rosemarie  
 Dvorak, Dustin Jacob

Erickson, Jessica Ann  
 Erickson, Kourtney Kay  
 Fanta, John William  
 Fitzgerald, Kelsey J  
 Fokken, Alexis Nicole  
 Goeken, Jessica Marie  
 Gravholt, Derek Loy  
 Greenaway, Katelyn Joy  
 Hansen, Jesse Wayne  
 Hanson, Samantha Jean  
 Hicks, Sarah Noelle  
 Hisek, James Lee  
 Hora, Mikala Jasmine  
 Hummel, Andrew James  
 Hunhoff, Troy William  
 Iverson, John Kevin  
 Johnson, Tyler William  
 Keegan, Bryce Gene  
 Kellen, Thomas Michael  
 Klimisch, Alyssa Marie  
 Konopasek, Drew Michael  
 Kotschegarow, Katie Lynn  
 Kruse, Lindsay Marie  
 Kuipers, Marissa Jo  
 Larson, Mackenzie Lynne  
 Luken, Cameron James  
 McDonald, Sarah Ann  
 Mier, Casey Allen  
 Mingo, Megan Caroline

Mitchell, Abigail Leigh  
 Moon, Jocelyn Blair  
 Muth, Damien Wayne  
 Newman, Brianna Marie  
 Pospishil, Cassie Jo  
 Privett, Morgan Marie  
 Provancial, George Sam  
 Ramey, Logan Marie  
 Rasmussen, Erin Lynn  
 Rehurek, Alex Joseph  
 Rucker, Michael James  
 Russaw, Noah Drake  
 Santos, Sarah Elena  
 Savage, Alexander Hunter  
 Schmidt, Paden Leonard  
 Schroeder, Allyssa Marie  
 Schroeder, Evan Roy  
 Shindler, Brianna Rae  
 Smith, Jackson Tyler  
 Specht, Whitney Rae  
 Spencer, Adam David  
 Steiner, Nicole Ann  
 Stratman, Eric Charles  
 Struck, Andrew Spenser  
 Sylvester, Kayla Rose  
 Tacke, Amber Nichole  
 Taggart, Charlotte Adara  
 Terca, Payton Chere  
 Thieman, McKayla Ann  
 Trail, Michaela E  
 Wendte, Samuel James  
 Wermers, Molly  
 Westerman, Devin James  
 Whitley, Samantha Jo  
 Winterringer, Jessica James  
 Wirth, Jessica Renae

## HONOR ROLL

Woods, Savannah Ann  
 Al-Azzeh, Caroline Grace  
 Anderson, Logan Thomas  
 Barger, Kayla Jo  
 Benjamin, Zachary Alan  
 Bilbrey, Kristian Nicole

Binder, Frae Mary  
 Christensen, Makayla Lynn  
 Cronin, Macenzie Denille  
 Diefenderfer, Kayle Joy  
 Eide, Jaidan Alice  
 Ford, Megan Lea  
 Freng, Katie Marie  
 Gaukel, Jade Lynn  
 Hofer, Matthew Allen  
 Holman, Benjamin Dean  
 Horn, Hannah Lynn  
 Huber, Matthew Alan  
 Hunt, Travis Robert  
 Husman, Maddie Rosemary  
 Hussein, Ashley Maha  
 Hutchison, Taylor R  
 James, Chance David  
 Johnson, Miranda Renee  
 Kathol, Taylor Ann  
 Kleinsmith, Garret Michael  
 Kosmatka, Zachary Alan  
 Kruse, Thomas Edward  
 Likness, Jase Arlin  
 Lipp, Bailey Hunter  
 Medeck, Paige  
 Muilenburg, Stephanie Marie  
 Pearson, Sarah Marie  
 Prickett, Payton Marie  
 Roth, Jessica Ann  
 Rueb, Tristin Leeann  
 Sathe, Cyndal Leroice  
 Schaefer, Ryan Daniel  
 Schaeffer, Silas John  
 Schild, Clara Kristine  
 Slattery, Cayla Anastasia  
 Specht, Regan Marie  
 St. Pierre, Nicholas James  
 Steiner, Cody Joseph  
 Stone, Iesley Marie  
 Strom, Matthew Joseph  
 Van Winkle, Logan Wayne  
 VanHoozen, Candice Christy  
 Waiter, Zachary Marshall  
 Wiedmeier, Brady Lee

## BIRTHS

## KYLIE NEUHARTH

Kari (Swensen) Neuharth and Glen Neuharth of Menno announce the arrival of Kylie Lorinda Neuharth, who was born Jan. 23, 2013, at Sanford Hospital, Sioux Falls. Kylie weighed 7

pounds, 14 ounces.

Grandparents are Yvonne and the late Darrell Swensen of Irene, Harlin and Joan Neuharth of Freeman.

Great-grandmother is Marie Swensen of Viborg.

## BIRTHDAYS

## IOLA BECVAR



Becvar

Iola Becvar will be celebrating her 81st birthday on Feb. 20. The family is requesting a card shower and cards may be sent to Iola at 2107 Laurel Street, P.O. Box 176, Tyndall, SD 57066.

www.yankton.net

## EMMA DANGEL



Dangel

Come help celebrate Erna Dangel's 90th birthday Sunday, Feb. 24 from 1:30-4 p.m. At St. George Catholic Church's fellowship hall in Scotland. If you are unable to attend, birthday greetings can be sent to her at Erna Dangel, PO Box 272, Scotland, SD 57059.



*Celebrate Kid's ENT Month  
 with a hearing screen for your baby*

Your baby can't tell you if he or she can't hear. Babies who do not hear your voice, a lullaby or a nursery rhyme may have problems learning to talk. Hearing loss is a hidden disability; that's why it is so important to have your baby's hearing evaluated. Nationally 3 out of every 1,000 babies born have permanent hearing loss. Most babies born with hearing problems are otherwise healthy and have no family history of hearing loss.

Call 605-665-0062 for your baby's screening



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Todd A. Farnham,  
 Au.D., CCC-A



Beth J. Beeman,  
 Au.D., CCC-A

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