

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

Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton

THIRD MONDAY

Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar Street

TUESDAY

English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
AA, Alano Group 7 p.m., step meeting, 1019 W. 9th St, Yankton.

WEDNESDAY

English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Meditation Sessions, Christ Episcopal Church (lower level), 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
AA, Alano Group 7 p.m., discussion, 1019 W. 9th St, Yankton.

THURSDAY

ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Love Addicts Anonymous, 7 p.m., for women, Riverview Reformed Church, 1700 Burleigh St., Yankton, 760-5307. (Starts Feb. 5)
AA, Alano Group 8:30 p.m., speaker, 1019 W. 9th St, Yankton.

To Our Readers

The *Press and Dakotan* has updated the Community Calendar, which runs on the Monday and Thursday Life Pages. If there is an event that you wish to have listed, you must send an updated listing that includes: Name of your group, day of meeting, time of meeting, location of meeting and contact phone number. Updated listings should be emailed to news@yankton.net or mailed to: Press and Dakotan, C/O Jordynne Hart, 319 Walnut Street, Yankton SD 57078. Questions may be directed to Shauna or Jordynne at 605-665-7811.

Back In Time



SUBMITTED PHOTO

Karla Zeutenhorst, Park Ranger with the US Army Corps of Engineers, helps Beadle first grader Blake Huerta dress in period clothing similar to that worn by Lewis and Clark on their Corps of Discovery mission. Mrs. Zeutenhorst presented the program to all three first grade classes as an enrichment activity for the story Lewis and Clark's Big Trip which is a component of our Language Arts curriculum.

Upgrades For Busy People

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

If you don't think you have time for exercise, healthy meals or stress-busting techniques, you're not alone. New surveys report that crazy-busy schedules keep around 42 percent of North Americans from exercising, and 21 percent from cooking and relaxing. One new survey of time-starved people even reported that 58 percent of them said they'd happily shell out \$2,725 to fit an extra hour into their day!

But smart folks like YOU don't have to shell out big bucks to find time to do what you know is good for you. A blast of recent research reveals amazing ways you can attain your health goals in tiny tidbits of time:

Get a great cardio workout in 12 minutes. In an exciting new study from Canada's McMaster University, overweight people who normally didn't exercise boosted their fitness with this speedy routine: A two-minute warm-up, followed by three, two-minute-interval workouts. For each interval, exercise as hard as you safely can for 20 seconds, followed by two minutes of recovery at a slow pace. Do it two more times. End with a three-minute cool down.

Study volunteers used exercise bikes, but you could try doing it while walking on a treadmill or even marching or jogging in place in your living room. Study volunteers did it three times a week. After six weeks, their endurance and blood pressure had improved.

Weigh in for weight loss. The more often you weigh yourself, the more weight you'll lose, finds a new study from Cornell University and Finland's Tampere University of Technology. If you don't want to step on the scale

every day, once a week works, the researchers found. They analyzed a year's worth of weigh-ins from 40 dieters. Weight began to creep up in those who hadn't weighed themselves for about six days. Seems when you know the truth about your weight, you can't as easily rationalize eating extra calories or acting like a couch potato.

Get a handle on your health and banish isolation using health-boosting apps. In one new survey, just 18 percent of Canadians over age 50 used computer apps to manage their diabetes, and just 5 percent used smartphone apps — even though most owned the technology to run them. These tools can help improve blood sugar significantly without spending hardly any time messing with them. And some put you in touch with other folks working toward the same blood-sugar control goals as you are, and that support makes everyone more successful!

There are plenty of other apps, too, that are designed to help you manage your weight, fitness, blood pressure and more. Step counters and fitness trackers are like a friendly good conscience sitting on your shoulder. There

even are apps to make grocery-store purchases healthier. And there's a bonus: In another study, older adults who got training on social media felt less isolated, because they could connect with friends and loved ones without leaving home.

Take a 15-minute stroll after lunch for better blood sugar, weight and mood. A 15-minute stroll after meals can help control your blood sugar, says a recent study from George Washington University. That's big news for the 29 million Americans with diabetes and the 83 million more with prediabetes. And you know how we feel about the cardio benefits of walking 10,000 steps a day — they're huge! Getting outdoors in the sunshine also can help reset your body clock for better sleep and a brighter mood.

Make the healthy dessert decision: Go for fruit. Added sugars may be more dangerous than too much salt for high blood pressure. The worst sources are commercial desserts packed with known food felons: added sugars and sugar syrups, saturated fat and artery-clogging trans fats. Keeping your favorite fruit on hand is a great way to get more fiber, vitamins, minerals and antioxidant-boosting phytochemicals. They'll satisfy your sweet tooth and give you more energy and a sunnier outlook on your now healthier day.

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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Yankton Co. 4-H Consumer Decision Making Team Ranks 4th In Nationals

The Yankton County 4-H Consumer Decision Making Team brought home fourth place ribbons from the Western National Roundup.

Stephanie Hauger of Irene, Laurel and Camielle Friedenbach of Yankton, and Leah Waid of Yankton ranked fourth among 12 teams in the Group Think portion of the Consumer Decision Making competition.

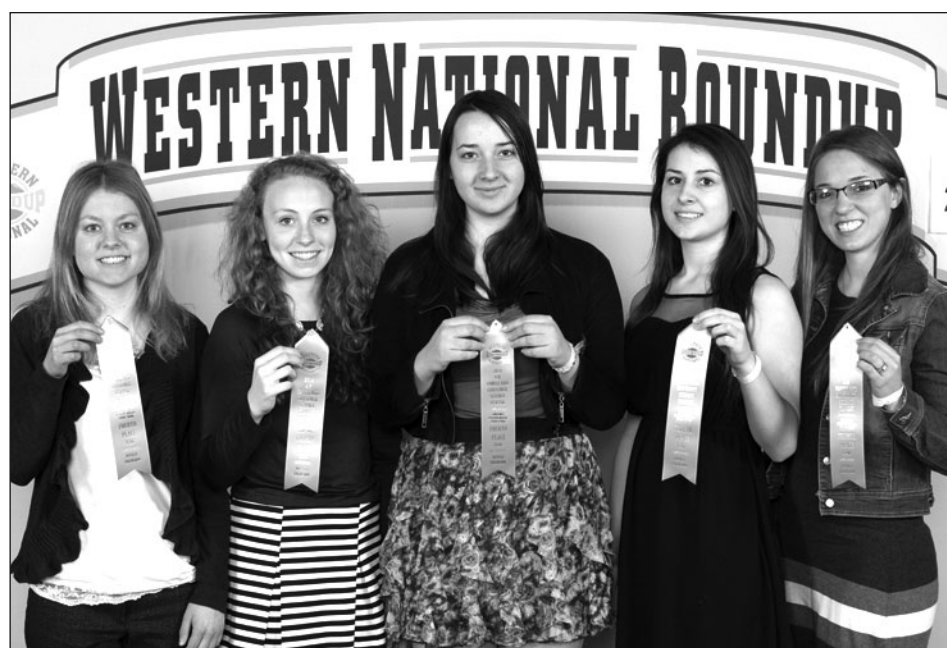
The Group Think activity tested the team's ability to work together.

The Yankton team was challenged with deciding what kind of checking account would be most suitable for a 4-H club. The members were given 10 minutes to read and evaluate the problem, discuss their solution and present a final statement of their decision, all while judges were watching.

The Consumer Decision Making contest also included six classes to be judged. Stephanie, Laurel, Camielle and Leah all judged luggage, umbrellas, hoodies, headphones, fast food and tablet computers.

Within each category they were given a scenario about a specific person looking to buy a certain kind of item. After reading the scenario, the 4-H competitor then had to evaluate four different choices — for example four different luggage options — and then rank the four choices with one being the best option and four being the worst option.

Judges decide the correct placing for each class, and



ADAM WARREN/ROUNDUP PHOTOGRAPHER

4-H members Stephanie Hauger, Leah Waid, Laurel Friedenbach and Camielle Friedenbach, along with coach Stephanie Siebrandt, received fourth place for the Group Think Activity during the 2014 Western National Roundup Consumer Decision Making Contest held in Denver Jan. 10. They competed against teams from 11 other states.

the team members are scored based on how close each of their rankings are to the judges ranking.

For two of the classes — fast food and tablet computers — each team member also had to go in front of a judge and give oral reason as to why they placed the class the way they did.

Overall, the team ranked sixth in all areas of the competition. They were ninth in team placing and sixth in oral reasons.

"It was a very tough competition with ties between the top two teams and ties

between the next three teams," said the team's coach Stephanie Siebrandt. "I'm extremely proud of how our team did. Our girls buckled down back in September and made practicing for this competition a priority. Their hard work really paid off."

The success of the Yankton 4-H Consumer Decision Making Team can also be attributed in part to the team's many sponsors.

The Yankton County 4-H Leaders Association, the Missouri Valley Master Gardeners, Hubbs Agency, Inc., Cathryn & Lyle Becker with

Modern Woodmen, First Dakota National Bank and the Chapter K PEO Sisterhood all donated money to help fund the team's trip to the Western National Roundup.

These funds paid for the team's lodging while in Denver, their food during the trip, leadership workshops and speakers and much more.

Stephanie, Laurel, Camielle and Leah all expressed gratitude and thanks toward these sponsors for funding their trip to nationals.

SCHOLASTICS

DAKOTA STATE UNIVERSITY

MADISON — A total of 397 full-time and 143 part-time students qualified for the President's Academic Honors list for the 2014 Fall Semester at Dakota State University (DSU) in Madison.

The following area full-time students achieved a grade point average of 3.5 to 4.0 to qualify for the honors list:

- Michael Olsen, Beresford
- Kayla Jochims, Centerville
- Stephanie Plucker, Chancellor
- Kylie Martin, Dakota Dunes
- Courtney Thorpe, Elk Point
- Samuel Schamber, Freeman
- Joseph Weier, Freeman
- Stephen Bergeson, Gayville
- Christopher Dvorak, Lake Andes
- Kyle Gall, Lesterville
- Alex Koller, Parker
- Reebea Thompson, Parker

IRENE-WAKONDA

2nd Quarter "A" Honor Roll
 Grade point average of 3.50 or better with no grade below a "B"

- Samantha Vanderostyne, Parker
- Morgan Van Zee, Parkston
- Lauren Conrad, Ponca, Neb.
- Elizabeth Bitterman, Tripp
- Eric Ruppelt, Tyndall
- Danielle Tycz, Tyndall
- Joseph Swanson, Vermillion
- Kayla Stoltenburg, Viborg
- Austin Vogt, Yankton

The following area part-time students achieved a grade point average of 3.5 to 4.0 to qualify for the honors list:

- Barbara Letsche, Beresford
- Oakley Hendrix, Freeman
- Andrew Bernard, Jefferson
- Mike Benton, Vermillion
- Monty Dahlberg, Yankton
- Emily Fedders, Yankton
- William Kistler, Yankton
- Gregory Schneider, Yankton

2nd Quarter "B" Honor Roll

Grade point average of 3.00 or better with no grade below a "C"

- Calla Harper, SENIORS — Calla Harper, Heather Hauger, Stephanie Hauger, Adam Katrenak, Taylor Lyso, Amy Morman
- Tessa Buchanan, JUNIORS — Tessa Buchanan, Kate Gartner, Erin Hansen, Caitlin Hinseth, Gabriel King, Taylor Lee, Autumn Sees, Andrea Sokolowski, Maria VanDriel
- Raven Jensen, FRESHMEN — Raven Jensen, Colton Larson, Garrett Logue, Kaden Mork, Michael Sees
- 8th GRADE — Trejon King, Parker Orr, Benjamin Sees
- 7th GRADE — Samantha Aune, Isabelle Libby, Cal Lucas, Gavin Spurrell

Grade point average of 3.00 or better with no grade below a "C"

Grade point average of 3.50 or better with no grade below a "B"

1st Semester "A" Honor Roll

Grade point average of 3.50 or better with no grade below a "B"

- Calla Harper, SENIORS — Calla Harper, Heather Hauger, Stephanie Hauger, Skyler Heirigs, Adam Katrenak, Amy Morman
- Hannah Anderson, JUNIORS — Hannah Anderson, Rebecca Earl, Alicia Geuther, Benjamin Gustad, Katrina Hauger, Landon Larsen, Ashley Steffen
- Gabriel Hutchison, SOPHOMORES — Gabriel Hutchison, Adriana McDonald, Anthony Nelson, Illeana Trissel
- Morgan Daluge, FRESHMEN — Morgan Daluge, Alfonso Erickson, Tate Gale, Kaylee Hansen, Mary Johnson, Dallas Lee, Katelyn Logue, Tyra Murphy, Clayton Trissel
- 8th GRADE — Shannon Sokolowski
- 7th GRADE — Madison Johnke, Levi Larsen, Alison Logue, Evan Logue, Hailey Sees, Tate VanBeek, Marcus VanDriel

Grade point average of 3.00 or better with no grade below a "C"

Grade point average of 3.50 or better with no grade below a "B"

BIRTHDAYS

ROBERT BAME

Robert Bame, Tyndall, will celebrate his 90th Birthday on January 24th. His family is requesting a card shower. Greetings may be mailed to: 305 W 16th Ave., Tyndall, SD 57066.



Bame

GOT NEWS?
 Call The P&D At 665-7811

Thursday - Dollar Doubles
Double Load Washing \$1.00
 Tan While You Wash & Dry at SunKissed Tanning right next door - start your tan for less than \$1.00
KD Laundry
 3rd & Broadway, Yankton • 6:30am-10pm
 YOUR NEWS! THE PRESS & DAKOTAN

Sometimes the only REASON for you to be somewhere else is to see things from a DIFFERENT PERSPECTIVE
 OPEN HOUSE
 Tuesday, January 20, 2015
 5-7pm
 718 Douglas, Yankton