

## 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](mailto: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  
**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.

### FIRST MONDAY

**Yankton Republican Party Executive Meeting**, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605  
**Yankton Lions Club**, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694  
**Heartland Humane Society Board Meeting**, 6:30 p.m., 601 1/2 Burleigh  
**Yankton Parks Advisory Board Meeting**, 5:30 p.m., RTEC, 1200 W. 21st Street

### 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  
**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

### FIRST TUESDAY

**Yankton Area Banquet**, 6 p.m., United Church of Christ, Fifth and Walnut

### 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

### 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  
**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.  
**Yankton Alanon**, 8:30 p.m., 1019 W 9th Street

### BIRTHDAYS

#### TILLIE LANE



Lane

S.D. 57078.

sent to her at 1313 W. 30th St., Apt. F, Yankton, S.D. 57078

#### GRACE BONERTZ



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#### DELAINE KUESTERMEYER



Kuestermeyer

DeLaine Kuestermeyer of Yankton will celebrate her 88th birthday on March 10, 2013. The family requests a card shower and cards may be

# Timing Out Your Weight Loss

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

King Features Syndicate

Some crazy diet tricks — like “calorie erasing” sprinkles and “fat melting” shorts — should be banished to the Weight Loss Hall of Shame. If you’re struggling with your New Year’s resolution to slim down, don’t be tempted by these or any other pounds-off scams that sound too good to be true. They always are. Instead, give this new, science-proven strategy a try: Better timing.

Eating by the clock (we’ll show you how) is a no-extra-willpower-required way to help you lose more pounds, boost satisfaction and stick with your weight-loss plan for the long haul. Just by working with your body’s natural rhythms and needs, you can boost diet success. The latest proof: A new Spanish report says eating your main meal earlier in the day could help you lose 29 percent more weight.

The researchers tracked the eating habits and body weight of 420 dieters who munched, on average, a slimming 1,400 calories a day. Those who ate their biggest meal of the day before 3 p.m. lost 22 pounds in 20 weeks, compared with 17 pounds for those who sat down to their main meal later on. Both groups got similar amounts of sleep and exercise, so those factors didn’t account for the difference. Another clue that when you eat (not just what you eat) is crucial for weight-loss success.

Why? We’re beginning to suspect that eating helps reset your body clock every day, the same way exposure to sunlight can. Downplaying or ignoring breakfast, then eating a major meal late in the day may throw off



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

the timing that helps keep your metabolism humming — throwing it out of sync with the big body clock in your brain. This could mean the difference between calories getting burned for fuel or stored as fat after a meal.

Better-timing lesson: Start the day with breakfast and make sure you have some protein (there’s plenty of evidence that breakfast-eaters are slimmer). Then try to eat the biggest meal of your day at lunch. Keep dinner satisfying by diving into chunky, filling foods like salads, cooked and raw veggies, and veggie-packed soups, stews, stir-fries and casseroles. Then try these two additional ways to turbocharge weight loss while factoring your new, better timing into the equation.

Slow down. Making meals last longer boosts release of appetite-satisfaction hormones that help you feel full. People who spent 30 minutes eating a bowl of ice cream had 25 percent to 30 percent higher levels of two key I-do-not-feel-hungry-any-longer hor-

mones (peptide YY and glucagon-like peptide-1) than those who wolfed down their treats in just five minutes. Slow eaters also saw levels of these hormones remain elevated for the next two and a half hours.

Better-timing lesson: Linger over your meals. Put utensils down between bites, make conversation, listen to music while you eat or just take in the view from your kitchen or dining-room window. Don’t sit in front of the television; it’s always important to eat mindfully and savor every bite!

Take time off. Yup, breaking your weight-loss diet now and then could help you stick with it. In one fascinating study, researchers found that people who took time off — they stopped counting calories and didn’t weigh themselves — lost just as much weight as people who dieted continuously for 11 months. Why? Knowing you’ll get a vacation soon makes it easier to resist temptation today.

Better-timing lesson: If you find you’ve been cheating a lot lately, reset your meal-time clock. Then, once you’re back on schedule, give yourself a break. Take the weekend off, declare a “no diet” day once a month in the middle of the week, or if you’re on a long-term weight-loss plan, give yourself a whole week off. Make sure you stick to healthy indulgences, like six walnut halves, half an ounce of dark chocolate twice a day or your favorite fruit. And don’t forget to stay with veggie and lean protein main dishes.

*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, visit [sharecare.com](http://sharecare.com).*

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# Program Aims To Keep Seniors, Pets Together

BY CYNTHIA HUBERT

© 2013, The Sacramento Bee

SACRAMENTO, Calif. — Through foster care, homelessness, health crises and depression, one thing has remained a constant in Roxy Stan’s life.

“My pets,” said Stan, 68, who lives at an assisted-living center in Natomas, Calif. “I have never been without one.”

That streak might have come to an end last year, if not for a new program by the Sacramento SPCA that has helped keep Stan and her beloved Siamese cat, Katy, together.

When both she and Katy fell ill at about the same time, Stan found herself in a pickle. Suffering from a disabling respiratory condition among other things, she was unable to get Katy to the vet in a timely manner, pay costly bills for the cat’s serious infection, and even provide basic care at home.

Enter the Society for the Prevention of Cruelty to Animals’ Senior Care Program, which offers help to needy pet owners who are 65 and older.

The program sends volunteers to the homes of older people with lower incomes who need help tending to their pets. The volunteers do everything from walking dogs to cleaning kitty litter boxes to giving medicine to reluctant felines, and seniors get transportation and financial help with veterinary care.

Studies have documented a wide range of benefits for seniors who have animal companions. Research has suggested that Alzheimer’s patients seem to be less anxious after spending time with a pet, and that owning a pet can help lower blood pressure in seniors. Studies have shown that animal companionship can give an emotional lift to lonely people of all ages.

The local SPCA’s program is one of just a handful in the country, said senior services coordinator Shari Lowen.

“The goal is to help seniors and pets stay together,” reducing the number of animals that older people give up to shelters because they no longer can physically or financially take care of them.

“For a lot of seniors,” Lowen said, “having a pet gives them a reason to get up in the morning.”

That certainly has been true for Stan. “I haven’t known joy all that much in my



LEZLIE STERLING/SACRAMENTO BEE/MCT  
**Roxy Stan, who has had pets for most of her life, almost lost her cat, Katy, last year when both of them became ill. But she was able to keep Katy through a program that helps seniors and their pets sponsored by the Sacramento, Calif., SPCA.**

life,” she said. “My pets have given me real joy, and love.”

Stan, who spent her early life in Nebraska, counted a calf named Herbie as her first animal companion.

“I took really good care of him,” she said, until her parents served him for dinner one night. “I was devastated,” she said. “I never took care of a calf again.”

She was a foster child for much of her life, she said, moving from home to home and getting to know a wide variety of pets including dogs with such names as Shep and Maggie and Horatio.

Stan suffered abuse at some of the homes, she said. She comforted herself by listening to music on her transistor radio and accepting the “unconditional love” of pets.

### BIRTHS

#### CALLLEN OTTO

Adam and Melissa Schilousky of Yankton announce the birth of their son Callen Otto, who was born on Feb. 19 at Avera Sacred Heart Hospital. Callen weighed 8 pounds, 3 ounces at birth and measured 20 inches long.

He joins sibling Halle, age 2. Grandparents are Don and Linda Zastrow of Norfolk, Neb.; Sue Schilousky and Allen Opperman of Norfolk; and Joe and Marsha Schilousky of Norfolk. Great-grandparents are Bob and Edith Callies of Leigh, Neb.

#### AUDREY HUDSON

Lara (Kelley) and Tyler Hudson of Tabor announce the birth of their daughter Aubrey Hudson who was born on Jan. 8 at Avera Sacred Heart Hospital. She weighed 9 pounds, 11 ounces at birth.

Audrey joins sibling Drake Hudson, who is 14 months old. Grandparents are Helen Kelley of Tyndall and Mike and Linda Hudson of Harrisburg. Great-grandparents are Mike and Mary Hudson of Harrisburg and James and Gladys Mead of Hartford, SD.

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