

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.

**FIRST MONDAY**

**Yankton Republican Party Executive Meeting**, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605  
**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  
**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

**SCHOLASTICS**

**DAKOTA STATE UNIVERSITY**

**MADISON** — The following local students were named to the President's Academic Honors list for the fall semester at Dakota State University (DSU) in Madison:

- Emily Fedders, Yankton, with highest honors;
- Zach Fuerst, Tripp;
- Clayton Hanzlik, Niobrara, Neb.;
- Michael Hunhoff, Yankton, with highest honors;
- Andrea McManus, Volin;
- Alexander Opsahl, Yankton;
- Emily Robinson, Yankton, with highest honors.

A total of 403 full-time students qualified for the honors list. Highest honors were earned by 139 students who achieved a 4.0 grade point average; the remaining students earned a 3.5 to 3.99 average to qualify for the honors list.

**MORNINGSIDE COLLEGE**

**SIoux CITY, Iowa** — Two area students were named to the Dean's List at Morningside College for the 2012 fall semester.

The students are:  
• Douglas Vanecek, son of Evelyn Kloucek of Tabor. Vanecek, a sophomore at Morningside, is a past graduate of Bon Homme High School.

• Kayla Salonen, daughter of Michael and Lori Salonen of Yankton. Salonen, a senior who is majoring in biology, is a past graduate of Yankton Senior High School.

Each semester the Dean's List recognizes students who achieve a 3.67 grade point average or better and complete at least 12 cred-

its of coursework with no grade below a "C." William C. Deeds, vice president for academic affairs and dean of the college, recently released the Dean's List for the fall semester, and each student received a letter of recognition.

Morningside College is a small, private college in Sioux City, Iowa, that offers students the opportunity to earn a bachelor's degree in a variety of disciplines, or a master's degree in education. For more information about Morningside College, visit the college's website at www.morningside.edu.

**WASHBURN UNIVERSITY**

**TOPEKA, Kan.** — Washburn University has released the names of students who were named to the 2012 fall semester President's Honor Roll. To be named to the list, a student must be enrolled in at least 12 graded semester credit hours and attain a semester grade point average of 4.0. Students are listed by their hometown.

Area students include Lisa Sobotka of Yankton.

**BIRTHDAYS**

**DUTCH ERICKSON**



**Erickson**

Dutch Erickson will celebrate his 80th birthday on Friday, Jan. 11, 2013. Cards and greetings may be sent to: 313 E. 26th St., Yankton, SD 57078.

**5 Ways To Cool Off Fiery Health Wrecker**

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

King Features Syndicate, Inc.



**OZ AND ROIZEN**

Dr. Mehmet Oz and Dr. Michael Roizen

Is your body doing the slow (invisible) burn that fires up cancer, heart disease, stroke, diabetes and brain drain — and even increases wrinkles and hurts your sex life? You can't really feel inflammation until its damage is obvious, but the answer could be "yes" if you've got a wide waistline, a stressed-out schedule, a taste for fast and processed foods or a neglected container of dental floss in your bathroom cabinet.

If you're mumbling, "Yikes, that's me!" don't panic ... yet. The pay-attention-to-this news: You get a do-over!

It's true that inflammation makes cancer-stopping genes (you have 'em) impotent, leading to the development of new cancer; plus, it fuels existing small cancers and the buildup of heart-menacing plaque in artery walls. But you can turn off inflammation, and that's key to controlling those gene switches, beating cancer and dodging heart disease.

So, what's inflammation and how can you control it?

Inflammation is an immune-system reaction designed by Mother Nature to protect your body. How? By getting the warriors of the immune system (your T-cells) march-

ing off to war against invading disease-causing bugs and other cell-damaging intruders. But excess body fat, stress, major-ager foods like sugars and bad fats, simmering infections or even more candles on your birthday cake can cause the immune system to boost inflammation and keep it boosted. (And some people have a genetic predisposition to it.) As a result, your bloodstream gets overloaded with inflammatory chemicals that can do serious damage, messing with the way your body processes blood sugar; dislodging plaque that lines your arteries, causing blood clots or heart attacks; feeding cancers; and fueling brain changes that destroy neural connections, brain cells and increase your Alzheimer's risk.

Drugs, such as lousy-LDL-cholesterol-lowering statins, cool off

inflammation. It is more than 40 percent of their beneficial effect. And so can do-it-yourself behavior like being physically active (in reasonable amounts, not more than two hours at a time), quitting smoking, avoiding secondhand smoke, getting a flu shot and losing belly fat. But don't stop there. Here are five feel-good, drug-free strategies proven to douse inflammation's slow burn:

Dive into a bowl of berries, cherries or both. Raspberries, blueberries, strawberries and cranberries contain polyphenols that shut down inflammatory signals triggered by chemicals in your body. Add tart cherries — they boost antioxidant levels inside your cells (as physical activity does) — and that cools down inflammation.

Pair citrus and dark chocolate. Flavonones in oranges and grapefruit can reduce inflammation enough to help lower your risk of stroke by 19 percent. Just a few bites of very dark chocolate (70 percent cocoa that's low in added sugar) can chill out the fire within, too. Why not pair a square with berries or citrus for a sophisticated, inflammation-soothing dessert?

Grill salmon or trout, or pop some walnuts, and take a supplement. Regularly getting good omega-3 fats (in fish and supplements) can reduce inflammation

levels by 10 percent or more. And the omega-9s in olive oil also cool inflammation. If you're not eating fish at least twice a week (and even if you are), we recommend taking 600 milligrams of DHA omega-3 fatty acids daily (900 mg for age 50 or older) and, based on incoming data, maybe 420 mg of omega-7 daily, too. (Speaking of supplements, get a daily dose of 1,000 IU of vitamin D-3; 1,200 IU for age 60 or older.)

Chill out with meditation. We started our daily meditation practices to ease stress, then found out it reduces inflammation. It will quell yours, too. Sit in a comfortable chair in a quiet room, close your eyes, follow your breath — in, out, in, out — as you tense and relax each body part from toe to head.

Upgrade your smile. Gingivitis, gum disease that leads to inflammation, starts simmering within days when you take a break from flossing. Floss every day, and see your dental professional regularly to maintain a sexy, healthy smile.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Medical Officer at the Cleveland Clinic Wellness Institute. For more information go to www.RealAge.com.

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**Nelson**

From Page 1

posed budget raised significant concerns about the spending being advocated and is sure to be an issue," Nelson said.

He cited a number of areas in particular.

• Education and health care will remain major funding issues, he said.

"In the last two years, K-12 education and Medicare support need an ACTUAL 3 percent," he said, adding the emphasis.

• Nelson pointed to the lack of specifics tied to one budget item.

"The \$600,000 mentioned as a line item to the Board of Regents to provide veterans support — which they should already be

doing — with no actual program/service requirements for the board to provide, is unusual to say the least," he said.

• Nelson called "very concerning" the request for an additional \$800,000 to renovate the Game, Fish and Parks (GF&P) building given to the Department of Agriculture, after \$400,000 was given to the same project last year.

• He noted the growth of state government by the equivalent of more than 100 full-time employees.

• Nelson also expressed concern about the \$5 million request "to cover promises Gov. Daugaard made, that he should have never committed to, especially in light of the referendum."

• Nelson cited the request for more than \$3 million in additional spending for what appears to be another omnibus bill, which he said is not allowed in South

Dakota, on criminal justice "reforms" to "save money."

"(The last four areas) cause serious concerns for actual fiscal conservative legislators and Republicans who support Republican principles of limited government and free market principles," Nelson said.

Financial concerns won't be the only issues facing legislators, as gun-related bills may be introduced, Nelson predicted.

"In light of recent tragedies, and slanted political agendas, the defense of law abiding South Dakotans' Second Amendment rights is expected to be an issue," he said.

Other law-and-order debates may also lie on the horizon, Nelson said.

"In light of recent appropriate executions of convicted murderers, defense of South Dakota's current death penalty is expected

to be an issue," he said.

In addition, Nelson plans to reintroduce a bill establishing sanctions relating to the hiring of illegal aliens.

"I have two bills requested by county officials, two bills requested by veteran organizations, and two bills dealing with illegal immigration that I have already drafted, and that I will be bringing for sure at this point," he said.

In general, Nelson anticipates some wrangling among the GOP ranks during the upcoming session.

"Advancement and support of conservative Republicans, and conservative Republican issues overall, is expected to be an ongoing issue in the Legislature and with this (Daugaard) administration," he said.

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf

**Hagel**

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faced withering criticism from Congress since emerging as the front-runner for the Pentagon post.

Hagel is the second straight Obama favorite for a top national security post to face criticism from Capitol Hill even before being nominated. Rice withdrew her name from consideration for secretary of state amid charges from GOP senators that she misled the public in her initial accounting of the attacks on Americans at a diplomatic post in Benghazi, Libya.

After Rice withdrew, Obama named Sen. John Kerry, D-Mass, to lead the State Department. Kerry is expected to be easily confirmed by his longtime Senate colleagues.

If confirmed, Hagel would take over a Pentagon that faces budget cuts and a scaling back of the U.S.-led war in Afghanistan. Afghan President Hamid Karzai is expected to meet with Obama in Washington this week to discuss the U.S. presence in Afghanistan after the war formally concludes at the end of 2014.

Hagel is likely to support a more rapid withdrawal of U.S. troops from Afghanistan.

Sen. Mitch McConnell, the top Senate Republican, said earlier Sunday that he was reserving judgment on whether to support Hagel. But he predicted the former Nebraska senator would face serious questions about his stands on Iran and Israel.

Any nominee must have "a full understanding of our close relationship with our Israeli allies, the Iranian threat and the importance of having a robust military," McConnell said on ABC's "This Week."

Hagel has criticized discussion

of a military strike by either the U.S. or Israel against Iran. He also has backed efforts to bring Iran to the table for talks on future peace in Afghanistan. Some lawmakers have been troubled by his comments and actions on Israel, including his reference to the "Jewish lobby" in the United States.

"This is a controversial pick," Sen. Lindsey Graham, R-S.C., told CNN. "He is an antagonistic figure when it comes to the state of Israel. It's a signal you're sending to Iran at the worst possible time and to our allies."

McConnell, R-Ky., said Hagel, who left the Senate in 2009, has "certainly been outspoken in foreign policy and defense over the years. The question we will be answering, if he's the nominee, is do his views make sense for that particular job?"

McConnell said he would "wait and see how the hearings go and see whether Chuck's views square with the job he would be nominated to do." He added, "I'm going to take a look at all the things that Chuck has said over the years and review that, and in terms of his qualifications to lead our nation's military."

The second-ranking Senate Republican, John Cornyn of Texas, said in a statement that making Hagel defense secretary would be "the worst possible message we could send to our friend Israel and the rest of our allies in the Middle East." Cornyn did not say he would try to block a Hagel nomination.

Obama, in an interview that aired last week on NBC's "Meet the Press," called Hagel "a patriot" who "has done extraordinary work" in the Senate and on an intelligence advisory board.

Illinois Sen. Dick Durbin, the second-ranking Senate Democrat, told CNN's "State of the Union" that Hagel "is a serious candidate if the president chooses to name him."

**Debate**

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But Daugaard also told lawmakers that his proposed budget would leave \$26.5 million in anticipated revenue uncommitted over the next two years, meaning he and the Legislature can decide whether to spend it and, if so, how. Some of that could be used to give schools and other programs extra money on a one-time basis, such as was done in the current year's budget. Those one-time bonuses are not built into the ongoing base budgets.

Wade Pogany, executive director of the Associated School Boards of South Dakota, said he has already talked to some lawmakers about using some of the uncommitted money to boost state aid to school districts. The governor's proposed 3 percent boost in state aid falls far short of restoring the deep funding cuts made two years ago to balance the state budget, he said.

"We can make the case the schools are still in crisis, so we're hoping they can do something above 3 percent," Pogany said.

Schools have delayed spending on many programs because they haven't recovered from the 2011 spending cuts, he said, when state aid to school districts was cut by about 6 percent. That led to staff and program reductions.

"There are still some holes in the hull of the ship we need to patch up," Pogany said.

But the debate on school funding has been complicated by voters' rejection in November of a proposed sales tax increase that would have raised an extra \$180 million, which would have been split between schools and Medicaid providers. Daugaard said he believed that vote, plus voters' rejection of his school reform measure, indicated South Dakotans want to keep education as it is.

In his budget address, Daugaard also warned lawmakers that President Barack Obama and Congress will eventually have to cut federal spending, which might mean the state has to spend more to offset lost federal money in some programs.

Lust said uncertainty over federal spending will complicate the Legislature's efforts to pass a state budget.

"It will be an interesting debate because a lot of what's going on in D.C. has really put a cloud on what we do in this state and legislators' willingness to be looser with the purse strings," Lust said.

Hunhoff said the governor's proposed 3 percent boost in state aid to schools is insufficient because it is calculated on the ongoing base and doesn't take into account the extra one-time money schools received this year.

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