

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 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

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
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

SDSU Program Aims To Empower Americans

BROOKINGS — Sweeping health care reform legislation means hundreds of millions of Americans will soon have more options than ever before when it comes to health insurance, said Carrie Johnson, SDSU Extension Family Resource Management Specialist.

“Yet, research shows the vast majority of people in this country are uncomfortable, overwhelmed and intimidated when it comes to making decisions about health insurance coverage,” Johnson said.

This is the motivation behind the development of Smart Choice Health Insurance. A comprehensive, research-based, unbiased curriculum designed by a team of experts from across the nation, led by the University of Maryland Extension to equip people with the tools they need to make the best decision possible for their families when choosing health insurance.

Johnson explained that Smart Choice is the result of two years of research and pilot-testing that took place in seven states and will roll out this fall through a series

of educator and consumer workshops to be held throughout the country. Through these workshops, participants will learn how to analyze what they need and want from health care providers, compare plans, calculate how health insurance will affect their financial budgets, and ultimately, apply the information and knowledge gained to make a smart choice. Consumer workbooks were produced in both Spanish and English to reach a wider segment of the population.

“Smart Choice is not about pushing consumers to select any one specific plan,” said Bonnie Braun, co-leader of the team of University of Maryland and Delaware extension experts that developed Smart Choice. “It’s designed to help people gain a set of skills so that they can choose a plan that best fits their family’s needs and then use that plan efficiently once enrolled.”

“As the State Extension Specialist, I’m pleased to offer this workshop here in South Dakota. I know people in our state want to make smart choices about their

health and finances. This workshop can help them do just that,” Johnson said.

With health insurance currently in the public spotlight, Smart Choice seeks to capitalize on this teachable moment by helping Americans take control of their personal and family financial health needs.

“Keeping your head above water can be extremely difficult when navigating the waters of health insurance — whether you’ve been insured throughout your life or are faced with selecting coverage for the very first time,” said Johnson. “Smart Choice acts like a life vest: it empowers people by eliminating the intimidation factor, explaining the steps in the process and ultimately showing them how to find the best fit for their needs.”

For more information on Smart Choice, visit www.extension.umd.edu/insure.

For local information about workshops, visit www.igrow.org or contact Johnson at 605-688-4035, carrie.johnson@sdstate.edu.

Vitamin D: Still Good For You

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

King Features Syndicate, Inc.

The news about D — the “sunshine” vitamin that loves your bones, nerves, muscles, heart, blood sugar and may even help fight cancer — just got a little better right in time for cold and flu season. In a headline-grabbing report, Japanese researchers found that taking 1,200 IU of D-3 supplements daily can cut your risk of catching influenza A by 50 percent. And even though there’s been recent press about a French meta-study that casts doubt on D’s disease-fighting ability, we’re still devoted to vitamin D-3 — from food, sun and supplements. We think that study didn’t look at the results of serious deficiency — and it’s estimated that overall around 42 percent of adults have D-3 levels below 20 ng/ml (in general, levels below 30 ng/ml are too low for bone health), while 82 percent of blacks and 70 percent of Hispanics are deficient. There’s plenty of solid research showing the real benefits from vitamin D-3 — which won’t harm you if taken at recommended doses. A daily dose of at least 600 IU (800 IU if you’re 71 or older), but no more than 4,000 IU, helps your body absorb and use more calcium (great for bones), discourages cancers of the colon, breast and prostate, lowers your risk for autoimmune disorders such as Type 1 diabetes and can assist with blood pressure control, too. There’s also growing evidence that having sufficient D-3 helps your cells absorb blood sugar properly.

One reason we’re excited by the Japanese study of D-3’s impact on the



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

flu is that it highlights how vitamin D-3 boosts immune cells’ ability to spot and pick off invaders, such as viruses. But D-3’s no substitute for a flu vaccine. Go get one (it’s not too late!), then do this:

Get your doc to check your D level. Levels below 20 ng/ml — that’s where almost half of all North Americans come in — are dangerously low, raising the risk for thinning bones and surgical complications. We recommend aiming for 50-80 ng/ml. If your levels are low, your doctor may prescribe a high-dose D-3 supplement for a few months, then test your blood again.

Aim for 1,000 IU daily. Make sure your supplement is D-3, also known as cholecalciferol. It’s more stable and does a better job of raising D blood levels, and that’s what counts. It’s also smart to reach for D-3-rich foods: fortified dairy products (fat-free milk, low-fat cheese, low-fat, no-sugar-added yogurt) have D-3; so do fortified breakfast cereals and orange juice. Salmon’s a rich natural source with a whopping 447 IUs in a 3-ounce serving. But, it

White Wheat Bread Gaining Popularity

BY LORETTA SORENSEN

P&D Contributor

It’s called white wheat or hard white wheat. If you haven’t heard of it yet, you soon will. White wheat, a whole grain, is gaining popularity in the baking industry because it tastes better than traditional “red” whole wheat that’s been around so many years but retains all the healthy qualities of the traditional grain.

According to the Whole Grains Council, white wheat “sort of albino wheat.” It’s milder in flavor, which appeals to those of us accustomed to “white” or refined flour.

Even though bread hasn’t earned much room on my plate in recent years, I was so intrigued by white wheat I had to try it. Venner Farm, a fourth-generation family operation along the Oahe Lake northwest of Pierre raises white wheat, a variety called Clark’s Cream. It was developed by Missouri farmer Earl Clark in the 1960s. It’s a high protein wheat known for superb baking qualities.

I obtained three pounds of Clark’s Cream wheat berries and ground them into flour in my Vitamix.

The result? Wow! The loaf didn’t rise very high (could have been rusty baking skills), but the bread was absolutely delicious. Although “heavy” in contrast to commercially baked bread, it had a very pleasing structure and texture, better than any whole wheat bread I’ve ever made.

In addition, the outside of the loaf was a crackly golden brown with a wonderfully crunchy texture. I’ve made crusty loaves of bread before, but this was outstanding. I am sold on Clark’s Cream White Wheat.

That’s not the only white wheat variety out there. Several major food companies offer white wheat berries and flour (Google it). However, in my own taste tests, Clark’s Cream was far superior.

Grinding four or five cups of wheat berries (or any whole grain) in a Vitamix/blender is pretty easy. One cup of berries is equal to one cup of flour.

Here’s my recipe. To try Clark’s Cream, call or write the Venners at 605-224-5755 or vennerfarm@mncomm.com, 28127 200th St., Pierre, SD 57501.



LORETTA SORENSEN/P&D

The taste, texture and nutritional benefits of home made whole-wheat bread make it well worth the time it takes to make it.

White Wheat Bread

1 c. warm water
1 Tbsp milk
1 tsp salt
2 Tbsp brown sugar
2 Tbsp oil or softened butter (I used butter)
2 Tbsp honey
2 tsp lemon juice (the vitamin C aids yeast action)
4 Tbsp gluten flour (75% protein)
3 c whole wheat flour
2 tsp instant active dry yeast

Combine water, milk and brown sugar. Stir in yeast and set aside for 5 minutes.

Mix remaining dry ingredi-

ents: salt, gluten flour and whole wheat flour.

Add lemon juice to yeast mixture and begin to beat in flour along with softened butter and honey. Mix until dough becomes too heavy for the beaters, then work in remaining flour by hand.

If using dough hooks, mix in flour until dough pulls away from the beaters.

Leave dough in the mixing bowl, cover with a kitchen towel and set in warm place for about 40 minutes to rise. Punch down, shape into loaf and place in greased loaf pan. Allow to rise again (30-40 minutes). Bake at 350°F until crust is golden brown. Enjoy!

First Baby Of 2014



SUBMITTED PHOTO

Sanford Medical Center Vermillion is pleased to welcome the first baby of 2014. Tatum Michael was born on January 2, 2014 at 2:29 a.m. to Ashley and Craig Gowery of Wynot, NE. Tatum weighed 7 pounds, 15 ounces and is 20 inches long. Proud parents, Ashley and Craig, and siblings Trey and Taya were very excited to learn that Tatum was the first baby of the New Year born at Sanford Vermillion. Tatum and his family were presented with a welcome bag from Sanford Vermillion as well as a wide variety of wonderful 1st Baby of the New Year gifts from many Vermillion businesses. Congratulations and best wishes to the Gowery family!

Breastfeeding Class Jan. 15

Yankton’s Avera Sacred Heart Hospital and South Dakota Department of Health will be offering a breastfeeding class Wednesday, Jan. 15, from 6-8 p.m. at the Avera Professional Office Pavilion and Education Center. The class is taught by certified lactation consultants in conjunction with community health nurses.

Discover how to get breastfeeding off to the best start you can. Included in this class will be a discussion of the benefits of breastfeeding, and demonstrations and practice for breastfeeding positions. And because their support is so important to a mom’s breastfeeding success, dads and other support people are welcome and encouraged to attend.

Classes are free and open to the public. Light refreshments will be served. Call 605-668-8221 to register.

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