

# 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  
**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.

## SECOND MONDAY

**Yankton Diabetes Support Group**, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456  
**Yankton School Board Meeting**, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998  
**Yankton Area Writers Club**, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582  
**Tri-State Old Iron Association Meeting**, 7 p.m., JoDeans Restaurant, 605-665-9785  
**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street  
**YHS Booster Club Meeting**, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

## 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  
**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

## SECOND TUESDAY

**Alzheimer's Care Givers Support Group**, 5 p.m., The Center, 605-665-4685. (NOTE: This group in on temporary hold until further notice.)  
**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

## 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  
**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

## THIRD THURSDAY

**HSC Friendship Club**, 5 p.m., January: The Landing (across from the Ice House), Yankton. 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7 p.m., at Sacred Heart

# Don't Stop Taking Your Multivitamin

BY MICHAEL ROIZEN, M.D.,  
 AND MEHMET OZ, M.D.  
 King Features Syndicate, Inc.



**OZ AND ROIZEN**

Dr. Mehmet Oz and Dr. Michael Roizen

Dump your vitamin and mineral supplements? Don't throw those babies out with the bathwater! We're still taking ours, despite some new studies bashing multivitamin benefits. We're also ignoring headlines like "Multivitamins a Waste of Money" and "Your Multivitamins aren't Doing a D\*\*n Thing" — and we think you should, too.

We're convinced that some vitamin supplements have plenty of health-protecting benefits — especially if you're over 50, munch a less-than-perfect diet, are a woman of reproductive age or are among the tens of millions of Americans who take nutrient-zapping drugs for high blood pressure, diabetes or to tame stomach acid. That's a lot of folks. So why the opposition to multivites?

One metastudy conducted for the U.S. Preventive Services Task Force looked at 27 supplement studies involving more than 400,000 people. It found no benefit for longevity, cancer prevention or heart health in people *without nutrient deficiencies*.

The second followed 5,947 guys for 12 years and found that multivitamins didn't sharpen thinking or memory in men who *ate healthy diets*.

The third tracked more than 1,700 heart-attack survivors and, again, found no heart-health benefits for those who took a multivitamin, but plenty of people dropped out of that study. All three studies appeared in the same issue of the *Annals of Internal Medicine*. The editors of this well-respected journal told readers "Enough is Enough: Stop Wasting Money on Vitamin and Mineral Supplements."

We have a different message for our

readers. We want you to know that what these studies really found is that if you eat well almost all the time or only take your vitamins some of the time, you won't get a benefit. This is news? The studies also didn't show any harm from taking multivitamins.

We recommend that twice a day, most people take a half a multivitamin, containing important nutrients at levels close to their recommended daily allowance. It's a great, inexpensive insurance policy against an imperfect diet. More than 60 percent of folks taking the nutrition test at RealAge.com don't get recommended amounts of vitamins and minerals from their diet (sea salt, for example, doesn't have much iodine).

The reason to take half a multi in the morning and half at night is that you urinate out soluble vitamins in 12-16 hours; two doses help keep blood levels steady.

We also take a daily supplement of 1,000 IU of vitamin D-3 and DHA omega-3 (Mehmet takes 600 mg and Mike takes 900 mg because he's over 60). What's in it for you? In addition to an 18 percent reduction in cancer rates after age 70, here are a few more benefits:

If you're over age 50: A multivitamin can reduce risk for non-prostate cancers by 6 percent to 18 percent in men and cut risk for adenomas — polyps that can become colon cancers — by 20 percent. To cut your risk for vision loss and early forms of age-related macular degeneration, add 900 mg of DHA and a lutein and zeaxanthin supplement (Dr. Mike does) to help protect your eyes.

If you're a woman of reproductive age: Take a multivitamin enriched with the 400-600 mg DHA omega-3 at least three months before you conceive and throughout your pregnancy. It can reduce your child's risk for autism 40 percent, of serious birth defects 80 percent and of childhood cancers (those that strike between ages 2 and 6) 65 percent. Since 50 percent of pregnancies are unplanned, taking your multi daily whether you're thinking about motherhood or not is a good idea. If you do become pregnant, talk with your doctor about other prenatal vitamins.

If you take a diuretic, an acid-blocking proton pump inhibitor or the diabetes drug metformin: Some diuretics can reduce your body's store of potassium, needed for healthy muscle function and healthy blood pressure. PPIs can lower levels of vitamin B-12, which helps your body make red blood cells, nerves and DNA. And metformin can reduce B-12 levels and magnesium, also important for healthy blood pressure.

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](http://www.sharecare.com).

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# How To Make A Healthy New Year's Plate

**BROOKINGS** — As you sit down to the first meals of 2014, take a snap shot of your plate. What do you see?

"Just about all of us can make some improvements; whether it is to increase vegetables or fruits, choose lower fat items or decrease portion size," said Marjorie Zastrow, SDSU Extension Nutrition Field Specialist. "Eating healthy is a conscious effort which becomes a learned behavior."

Zastrow added that a healthy plate provides the nutrients for growth, can protect against certain chronic diseases, provide repair and maintenance of body tissues, support a robust immune system and help maintain a healthy weight.

A truly healthy plate will include the five food groups of vegetables, fruits, grains, protein and dairy.

• Suggested portions: Fruits and Vegetables should

take up half your plate.

All forms matter, whether fresh, canned or frozen, all provide nutrients which may reduce your risk for heart disease and protect against certain kinds of cancers.

Fruits and vegetables rich in potassium may help maintain or lower blood pressure, reduce the risk of kidney stones and prevent bone loss. They too contain fiber which gives you a feeling of fullness which may reduce your consumption of less nutrient rich foods.

• Grains should take up a quarter of your plate.

Half of those grains should be whole grains.

"Think beyond the standard 'white' bread and 'white' rice and consider bread made with 'whole-wheat,' bulgur (cracked wheat), oatmeal, corn meal, brown rice, etc. Refined grains have been milled to produce a longer shelf life for the product, but the process removes the dietary

fiber, iron and many of the B vitamins," Zastrow said.

Diets rich in whole grains help to manage weight with an abundance of B vitamins including thiamin, riboflavin and niacin; these vitamins help the body release energy from protein, fat and carbohydrates.

The grain group is also a source of minerals including iron, magnesium and selenium.

• Lean meat should take up a quarter of your plate.

When it comes to protein, think lean; include beef, fish, pork, poultry, seafood, beans, peas, nuts, and eggs. When preparing these foods reduce the calories with grilling, broiling, poaching or roasting instead of frying, deep fat frying or fried breaded products.

"One important factor to remember with protein is the consideration of portion size; a serving is equivalent to 2 to 3 ounces with a total of 5 to 6 ounces per day recommended for adults," Zastrow said.

Proteins provide the building blocks for bones, muscles, cartilage, skin and blood as well as provide a calorie source. They are an excellent source of B vitamins including niacin, thiamin, riboflavin and B6, Vitamin E, iron, zinc and magnesium.

• Select a low fat item from the dairy group to compliment your plate.

Dairy products help to improve your bone health and reduce the risk of osteoporosis. Consumption of dairy products is critical for children and adolescence as their bone mass is being built. Data has also shown that dairy products can reduce the risk of cardiovascular disease, Type 2 diabetes and lower blood pressure in adults.

For additional ideas on choosing a healthy plate for 2014 refer to ChooseMyPlate.gov (<http://www.choosemyplate.gov/>). To learn more, visit iGrow.org.

## Cribbage Club Meets Tonight

The next gathering of the Yankton Cribbage Club is at 7 p.m. Monday, Jan. 13, at the Yankton VFW, 209 Cedar.

All interested cribbage players 18 and older are invited to attend. Each person will play nine games of cribbage with a \$5 entry fee and 100 percent pay-back.

For more information, send an e-mail to [sports@kynt1450.com/](mailto:sports@kynt1450.com/).

## A Donation Of School Supplies



SUBMITTED PHOTO

Previous Yankton student, Katie Watt, who now teaches in Kabul, Afghanistan, contacted Kellie Holmstrom, Webster School 2nd grade teacher and Katie's past teacher, about the need for school supplies in her school. In response, Webster Elementary Student Council sponsored a collection drive of school supplies for the International School of Kabul in Afghanistan. The students of Webster School donated a wide assortment of school supplies including crayons, markers, glue, paper, folders, pencils and erasers. Students collected enough supplies to fill two suitcases. In addition, Student Council donated the suitcases and covered the cost to send the luggage back with Katie. While she was on holiday break, Katie came to Webster School to visit with the students about her school in Kabul and showed them a video with pictures from her school. Pictured are Kellie Holmstrom, Katie Watt, and Webster School's Student Council.

# China Trip Deadline Approaching

PIERRE — Companies interested in joining Gov. Dennis Daugaard and other state officials on the next trade mission to China are reminded that applications must be submitted by Friday, Jan. 17.

"South Dakota companies interested in exporting to China should definitely apply for this trade mission," said Pat Costello, Commissioner of the Governor's Office of Economic Development. "China is already the world's most populous country and continues to grow both in terms of population and business development. China

is South Dakota's third largest exporter behind Canada and Mexico so it stands to reason that our opportunities there are on the rise."

The Department of Agriculture also sees potential in the Chinese market.

"Agriculture is South Dakota's number one industry," said Lucas Lentsch, Secretary, Department of Agriculture. "China is interested in importing safe, quality agriculture products from the United States and South Dakota producers and processors can provide exactly what they are looking

for. There is a real opportunity for South Dakota ag companies to make sales into the Chinese market with the help from the South Dakota Department of Agriculture and Gov. Daugaard during this year's trade mission."

Companies interested in joining the Governor on the trade mission can find more information at [www.sready-towork.com/](http://www.sready-towork.com/).

The trip is tentatively scheduled for May 6-15, but is subject to change based on the companies selected to participate.

## BIRTHS

### MASON LAWRENCE

Drew and Sarah Lawrence of Yankton announce the birth of their son, Mason James Lawrence, born Dec. 16, 2013, at 11:14 p.m. He weighed 8 pounds, 11 ounces and was 20.5 inches long.

Grandparents are Keith and Joleen Herrboldt of Yankton, Kelvin Lawrence and Patty Bender of Brandon, and Usa Miller and Vic Rasmussen of Vermillion.

Great-grandparents are Tootsie Lawrence of Moberge, Bonnie Miller of Eagle Butte, Mary Ann Kukula of Sioux City, Iowa, and Dag and Sosie Herrboldt of Sibley, Iowa.

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