

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.

FOURTH MONDAY

NARFE (National Active and Retired Federal Employees Association) Chapter 1053, 10 a.m. at The Center, 900 Whiting Drive.

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
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

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
SHUNE, 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
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.

BIRTHDAYS

HELEN THOMPSON

Helen Thompson is celebrating her 97th birthday on Jan. 27, 2014. Cards may be sent to Sister James Nursing Home at 2111 W. 11th St., Yankton, SD, 57078.



Thompson

LAVONNE SCHULTZE

LaVonne Schultze, formerly of Yankton, will be celebrating her 90th birthday Feb. 3, 2014. Cards and greetings may be sent to: 2204 Johnson Ave NW Cedar Rapids, Iowa 52405



Schultze

YOU'RE NEWS!
The Press & Dakotan

BIRTHS

LUCY BLODGETT

David Crown and Lynn Blodgett, Yankton, announce the arrival of Lucy Mae Blodgett, who was born Dec. 30, 2013, in Yankton. Lucy weighed 6 pounds and was 19 inches long.
Lucy joins a sister, Lily Michelle Blodgett, 23 months.
Grandparents are Larry E. and Pearl Blodgett, Volin.

HUNTER THOMAS

Hunter Thomas was born Dec. 26, 2013, at Avera Sacred Heart Hospital, Yankton. He weighed 7 pounds, 10 ounces, and was 20 1/4 inches long. His parents are Tom and Shannon (Bjelland) Viereck of Yankton.
Hunter joins a sister, Abigail (Abbey), 2 1/2 years.
Grandparents are Al and Jane Viereck, Yankton; and Paul and Sheila Bjelland, Lake Mills, Iowa.
Great-grandparents are Dorothy Overfield, Sioux Falls; Wayne and Wanda Bloomquist, Trimont, Minn.; and Ellen Bjelland, Lake Mills, Iowa.

Walk This Way, Live Longer

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

King Features Syndicate, Inc.

If you're a walker and you've been pacing along doing 10,000 steps — around an hour and a half of walking — almost every day, we have good news (you're slashing your risk for dementia, cardio problems and mobility issues), followed by even better news (read on). But if you haven't joined the millions of North Americans who purposefully stride through parks, along city streets and in malls every day, don't lose heart (that's something we want to help you protect!). If you start to put one foot in front of the other, you'll not only discover that walking is fun and relieves stress, but as you head toward a much younger RealAge, you'll cut your risk of premature death by up to 50 percent! So, here's how to get started and how to measure the health benefits you gain.

Step One: Assess your current walking pace for 1/4 mile on a local running track or a treadmill. Your first "pace off" should be untimed; instead, monitor how your effort feels. On a scale of 1 to 10 — 1 being "I'm barely moving," and 10 being "I'm breathing hard and sweating" — aim for about a 7. It should feel a little challenging, but you can talk comfortably and are breathing more deeply than normal. If that's too intense, dial it back to a 6.

Step Two: Walk as quickly as you comfortably can on a treadmill or a track for six timed minutes. Check your distance. Then multiply it times 10. That'll give you an estimate of your speed and how far you can go in an hour (mph). De-



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

pending on your age, how tall you are, how much you weigh and the terrain you're walking, a normal walking pace varies between 3 and 3.5 miles per hour. From there you can build more speed and intensity.

Step Three: Step it up three times a week for 20 minutes. Do a steady-pace walk on other days. Here's the drill: Warm up for five minutes. Then move at your regular pace for about a minute, followed by a 20- to 30-second burst of faster walking. Repeat this pattern (we call it interval training) for 20 minutes; cool down for five minutes. As you become stronger, try equal-length bursts of fast- and regular-pace activity.

The Benefits: Pushing yourself even for short intervals of time during a workout burns more calories and more fat, improves blood sugar levels and enhances heart and blood vessel functioning. A livelier tempo also invites the power plants inside every cell in your body (mitochondria) to work smarter, so you're more energetic.

An important new study tracked the walking speed and health of almost 39,000 walkers. It found that those with the very slowest speed had the worst health results. But if you're a slow walker and you're willing to step it up, you don't need to worry! We loved learning from this study that bumping up your speed just a little bit has huge health benefits: Folks in the second-slowest walking group — in some cases they walked just a minute faster per mile than the slowest strollers — reduced their added risk of early death by more than 50 percent! Plus, moving faster by just 60 seconds also translated into a 2 percent to 6 percent lower risk for diabetes, dementia, heart disease, high blood pressure and heart attacks.

As you get stronger and faster, the benefits pile up! In the study, the fastest walkers were 44 percent less likely to meet an early end compared with those who took 24 minutes or more to cover a mile (2.5 mph). So grab a walking partner (both of you stay motivated) and a pedometer (it lets you see your progress) and put on those walking shoes (get fitted at a store where they know about foot fall and how to make sure you're injury free!) You'll walk your way into a longer life, a happier outlook and a better body (always fun!).

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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Films

From Page 1

lands of North Dakota. With hunting, we obviously can't have an entire crew of camera operators following Donnie around, so that job was given to William, who knows a lot about hunting himself. The two are an incredible team."

Nickolite was on location for only a couple months out of the total filming period.

"My job was to keep the storyline intact — make sure we were filming all the pieces we needed to tell the story and stay as true to it as possible," he said. "This wasn't hard at all to accomplish, as the story seemed to tell itself and everything just fell into place. And with Donnie being a natural on camera, that made the job even more enjoyable. The sheer beauty of the location made capturing footage incredibly easy, and we had all these cool and interesting natural aspects to tie into the story. Every day Donnie had to travel across this river in an old boat to get to the area of the land where the deer lived, so naturally this becomes a big part of the film and would eventually become the inspiration for its title."

The feel of "The River's Divide" was drawn largely from Francis Ford Coppola's 1979 film "Apocalypse Now," Nickolite stated.

"I get goose bumps just thinking about that film," he said. "What an inspiration that movie has been on everything I do. Quentin Tarantino said it best when he said, 'I didn't go to film school — I went to the movies.' The greatest tool for learning about film-making for me is to just watch movies. I wanted the backbone of 'The River's Divide' to be strung together with Donnie's narration (just like Martin Sheen's character in 'Apocalypse Now'). That's the feel I was going for, anyway. Donnie is the only character in the film, so there's no back and forth dialogue between him and anyone to help move the story along. The only way to develop Donnie's 'character' was through his thoughts and ideas that he would deliver verbally with a

voice-over or speak directly to the camera as if it were a journal entry. Donnie wrote all of the voice-overs, and it really became the strongest part of the film, in my opinion. It helped drive home the message we were trying to deliver."

"The River's Divide" first screened in May 2013 at a theater in Reno, Nev., according to Nickolite.

Since then, it's played in theaters in Oregon, Washington, Montana, Idaho, Colorado, Utah, Maine, South Dakota (Aberdeen), Minnesota, Kentucky and Maryland. The film was named the Judge's Choice for "Best in Festival" at the 2013 Maine Outdoor Film Festival, selected to The River's Edge Film Festival in Kentucky, is currently nominated for "Best Cinematography" at the Fargo International Film Festival and won "Best Dakota Documentary" at The South Dakota Film Festival.

"The River's Divide" was released Dec. 19 on DVD, and Nickolite expects that it will be aired on a national television station in the near future.

"The response has completely exceeded my expectations," he said. "I had no idea film festivals would select it to be featured, let alone win any awards. It's also pretty incredible that we've shipped DVDs all over the world: Belgium, Spain, Sweden, Australia, United Kingdom, Italy, Austria, Canada — and just today we sent out an order to Croatia."

"The best part is definitely sitting in a theater and hearing people's reactions first hand, as well as meeting tons of people that enjoy it," Nickolite added. "At the screening in Aberdeen, Donnie had an older lady approach him and share that, in all the years her husband spent getting out of bed at 5 a.m. to go hunting, she never understood why — until she saw 'The River's Divide.' How cool is that?"

Nickolite wasn't the only Yankton native involved in the making of "The River's Divide." Rosco Wuestewald and his band Onward, Etc., provided the soundtrack.

"I moved to Yankton from Columbus, Neb., when I was 6 years old, and my first day attending Webster Elementary my teacher assigned one of my classmates to be the one to show me around and make

sure I had at least one person to talk to," Nickolite said. "I had no idea that person would become one of my best friends in life — Ross ... He is one of the most talented people I know. We've been collaborating on video work since we first got a hold of a camcorder when we were like 10 years old. So it was only natural that Ross and his band would create the music for our film. The music they came up with for the movie is absolutely incredible and adds so much. It makes it even more personal."

Nickolite hopes the collaboration with Wuestewald will continue on future projects.

"I'm confident we'll make it work," he said.

There are a lot more films in the pipeline, according to Nickolite.

"Over the last three years, we've been filming all over the world producing the films that will follow 'The River's Divide,'" he said. "Adventures include hunting grizzlies with a bow in Alaska and trying to catch up with Woodland caribou in Newfoundland. We'll be releasing a four-minute teaser trailer that will have

highlights for the upcoming films. These films will most likely make their rounds on a film tour with an organization called the Full Draw Film Tour, will then be available on DVD, and will also air on television. That's the plan for now, anyway."

When Nickolite isn't working on outdoor adventure films, he is producing anything from web videos to full-blown commercials.

"It's a great balance between the creative and personal work approach with films like 'The River's Divide' and the client work that comes in," he said. "We feel like we're just getting our feet wet at Sicmanta and are very excited for the future of this company and the upcoming adventure films."

For more information about "The River's Divide," visit www.donnievicent.com.

You can follow Nathan Johnson on Twitter at twitter.com/AnInlandVoyage. Discuss this story at www.yankton.net/.

50th Anniversary Celebration

Mr. & Mrs. Charles Gauker

Mr. and Mrs. Charles and Carol Gauker of Yankton, SD, will celebrate their 50th wedding anniversary at 2 pm February 1, 2014, at the Moose Lodge, Yankton. The event will be hosted by their children. Only your presence is requested to celebrate with Charles and Carol on this milestone in their life. No gifts, please.

Charles and Carol were married January 27, 1964, in a civil ceremony held at the American Embassy in Tokyo, Japan. A second ceremony was held in Chapel of Hope, Yokosuka Naval Base, Japan, on February 1, 1964.

The couple has three children: Charlene (Randy) Overgard, Charles B. (Rebecca) Gauker and Corey Gauker. They have four grandchildren.

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