

# 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, 605-760-7082.  
**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  
**Daily Reprieve**, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

## SECOND MONDAY

**Yankton Diabetes Support Group**, 1 p.m., Benedictine Center, ASHH, 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  
**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  
**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  
**Porchlight**, 7 p.m., non-smoking closed session, Riverview Reform Church, 1700 Burleigh, Yankton.  
**"Joe And Charlie Tapes" AA meeting**, 7 p.m., Riverview Reform Church, 1700 Burleigh, Yankton.  
**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.)  
**Caregiver Dementia Support Group**, 4 p.m., The Center, 900 Whiting Drive, Yankton.  
**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  
**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  
**Meditation Sessions**, Christ Episcopal Church (lower level), 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.  
**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  
**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  
**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., December: Yesterday's Cafe, Yankton, 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton (September through June).

## BIRTHDAYS

### BETTY ROCKNE

Betty Rockne celebrating her 90th birthday on Jan. 16, 2015. She is a former resident of Yankton who now resides in Anchorage, Alaska.

Sixth Street, Scotland, SD 57059.

### EMIL BERAN

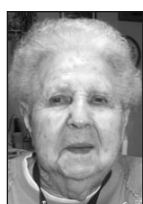
Emil Beran of Tabor will be celebrating his 100th birthday on Jan. 18 and his family is requesting a card shower in his honor. Greetings may be sent to Emil Beran, PO Box 5, Tabor, SD 57063-0005.



Beran

### ELLA HIEB

Ella Hieb of Scotland will be celebrating her 104th birthday this coming Tuesday, Jan. 13, a 3 p.m. at the Good Samaritan Home in Scotland.



Hieb

### HELEN HOLM

A party is being planned by her pastor, the Rev. Shipley of the UCC in Scotland, and her second cousin, Vi Ranney of Yankton. Friends and relatives are invited to attend.

Ella has made her home in Scotland for many years after the family retired from farming. She worked hard all of her life and is a generous and kind person who enjoyed life. Rev. Shipley is hoping that Ella receives 104 birthday cards on this birthday. Cards may be sent to her at 130

Helen Holm will celebrate her 100th birthday on Jan. 18, 2015, with an open house at the Viborg Community Center from 1-4 p.m. No gifts requested. Cards may be sent to her at P.O. Box 368 Viborg, SD 57020.



Holm

# BPA Exposure And Your Health: Should You Worry?

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

King Features Syndicate, Inc.



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Bisphenol A — the banned-from-baby-bottles chemical found in food-can linings, some plastic containers, paper receipts and in the bodies of 95 percent of adults and kids in North America — is in the news again. This time, just as the U.S. Food and Drug Administration declared that BPA levels in food were safe, an important new study says the chemical can boost blood pressure. That doesn't mean you should panic.

A growing stack of human studies highlights associations between BPA exposure and risk for fertility problems, diabetes, heart disease, high blood pressure, liver and kidney problems, obesity and inflammation. These studies can't conclude that BPA causes these problems. But one new study from Seoul National University College of Medicine in South Korea draws a more direct connection. When volunteers drank two servings of soy milk from cans lined with a BPA-containing epoxy, their blood pressure increased an average of five points. BP didn't go up when volunteers drank soy milk from glass bottles.

At the heart of the BPA controversy: A roiling scientific debate over whether our exposure levels are safe, or too high. We'll know more when a major, government-funded study ends in a few years. For now, these steps can help you sidestep BPA:

Eat fresh. Packaged food is the biggest source of BPA exposure for most people. Skip foods sold in plastic containers that have the number 3 or 7 printed in the triangular recycling symbol on the bottom of the package. Some of these may contain BPA, says the Na-

tional Institute of Environmental Health Sciences, part of the National Institutes of Health.

It makes a difference. In one study, people who had canned soup every day for five days had urine levels of BPA 1,000-fold higher than those who ate soup made from fresh ingredients. In another, families that ate fresh foods (they didn't eat out, stopped microwaving in plastic and didn't munch canned foods or edibles from containers containing BPA) for three days reduced levels of BPA in their urine by 66 percent.

Go for more veggies, and less meat, too. According to the European Food Safety Authority (the European Union equivalent of the U.S. FDA), meat is also a source of BPA, perhaps through contact with plastic in packaging or during processing.

Skip canned drinks. BPA is in the epoxy linings of drink cans, too. Another reason to think twice before you pop the top. The other reasons: Sugar-sweetened sips from cans are like liquid candy; you don't need the empty calories or the downsides for your blood sugar and heart health anyway.

Store and reheat like this: Use stainless-steel, glass or ceramic containers

to store food, rather than plastic. (Look for BPA-free lids, too.) Microwave in glass containers rather than plastic.

Say "yes" to email receipts. "no, thanks" to paper. We love the fact that more and more stores send email receipts for in-person purchases. They're keeping one widespread source of BPA, thermal paper, out of your hands. Punch the "no" button when ATMs and gas pumps ask if you'd like a receipt, use electronic ticketing for concerts and travel, and ask clerks to toss cash-register receipts you don't need. If you handle receipts on the job, wear gloves, and before touching any food after handling receipts — with or without gloves — wash your hands with soap and water.

Hand sanitizer and receipts don't mix. In a new University of Missouri study, people who cleaned their hands with hand sanitizer then touched a cash register receipt were exposed to higher levels of BPA than those who didn't use the sanitizer. And those who munched greasy French fries also had higher BPA exposure if they used sanitizer first.

Researchers say some hand sanitizers contain penetration enhancers that increase the product's ability to get into the uppermost layer of the skin. It's these compounds that seem to increase absorption of BPA. Hand lotions and sunscreens may have penetration enhancers, too.

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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## Eagle Eye Ride Donates To Toys For Tots



Eagle Eye Ride donated \$250 to Toys For Tots. Pictured on the right is Dave and Anna Carda presenting the \$250 check to Pat Robinson. Picture on the left are Kevin and Renae Kulhavy, Dave Carda, Norm Carda, Barb Carda, Tina Wysuph and Peg Metteer.

# State Forester Reminds Homeowners To Obtain Their Firewood From In-State Sources

PIERRE — The State Forester reminds South Dakota citizens to obtain firewood from trees harvested in South Dakota to prevent transportation of unwanted insects, such as the emerald ash borer (EAB).

"Winter is a good time to remind citizens to obtain firewood from sources within the state," says Greg Josten, state forester with the South Dakota Department of Agriculture. "The

most likely way EAB will arrive in South Dakota is through imported infested firewood from a state where the EAB occurs."

While EAB has not yet been detected in South Dakota, it has spread to the neighboring states of Iowa, Minnesota and the Boulder, Colo., area. This insect is responsible for the loss of more than 50 million ash trees in this country.

"Some homeowners in

the eastern part of the state obtain their firewood from Minnesota and Iowa," says Josten. "This could easily result in EAB being moved in the wood undetected. If any wood is left next spring, the insect could emerge and start an infestation."

EAB is not the only insect that can move on firewood. Minnesota just implemented a quarantine to stop the movement of pine wood with bark attached from western

states including South Dakota. This wood may be infested by the mountain pine beetle (MPB), the insect responsible for extensive pine mortality in the Black Hills. MPB is native to the Black Hills and other western states but is not found in Minnesota. The quarantine was put in place Jan. 1, 2015, to prevent movement of the beetle to Minnesota's pine forests.

# South Dakota Division Of Securities Announces New Electronic Filing Depository

PIERRE — The Department of Labor and Regulation's (DLR) Division of Securities announces the launch of an online Electronic Filing Depository (EFD) to enhance the efficiency of the regulatory filing process. The new EFD was launched Dec. 15, 2014.

The online system, developed by the North American Securities Administrators Association (NASAA), allows an issuer to submit a Form D for a Regulation D, Rule 506 offering to state securities regulators and pay related fees. The EFD also allows the public to search and view Form D filings at no cost.

"We are pleased to provide the EFD to create an efficient, streamlined system for state Form D filing requirements," said Securities Division Director Michael Youngberg. "Issuers will benefit from this uniform and effective regulatory tool, which also strengthens investor protection by improving the transparency of Form D filings."

The EFD website offers a suite of tools to filers and regulators. The EFD will be available 24 hours a day, seven days a week, unless

the website is undergoing maintenance. In addition to the filing fees required, there is a one-time \$150 system use fee for each offering making its filings through EFD. This one-time system fee covers initial, amendment and renewal filings

made through EFD.

"By embracing the EFD technology, South Dakota is able to provide an advanced filing system to benefit both issuers and investors," said Youngberg.

The EFD website is available at https://www.efd-

nasaa.org and is currently a voluntary service.

The DLR Division of Securities is available to answer questions about the EFD system and securities offerings at 605.773.4823 or by visiting http://dlr.sd.gov/securities/default.aspx/.

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