

COMMUNITY CALENDAR

The **COMMUNITY CALENDAR** appears each Monday and Thursday. Contributions to this list of upcoming events are allowed 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.

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Ladies Pool, 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 605-665-3736 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

FRIDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th Street.
Bridge, 1 p.m., The Center, 605-665-4685
Bingo, 7-9 p.m., The Center, 605-665-4685
Open Billiards, 7-9 p.m., The Center, 605-665-4685
Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St. Vermillion
Porchlight, 8 p.m., non-smoking closed session, United Church of Christ, 210 W 5th Street

SATURDAY

Weight Watchers, 9 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Each Day a New Beginning, 10 a.m., non-smoking closed session, 1019 W 9th Street
Daily Reprieve, noon, non-smoking closed session, 1019 W 9th Street.
Vermillion Unity Alcoholics Anonymous, 7:30 p.m. closed session, Trinity Lutheran Church, 816 E. Clark, Vermillion.

SUNDAY

Alcoholics Anonymous, 8 a.m., closed meeting, 1019 W. 9th Street
Tyndall Alcoholics Anonymous, 8 a.m., non-smoking, 1609 Laurel St., Tyndall
Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed meeting, Trinity Lutheran Church, 816 E. Clark, Vermillion

Free Demonstrations Set For SAC

The Summit Activities Center will be offering free demonstrations on all weight and fitness equipment for both adult and youth ages 12-14 years. The demonstrations will be conducted by Summit Activities Center weight and fitness staff and are open to all SAC members.

Youth weight and fitness demonstrations will be held at 7 p.m. Thursday, April 5, and 7 p.m. Monday, April 16. Youth participants, ages 12-14 years, that complete the class will be allowed to use the weight and

fitness area at the SAC.

Adult weight and fitness demonstrations will be held at 11 a.m. Saturday, April 14, and 7 p.m. Thursday, April 26. Upon completion of the adult demonstrations, members will receive a free personal training session.

To sign up for the class or request further information, call 668-5234 or stop by the Summit Activities Center at 1801 Summit Street. Don't forget to follow the Yankton Parks and Recreation Department on Facebook.

SCHOLASTICS

ALEX HEGLIN

A Yankton High School student was recognized for superior academic achievement by The National Society of High School Scholars.

The National Society of High School Scholars (NSHSS) on Feb. 22, 2012 announced that Yankton High School student Alex M. Heglin from Yankton has been selected for membership. The Society recognizes top scholars and invites only those students who have achieved academic excellence. The announcement was made by NSHSS Founder and Chairman Claes Nobel, a senior member of the family that established the Nobel Prizes.

"On behalf of NSHSS, I am honored to recognize the hard work, sacrifice, and commitment that Alex has demonstrated to achieve this level of academic excellence," said Mr. Nobel. "Alex is now a member of a unique community of scholars — a community that represents our very best hope for the future."

"Our vision is to build a dynamic international organization that connects members with meaningful content, resources, and opportunities," stated NSHSS President James Lewis. "We aim to

help students like Alex build on their academic successes and enhance the skills and desires to have a positive impact on the global community."

Membership in NSHSS entitles qualified students to enjoy a wide variety of benefits, including scholarship opportunities, academic competitions, free events, member-only resources, publications, participation in programs offered by educational partners, online forums, personalized recognition items, and publicity honors.

Formed in 2002, The National Society of High School Scholars recognizes academic excellence at the high school level and encourages members of the organization to apply their unique talents, vision, and potential for the betterment of themselves and the world. Currently, there are more than 530,000 Society members in over 160 countries. NSHSS provides scholarship opportunities for deserving young people. For more information about NSHSS, visit www.nshss.org.

Alex Heglin is a senior at Yankton Senior High School, graduating in May 2012. His parents are Allene Sommer, Yankton and Mike Heglin, Omaha, Neb.

BY DAVE RAMSEY

Dear Dave,
Is there some way to put a block on a credit report prior to sending a kid to college, so that the credit card hustlers can't get to them? — **Trevor**

Dear Trevor,
No, there's not. Unfortunately, in today's culture that's part of becoming an adult. When you hand them car keys there's no way to put a block on how they drive. And when they turn 21, there's no way to put a block on what they ingest.

About the only thing you can do is to teach your kids to the best of your ability, and be a good parent and good example. Teach them why debt is dumb, and show them how it eats away at their ability to save money and build wealth.

And for goodness sake, don't use credit cards yourself. Kids can smell a hypocrite a mile away! — **Dave**

WORRY ABOUT YOUR WALLET

Dear Dave,
I'm a new doctor, and I drive a car that has over 200,000 miles on it, is 10 years old, and a few dings in the doors. I've heard image is



Dave
RAMSEY

everything when you're a doctor, but I like not having a car payment. Should I just get over being self-conscious about my old car? — **Mario**

Dear Mario,
I like not having a car note, too. I'd walk, ride a bike, or drive your car with a great, big smile on my face before I picked up a car payment!

As new, young doctor you've probably got six figures in student loans hanging over your head right now. So you need to get out from under all that before you start thinking about driving something fancy. If this car is truly on its last legs, then I'd say save up for a few months then upgrade to a good, reasonably-priced, used car.

Just remember, a Mercedes or BMW doesn't prove you're a doctor, and it doesn't mean you're a good doctor, either. You just need to worry about what's smart for you instead of what other people think! — **Dave**

Wausa Native Thrives In WSC Grad Program

WAYNE, Neb. — It's 7:30 on a Friday morning and Austin Donner is getting ready to teach class. He looks at the 23 faces of the eager seniors in front of him. And then he dives in, literally. This class is taught in a pool. And these seniors are not in high school — they are senior citizens.

Donner, a Wayne State College Exercise Science graduate student, teaches a water aerobics class as part of the college's Senior Wellness Program. The program is free to area senior citizens age 55 and older and offers classes three times a week. In addition to water aerobics, the program also offers theraband, free weights, stretching, balance, walking and biking classes.

Classes are taught by undergraduate and graduate students in Wayne State's Exercise Science program. Students develop fitness routines, assist with proper form and encourage seniors to maintain an active lifestyle. It's just one way Wayne State prepares students for careers in the field.

Another way is through the college's personal training program. Undergraduate students spend one semester of their senior year acting as personal trainers to clients. Donner, originally from Wausa, Neb., oversees the personal training program.

He says it's a win-win situation for students and clients. Students get the hands-on experience of customizing a training program and working one-on-one with a client. Clients get to work on their fitness goals with a personal trainer free of charge. And students get real-world experience.

"As students, we learn the techniques in class, but the personal training program allows us to put that knowledge to work with a real client," Donner said.

The students typically meet with their clients two or three times a week. In the initial meeting, students learn about the client's personal fitness goals. The student crafts a personalized fitness routine based on those goals. Measurements, such as body fat composition, may also be taken to help measure the program's effectiveness.

At the end of the semester, clients are asked to submit evaluations on their personal trainer. The response is usually overwhelming.

"Clients love the training program," Donner said. "They say what a remarkable difference it has made in their life. They are more active and have more energy."

Students enjoy the program as well. "It's a great way to learn how to socialize with clients, which is something that can't really be taught in the classroom," he said.

"Also, we encourage students to collaborate with each other. Networking is a skill students will find helpful in the real world."

In addition to the Wellness and personal training programs, students in the Health, Human Performance and Sport (HHPS) de-



COURTESY PHOTO
Austin Donner of Wausa and Amanda Arens of Wayne and graduate assistants at Wayne State College, work on details for a study on the metabolic changes taking place during standing compared to sitting.

partment regularly undertake rigorous research projects. Amanda Arens, an Exercise Science master's student, recently completed the first phase of a study to examine the metabolic changes taking place during standing compared to sitting.

Recent studies have found adults spend 7.7 hours a day in sedentary behaviors and many Americans have jobs that require them to sit most of the day. These individuals who sit more during the day have higher waist circumferences, lower sugar and fat metabolism, and increased blood pressure. These effects are even found in individuals who get their recommended 30 minutes of exercise.

This has led to an outburst of ideas and inventions to decrease sitting time. One clever creation is the treadmill desk which is a desk hooked up to a treadmill. While this unique set up would decrease sitting time and burn some calories, it may not be practical in all settings. A more realistic alternative would be to simply stand more frequently throughout the day by getting up from your desk or standing while working at your computer.

Currently, Arens and some of the faculty at Wayne State College in HHPS are "taking a stand for health" by converting their sitting desks into standing desks.

"It took a little while for my body to adjust to standing the majority of the day, but now I really enjoy it and will not go back to sitting," Arens said.

While many researchers feel this may be a good solution, there have been no studies conducted on the effects of standing; therefore, the results of Arens' study will be of great significance.

"Standing burns 10 calories more per hour than sitting," Arens said. "That may not seem like a lot but over time it makes a difference!"

Graduates of Wayne State's Exercise Science program are currently employed as athletic trainers, cardiac rehab specialists, corporate fitness coordinators and personal trainers. Many students, like Donner, choose to attend graduate or physical therapy school.

Travel With
THE CENTER
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to Larchwood IA to the Grand Falls Casino

\$25 per person

Wednesday, April 4th

Leaves The Center at 7am & returns at 4pm

Price includes:
• \$10 Gaming Credit
• \$5 Off Buffet
• Transportation
Must be registered by Mon., April 2

THE BENEDICTINE RULE OF LEADERSHIP

Presented by Craig S. Galbraith, Ph.D.
Benedictine Scholar, Author, & Professor of Entrepreneurship and Technology, University of North Carolina

Monday, April 2, 2012 at 7:30 PM
Marian Auditorium, Mount Marty College

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Marketplace Cafe
and The Boiler Room Lounge & Casino

Live Entertainment Every Friday Evening!

Friday & Saturday FREE Slice of Cheesecake with purchase of 18 oz. Prime Rib

121 W. 3rd St., Yankton 605-689-3333