

# 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  
**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.

## FIRST MONDAY

**Yankton Lions Club**, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694  
**Heartland Humane Society Board Meeting**, 6:30 p.m., 601 1/2 Burleigh  
**Yankton Parks Advisory Board Meeting**, 5:30 p.m., RTEC, 1200 W. 21st Street

## 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  
**Quilting**, 9:30 a.m.-3 p.m., The Center, 605-665-4685  
**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  
**Pinocle**, 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

## FIRST 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  
**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  
**SHINE**, 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

## THURSDAY

**Table Tennis**, 8:30 a.m., The Center, 605-665-4685  
**Wii Bowling**, 9:30 a.m., The Center, 605-665-4685  
**Quilting**, 9:30 a.m.-3 p.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

## BIRTHS

### HENRY LOECKER

Henry Bernard Loecker was born Tuesday, Jan. 21, 2014, at Sacred Heart Hospital in Yankton. Parents are Nathan and Kayla Loecker of Fordyce, Neb.  
 Grandparents are Glenn

and Mary Loecker of Fordyce, and Steve and Judy Widner of Vermillion.

Great-grandparents are Lorene Ausdemore of Yankton, Donald and Maxine Mullivan of Rapid City, and Ray and Edith Widner of Rapid City.

## BIRTHDAYS

### MILDRED HOLEC

Mildred Holec will celebrate her 90th birthday on Tuesday, January 28, 2014. She was born on a farm near Dante, S.D., to Jerry and Anna Konfrst. She and her father owned and operated a grocery store in Dante until her marriage to Edward Holec



Holec

in 1951. Four daughters were born to this union: Vicki (Swensen), Marilyn (Kotalik) and Marsha (deceased in 1999) and Kathy (Schieffer). She has five grandchildren and three great grandchildren.

A reception for Mildred will be held at the Avera Sister James Nursing Home at the Gathering Place/Chapel area on Saturday, February 8, 2014, from 2:00-4:00 p.m. If you are unable to attend, cards may be sent to her at 2111 West 11th Street #336, Yankton, SD 57078. No gifts please.

# Single? Reach For These Health Bonuses

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

King Features Syndicate, Inc.



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Almost a third of North Americans — more than 103 million of you — are living single. And despite the constant press about the health benefits of marriage (married people are 17 percent more likely to catch cancers in earlier, more-treatable stages and 20 percent more likely to survive cancer than unmarried folks, according to a new Harvard Medical School review of the health histories of 1.2 million people), there's no reason YOU can't enjoy healthy perks living on your own.

For example, one study found that couples in an antagonistic relationship have 40 percent slower wound healing; so it's not just any old marriage that makes your immune system stronger! And another shows that single people tend to work out more and gain less weight over time, a surefire way to stay healthier and dodge everything from dementia and depression to breast or prostate cancer, diabetes and heart disease.

So if you're looking for ways to boost your health and keep it there on your own (whether you're single, in a stressful marriage or in a long-term, unmarried relationship), here are four steps that give you the health-protecting power of the much-touted "marriage health bonus."

**Step No. 1: Emphasize your single (or self-reliant) advantages.** Marriage increases a woman's risk for being overweight by 3.9 percent, and a guy's by 6.1 percent. The reason? People eat up to 41 percent more when they eat together! That translates into more pounds and body fat. So don't despair if you're eating meals alone, just make

sure you take the time to cook for yourself all the healthy, sizzling flavors and foods that you deserve to enjoy. Don't go the "zap a frozen dinner, watch TV, eat too fast, have ice cream from the container" route!

Singles also have more time and more inclination to get physical activity. So make sure you've included time for exercise in your daily schedule. If you enlist a workout buddy, you'll stick with it AND reap the benefits of companionship — less stress, better mental health and improved cardio health!

Plus, being single after a difficult marriage automatically bestows a health boost by reducing chronic stress. (That former stress amped up inflammation and raised your risk for heart disease, high blood pressure, depression, reduced immunity and even diabetes.) So don't focus on the negatives in your new life; do whatever you can to sustain a more stress-free, healthier lifestyle.

**Step No. 2: Cultivate close connections with others and YOURSELF, and de-stress daily.** Friends give life meaning, and spending time with them switches on health-bestowing nerve

pathways. So make time to hang out with like-minded people in a community group or club, at work or volunteer to help others. People with close friends are more likely to live longer without disability, keep their mental functions and have a healthy heart that can tolerate the exercise of sex!

For stress reduction, practice a "loving kindness" meditation (wish yourself, then others, a healthy, happy life). It will increase your sense of connection to others — an experience that tones up your vagus nerve. That's a good thing. The vagus nerve relays information to your internal organs; when it's tuned-up, it helps you relax so your body can repair itself. Also, harness the stress-reducing powers of exercise and of spending time with a pet, listening to music or laughing every day.

**Step No. 3: Eat more fruits and vegetables.** Studies show that you munch less fruit and fewer veggies than your married pals. Maybe because you're busy, don't want to cook spinach just for one, hate the idea of uneaten produce going bad in the fridge or have fewer food dollars to spend. Bump up your quota (aim for at least five servings a day; nine is best) by investing in frozen vegetables and fruit (we love raspberries on oatmeal or in yogurt), canned varieties that are low in sodium and sugar, and seasonal goodies (usually riper and the best bargains in the produce aisle).

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.

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# SD 4-H Leaders' Mini Grants Awarded

Each year, the South Dakota 4-H Leaders Association awards mini-grants across the state to county or 4-H club projects. The purpose of the 4-H Grants Program is to address youth needs at the local level. The 4-H Leaders Association recognizes that the greatest impact of 4-H occurs at the local level, usually between youth and 4-H volunteers.

Criteria for awarding funds include potential for youth involvement in the planning and implementation of the project, impact on addressing youth issues at a

local level through either a traditional or nontraditional setting, increasing life skill outcomes for youth, reaching expanded youth audiences, potential for transitioning new youth audiences into more "traditional" or ongoing 4-H programs and consistency with present directions of statewide 4-H/youth development programs.

This year, 13 applications for mini grants were received. The following area projects were chosen to receive a mini-grant:

- Clay and Yankton

counties are teaming up to offer a Robotics Curriculum. They will receive \$400 to help purchase a set of 4-H Junk Drawer Robotics curriculum and a Lego Mindstorm EV3 kit. They will use the curriculum to encourage the use of STEM (Science, Technology, Engineering and Mathematics) concepts to educate and encourage youth to pursue these types of careers. The program will be offered for 4-H members and in schools to include non-4-H members to teach robotics. They plan to have a team compete at the State Fair.

Forming a county Horse Quiz Bowl and Hippiology Team is the goal for Turner County with their \$200 grant. The team will include both members in the horse project as well as opening doors to those who do not own horses to participate in the horse project. They plan to prepare 1-2 teams to compete at the 2014 State Horse Show.

For more information on SD 4-H Leaders Mini-Grants, contact the SD 4-H Leaders Association at sd4hleaders@santel.net or 605-796-4558.

# USD Students Honor Legacy Of MLK

VERMILLION — On Monday, Jan. 20, the University of South Dakota's Alternative Week of Off-campus Learning (AWOL) program hosted a day of service to honor and celebrate the legacy of Martin Luther King Jr.

More than 75 students, faculty, staff and community members helped at local organizations like the Center for Children and Families, St. Agnes Catholic Church, Vermillion Public Library, Heartland Humane Society, Vucurevich Children's Center, the Vermillion Fire Station and the Yankton Boys and Girls Club.

Project highlights included painting walls at the Newman Center and the Vermillion Armory, playing games and socializing with residents at the Assisted Living and Sanford Care Center, assembling activity kits for children at Head Start, sorting recyclable materials at the Recycling Center, preparing and serving food at the Welcome Table, setting up an upcoming exhibit at the Vermillion Area Arts Council and packing lunches with the Vermillion Backpack Program.

In addition to the day of service on Jan. 20, Dawn Fraser, a humorist,

storyteller and national speaker, delivered the keynote address to a campus audience on Tuesday, Jan. 21 as part of the MLK Jr. Day Celebration. Fraser led an interactive presentation, "The Art of Storytelling in Leadership," where students were introduced to the transformative power of storytelling and learned how it can be used to inspire and motivate others. Students also had an opportunity to tell their own stories and receive feedback on how to shape and mold their stories.

## SCHOLASTICS

### WAYNE STATE COLLEGE

WAYNE, Neb. — Wayne State College, Educational Service Unit #1 and 12 northeast Nebraska school districts has resulted in classroom experience for more than 1,300 WSC education majors while helping to alleviate the substitute teacher shortage in the area.

The Northeast Nebraska Teacher Academy (NENTA), now in its 14th year, is the only program of its kind in the nation. There are 70 students in this project.

The NENTA school district consortium was awarded a \$299,900 Education Innovation Fund grant over the three-year period of 2000-2003. Wayne College Professor of Education Tim Sharer Professor of Education serves as the NENTA Director, and Carol James is Secretary for the program. Sharer and Dr. Dennis Lichty, Interim Dean of the School of Education and Counseling, serve on the NENTA Advisory Council along with the superintendents from each of the participating P-12 school districts. The NENTA Project has been financially self-supporting since 2003.

The goals of the Northeast Nebraska Teacher Academy are to increase the number of local substitute teachers, to improve availability and equitable use of substitute teachers, to enhance the quality of instruction delivered by a substitute teacher in the participating school districts, and to positively affect retention of teachers during their first five years in the profession.

The Wayne State College education majors who participate in the program have at least junior status, have exceeded the requirements for State of Nebraska Local Substitute Teacher Certification, and are enrolled in the Northeast Nebraska Teacher Academy Seminar that provides weekly opportunities throughout the year for support and review of, and discussion and reflection about actual on-the-job situations. NENTA substitutes are paid for substituting, and receive mileage reimbursements to offset the cost of driving to the area schools.

School districts participating in the Northeast Nebraska Teacher Academy are Allen, Coleridge,

Homer, Laurel-Concord, Leigh, Norfolk, Omaha Nation, Pender, South Sioux City, Wayne, Winside and Wisner-Pilger.

Inquiries about NENTA may be forwarded to the School of Education and Counseling at Wayne State College.

Area participants include:

- Cody Stappert of Hartington
- Cody Stappert of Hartington
- Sheila Sorenson of Newcastle
- Benjamin Gehring of Ponca
- Benjamin Gehring of Ponca
- Beth Dather of Verdigris
- Tayler Hall of Elk Point

Wayne State College, a regional, public four-year college located in northeast Nebraska, is a proud member of the Nebraska State College System.

### ERIN BOS

OKLAHOMA CITY, Okla. — Erin Bos of Yankton earned selection to the President's List at Oklahoma Christian University (OC) for the 2013 fall semester.

Bos, a senior majoring in Elementary Education at Oklahoma

Christian, merited the honor by achieving a grade point average of 4.00 on a 4.00 scale during the fall semester.

Overall, 228 students were on the President's List, with 746 OC students earning a GPA of 3.40 or higher for the fall term.

Oklahoma Christian, recognized as one of the best universities in the western United States by U.S. News and World Report and the Princeton Review, offers undergraduate programs in more than 60 fields of study, an undergraduate Honors Program, and graduate programs in accountancy, business administration, engineering, Christian ministry, divinity, and theological studies.

For the last three years, the cost of attendance for OC undergraduate students has stayed the same, making Oklahoma Christian the only university in the state and the only reporting member of the Council for Christian Colleges and Universities that did not raise its total price. More information is available at www.oc.edu/value.

## APPLIANCE SALES/ SERVICE



## APPLIANCE

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