

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
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.

THIRD MONDAY

Yankton Golf Advisory Board Meeting, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205
Friends Of The Yankton Community Library, 5:15 p.m., Yankton Library, 515 Walnut
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

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

THIRD 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

THIRD WEDNESDAY

NAIFA-Lewis and Clark, noon-1 p.m., Minerva's.
Partnership Bridge, 1 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
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

THIRD THURSDAY

HSC Friendship Club, 5 p.m., March: Mexico Viejo Restaurant, 1809 Broadway, Yankton, 605-665-5956.
Catholic Daughters (Court Willard 967), 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

BIRTHDAYS

GERALDINE CRISMAN



Crisman
A card shower will be held in celebration of the 85th birthday of Geraldine Crisman of Wagner, SD. She turns 85 on April 1. Greetings may be sent to PO Box 356, Wagner, SD 57380.

TILLIE KNODEL

Tillie Knodel will celebrate her 105th birthday on April 1. The family is requesting a card shower. Cards can be mailed to Tillie at 130 6th Street, Scotland, SD 57059.

LEROY HAUGER

IRENE — LeRoy Hauger, rural Irene, will celebrate his 88th birthday on Tuesday, March 19, 2013.

MARJORIE (SCHROEDER) KATHOL



Kathol
An 80th birthday open house will be held on Sunday March 24 from 1:30-4 p.m. for Marjorie (Schroeder) Kathol's birthday. The open house will be held at the VFW Hall in Hartington.

If you cannot make the open house, cards may be sent to Marjorie at P.O. Box 792, Hartington, Neb., 68739.

CHARLES (PAT) JOHNSON JR.

Charles (Pat) Johnson Jr. will celebrate his 90th birthday on March 19, 2013. An open house will be held at the E Circle E Hunting Lodge, 45345 311th St., Gayville, on Sunday, March 24, from 2-4 p.m. No gifts are requested.

Pump Up Your Potassium

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

King Features Syndicate

There's a quiet revolution unfolding inside the boxes, bags, cans and bottles on supermarket shelves. Food makers are trimming the blood-pressure-boosting sodium in some of their saltiest and most popular processed foods by as much as 33 percent. That's great news, but don't let headlines about this sodium-slashing success story stop you from taking another important step toward better blood pressure: Upping your potassium intake.

Potassium may be the missing mystery mineral in your own better-blood-pressure equation. Just one in 50 Americans gets enough of this good stuff, found in abundance in almost all produce, dairy products and beans. Potassium actively lowers blood pressure, in large part by buffering salt's efforts to jack it up. Every 600-milligram increase in the amount of potassium you eat every day (that's less than a cup of cooked spinach) lowers your BP by one point. Wow! And that's not all it does: It also helps with nerve functioning and muscle control (athletes may need extra — say, from a glass of fresh orange juice or a banana — after workouts).

But the scary news for the 30 percent of Americans with high blood pressure (and the additional 30 percent with prehypertension) is that most of us get twice as much sodium as potassium. A healthy balance between these two minerals should go the other way, with two to five times more potassium than sodium! Righting the balance is not so hard to do, and it could help you live longer. No wonder the World Health Organization recently called for a global increase in potassium intake. Here are six strategies to help



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

you do that naturally:

Feast on leafy greens more often. Why not every day? Swiss chard and spinach are potassium all-stars, with one cup of cooked greens delivering more than 800 milligrams — one-sixth of the 4,700 milligrams you need daily. Cooked kale, cabbage, beet, mustard and turnip greens are also terrific sources, with about 300 milligrams per cup.

Keep potassium-boosters in the freezer. Stock up on bags of convenient, no-waste, frozen chopped kale, collards, mustard greens and spinach (plain, without added sauces or sodium). We love them. You'll never find wilted, slimy, oops-I-forgot-about-these greens languishing in the back of the fridge!

And in your cupboard. Dried beans are another super source of potassium, with about 600 milligrams per cup when cooked. No time to cook beans from scratch? Stockpile sodium-free canned beans in your pantry. Toss them into soups and stews, or microwave with a handful of frozen greens for a quick and healthy lunch.

Dive into spinach or romaine salad. While cooked spinach (steamed or boiled), added to soup or sauteed with olive oil and garlic, delivers a blood-pressure-pleasing percentage of your daily potassium requirement, going raw delivers an even bigger dose. Cooking can reduce levels of this mineral significantly; just blanching 3 1/2 ounces of spinach for a few minutes drops potassium levels 56 percent. So, opt for a salad made with spinach or potassium-rich romaine lettuce. Top those raw greens with potassium-rich tomatoes, carrots, cucumbers, celery and bell pepper. And keep your potassium-sodium ratio in balance by dressing your salad with oil and vinegar rather than a salty bottled dressing.

Enjoy an old-fashioned baked potato. A medium-size baked white potato — if you eat the skin — nourishes you with 751 grams of potassium. Keep calories and fat in line: skip butter and sour cream, and try topping your tater with a dollop of Greek yogurt, or use a splash of flavorful balsamic vinegar on your potato. Add a generous sprinkle of black pepper, and dive in. (If you're at a restaurant, order a baked spud instead of fries or mashed.)

Snack in these seasonings and natural sweets. Spice things up with ginger and turmeric — both contain pressure-pampering potassium. How about a fruit salad made with potassium-rich strawberries, bananas and dried apricots topped with yogurt and a sprinkle of freshly grated ginger? You'll say "yum" as your blood pressure hums.

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.

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Survey

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cent of faculty respondents felt the next superintendent should have strong budget skills.

In addition, 70 percent of faculty members thought the next leader of YSD should be involved in the community, 65 percent said he/she should be a visionary and 57 percent felt the next superintendent should be well-spoken.

A minority of faculty respondents thought the next YSD superintendent should be an instructional leader or be courageous.

Another question asked faculty and community members how they felt the success of the superintendent after a year on the job should be determined.

Eighty-seven percent of faculty respondents felt as if success after one year should be determined based on employees being satisfied, 85 percent felt it should be based off of school culture, while 51 percent said success should be determined based on how satisfied community members are.

On the other hand, community members felt as if success should be determined based off of a positive school culture (84

percent), a solid financial base (67 percent) and satisfied employees (63 percent).

The issues that faculty respondents thought it would be most important for the new superintendent to know included, in order of popularity, budget issues, lack of community support, low staff morale, failed opt-outs, salary issues and lack of communication.

The most important issues community members felt the new superintendent should know about included budget issues, drugs and alcohol issues among students, lack of community support, low staff morale, failed opt-outs and the need to keep extra-curricular activities.

Community members also thought the traits that are most essential for the new superintendent to have include being honest and trustworthy, good communication skills, good with fiscal management, being accessible and being a visionary for the district.

Faculty respondents thought the most essential traits are being a good communicator, being honest and trustworthy, having good interpersonal skills, being good with fiscal management and acting as a visionary.

You can follow Andrew Atwal on Twitter at twitter.com/andrewatwal

Chef

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he learned about different styles of cooking, purchasing and pricing.

"It gave me a really good feel for what the restaurant business is like, but after that, it was up to me to fill in the gaps and do something with it," he said.

Lacey slowly climbed the ladder within the industry, working as a sous chef at a classic French restaurant, executive chef at a contemporary Italian restaurant and executive sous chef at the Minikahda Club in Minneapolis. After serving as the executive chef for 10 years at the Legends Golf and Country Club near the Twin Cities, he joined the Minnesota Landscape Arboretum, where he has spent the last year and a half.

"I've found it interesting that the higher up that you go, the less actual cooking you get to do," Lacey said.

Featuring more than 1,100 acres of gardens, model landscapes and natural areas, the Minnesota Landscape Arboretum plays host to numerous weddings, conferences and other large events. As executive chef, Lacey manages staff, inventory and the culinary operations for the events.

"My job is to see the big picture and to make sure everybody does their part of the little picture," he said.

Despite enjoying the managing side of his job, Lacey said he does miss cooking from time to time.

"Then I realize that cooking is a young man's sport," he said with a laugh. "It's hard, it takes a lot out of you and it's a lot of stress. There's a lot of physicality that goes into it."

Lacey did get a chance to cook during a past appearance on the television show "Showcase Minnesota," but the experience wasn't exactly what he thought it would be.

"I had no idea how TV worked. You have some things ready, and then you do a little fake cooking. They take a break, and then when they come back, you have finished food through the magic of television," he said with a laugh.

As with his appearance in print, Lacey said he was surprised at the amount of attention he received from his cooking segment.

"One of the items I featured was a walleye dish, and I didn't think anything of it," he said. "I went home and took a nap. And when I went to work in the afternoon, we were just besieged by people ordering walleye. And I thought, 'Wow, people really do pay attention.'"

While Lacey has enjoyed his journey through the culinary world and the success that has come with it, he admitted that it's not a life for everyone.

"You work nights and weekends and holidays, and any time other people are going out to eat, you have to work. If you don't absolutely love it, you shouldn't pursue it," he said. "But for me, it really got under my skin. I don't know what else I would be if I wasn't a chef."

You can follow Derek Bartos on Twitter at twitter.com/d_bartos

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Schwesers
Fremont, Columbus, Yankton

Save the Date...

Thursday, April 18, 2013

4:30PM

Riverfront Events Center

Celebrate Women 2013

Six Words of Survival

perseverance • faith • respect • confidence • determination • attitude