

# 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  
**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

## 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**, 10 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.  
**Explore the Bible**, 10:30 a.m., The Center, 605-665-4685  
**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  
**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

## 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  
**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  
**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: Phinney's in the Yankton Mall, 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton.

## SCHOLASTICS

### FIONA DAHLBERG

LINCOLN, Neb. — Nebraska Wesleyan University has announced its Academic Honors List for the fall semester of the 2013-2014 academic year.

A student must have a minimum grade point average of 3.75 (on a 4.00 scale) for 12 or more hours of coursework to qualify for the list. Area honorees include Fiona Rosemarie Dahlberg of Yankton.

### CONCORDIA COLLEGE

MOORHEAD, Minn. — Dr. Eric Eliason, dean of the college and vice president for Academic Affairs, has announced the names of students whose superior academic achievement during the first semester of the 2013-14 academic year placed them on the Dean's Honor List at Concordia College, Moorhead, Minn.

"We are proud of the commitment these students show to academic excellence, and we are confident they are preparing themselves well to apply their accomplishments to the affairs of the world," says Eliason. To qualify for this designation, students must carry a minimum of 12 semester credits and have a grade point average of at least a 3.7 on a 4.0 scale.

Area students to qualify include: Molly Zavadi, Jr., Crofton Community School/Fordyce, Neb.; Jessica Bogue, Jr., Beresford; Kelly Reed, Sr., Elk Point/Jefferson; Alexandra Benson, Sr., Hurley; Taylor Tielke, Sr., Yankton

### MITCHELL TECHNICAL INSTITUTE

MITCHELL — A total of 359 students at Mitchell Technical Institute have been placed on the Fall Semester 2013 President's List, according to MTI President Greg Von Wald. Full-time students enrolled in a minimum of 12 credits with a term GPA of 3.5 or higher receive this honor. Included on the Fall 2013 President's List are the following area students:

- Corey Haisch, Architectural Design & Building Construction, Alcester
- Keith Berg, Utilities Technology, Alcester
- Jon Vilhauer, Agricultural Technology, Avon
- Landon Berndt, Farm Power Technology, Avon
- Seth Dykstra, Farm Power Technology, Chancellor
- Moriah Stahl, Agricultural Technology, Freeman
- Callie Svartoi, Agricultural Technology, Freeman
- Christa Thomas, Agricultural Technology, Freeman
- Audra Eberts, Medical Laboratory Technology, Freeman
- Dustin Saarie, Propane & Natural Gas Technologies, Freeman
- Zachary Warejcka, Farm Power Technology, Geddes
- Christin Pavel, Radiologic Technology, Geddes
- Trent Swensen, Power Sports Technology, Irene
- Cody Schenk, Propane & Natural Gas Technologies, Irene
- Marcia Dvorak, Agricultural Technology, Lake Andes
- Connor Florey, Electrical Utility and Substation Technology, Lake Andes
- Stephen Courmoyer, Telecommunications, Lake Andes
- Katherine Luke, Medical Office Professional, Marion
- Allison Luke, Speech-Language Pathology Assistant, Marion
- Mary Jo Mettler, Business Management, Menno
- Erika Hauck, Speech-Language Pathology Assistant, Menno
- Brady Temple, Power Sports Technology, Parker
- Paula Kummer, Administrative Office Specialist, Parkston
- Sterling Kinneberg, Architectural Design & Building Construction, Parkston
- Justin Wipf, Electrical Construction & Maintenance, Parkston
- Briana Kroeger, General Education, Parkston
- Derek Bialas, Power Line Construction & Maintenance, Parkston
- Jacob Bialas, Power Line Construction & Maintenance, Parkston

# How Tomatoes Turn Off Cancer

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

King Features Syndicate, Inc.

Any way you eat 'em, whether it's a thick, juicy slice of a hearty beefsteak tomato, a puree into luscious pasta sauce, spicy salsa or an extract in your green drink, tomatoes and tomato extract decrease atherosclerotic plaque in the arteries of your heart, brain and legs. And if that's not enough, here's another good reason to love your tomato: This magical fruit (it's not a vegetable) also decreases cancer risk.

A new report reveals that lycopene — the powerful carotenoid that gives this fruit its fiery hue and disease-fighting prowess — also boosts levels of an important cancer-quenching hormone called adiponectin. Like a Swiss Army knife, it does it all: helps you maintain healthy blood sugar, burn fat, cool inflammation, discourages cancer cell growth and throws up roadblocks when tumors try to grow their own arteries. Adiponectin even encourages cancer cells to die.

In a new study, women who got 25 milligrams of lycopene a day from tomato products (equivalent to a half-cup of your favorite sauce) boosted levels of adiponectin by 9 percent, reducing their breast cancer risk. Higher "A" levels also are linked to lower risk for diabetes and heart disease.

Along with boosting adiponectin, lycopene has been associated with reducing risk for prostate, lung and stomach cancer, reducing LDL (lousy) cholesterol levels while helping to control blood pressure. So we think this message — EAT MORE LYCOPENE! — is for everyone. Here are five delicious ways to get more into your daily diet:

Go Italian — and beyond. The



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

human body absorbs the most lycopene from cooked tomato products eaten with a smidge of good fat, like the olive oil in tomato sauce. You'll get 25 milligrams of lycopene from a half-cup of tomato puree or tomato sauce. Top off your whole-wheat pasta with tomato marinara, or dunk whole-grain bread in tomato sauce, but don't stop there. Ladle sauce over black or red beans, spaghetti squash or your favorite veggies, too.

Sip soup or juice. A cup of tomato soup or vegetable juice cocktail also delivers your quota. Choose reduced- or low-sodium varieties. (Read those labels when shopping for sauce and puree!)

Treat yourself to pink fruit. Enjoy a slice of juicy watermelon (13 milligrams) or half of a pink grapefruit (1.7 milligrams).

Choose red toppings. Add five chopped, sun-dried tomatoes (5 milligrams) to your salad topping. Upgrade your veggie burger with 2 tablespoons of chili sauce (6.7 milligrams) or catsup (5 milligrams), dunk steamed shrimp in cocktail sauce (5.9 milligrams in two tablespoons), add a big dollop of salsa to your burrito (4.8

milligrams in 3 tablespoons).

Munch a tomato. A whole, fresh tomato has 5 milligrams of lycopene. That number jumps to 7.5 if you cook it for five minutes, even higher the longer it simmers.

Put it in your green drink. Tomato extract takes the essences of the tomato and lets you add it to drinks or healthy smoothies you prepare. Read the label to ensure you're getting a real tomato extract.

4 More Ways to Boost Adiponectin Remember that healthy "A" hormone, adiponectin, that is increased by lycopene? Your body boosts available levels when you ...

Move your muscles. Muscle cells make adiponectin when you use 'em. A brisk, daily walk plus strength-training exercises twice a week can accentuate your "A levels" significantly.

Find fiber. For optimal adiponectin levels, aim for at least 27 grams of fiber daily. (Two to three servings of whole grains plus five to seven servings of produce.) People who hit that fiber quotient have adiponectin levels that are 24 percent higher than those who get less than 17 grams of fiber a day.

Nibble nuts. Crunching a small handful five days a week could boost your adiponectin levels 12 percent.

Subtract sugar. Sugary drinks and added sugars and syrups can reduce levels of adiponectin. Having fruit and fiber (four servings a day) can do the opposite and raise your "A" about 10 percent.

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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## Strengthening Families Program Facilitator Training Set

BROOKINGS — Individuals interested in helping youth and families grow together and build a positive future are invited to attend a Facilitator Training for the Strengthening Families Program for Parents and Youth ages 10-14 (SFP 10-14) on April 8-10 at the SDSU Extension Regional Center in Pierre (412 W Missouri Ave.). Facilitators can be any adults interested in helping families make good decisions. This may include professionals and community members who care about families having a positive role in communities.

"By attending this training, facilitators learn about the background, evaluation, goals and content of the program and to take part in session activities. Training also includes information on practical aspects for implementing SFP 10-14, such as recruiting families and making this a vibrant part of their community," said Andrea Knox, SDSU Extension 4-H Youth Development and Resiliency Field Specialist.

Knox explains that as a trained facilitator, individuals can bring the SFP 10-14 to communities they work and live in.

The local SFP 10-14 program consists of seven sessions for parents/guardians and their youth between the ages of 10 and 14.

Families are asked to commit two hours per session en-

gaging in fun hands on activities and discussion. The program sessions help parents build on their strengths in showing love and setting limits, youth develop skills in handling peer pressure and building a positive future and families grow together.

"The Strengthening Families Program for Parents and Youth 10-14 is for all families and aims to help families be the best they can be.

The goal of the program is to build youth skills and give parents more tools to help their children become responsible young adults who

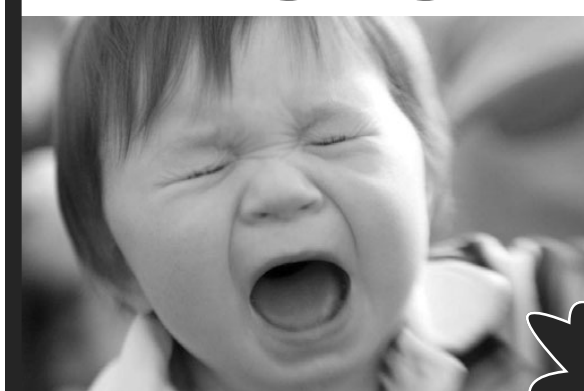
are making good decisions," said Jessica Kirkham, SDSU Extension Prevention Coordinator.

Kirkham encourages interested individuals to take this opportunity to discuss this training with individuals they know who may like to get involved in this program. Each program requires a minimum of two certified facilitators. It is preferred that each implementing community have at least three certified facilitators. Cost for the training is covered, but it is expected that certified facilitators will facilitate a SFP 10-14 program

within a year of being trained.

Program details: Strengthening Families Program for Parents and Youth 10 to 14 (SFP 10-14) Facilitator Training sessions will run April 8 from 8:15 a.m.-5 p.m.; April 9 from 8 a.m.-5 p.m.; and April 10 from 8 a.m.-4 p.m. Online registration is available at <https://sdsuextsfp.eventbrite.com>. Registration deadline is Feb. 25. For more information, contact Jessica.Kirkham@sdsu.edu at 605-688-6037 or Andrea.Knox@sdsu.edu at 605-773-8120.

# We specialize in changing this...



## To This



Celebrate Kids ENT Month

The proud parents of Luke, Madeline, Grady, Everton and Preston want you to know that they are also experts in caring for your kids ear, nose and throat health. Dr. Abbott, Dr. Likness and Dr. Wright will treat your kids with the utmost respect while making them feel better.



David J. Abbott, M.D.  
 Board Certified  
 Otolaryngologist  
 Proud parent of  
 Luke and Madeline



Micah M. Likness, M.D.  
 Otolaryngologist  
 Proud parent  
 of Grady



Catherine A. Wright, M.D.  
 Board Certified  
 Otolaryngologist  
 Proud parent of  
 Everton and Preston



We're H"ear" For You!

## EAR, NOSE & THROAT ASSOCIATES, P.C.

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