

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.

## FOURTH MONDAY

**NARFE (National Active and Retired Federal Employees Association) Chapter 1053**, 10 a.m. at The Center, 900 Whiting Drive.

## 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

## 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

## LOARINE HECKENLAIBLE

Loarine Heckenlaible's 90th birthday is March 25. The family is requesting a card shower. Please mail greetings to her at 510 E. 8th St., Oakview Terrace, Freeman, SD 57029.

## BIRTHS

## NEALEE CWACH

Zach and Cassy Cwach of Yankton announce the birth of their daughter Nealee Ann Cwach, born March 14, 2013, at 6:45 a.m. She weighed 8 pounds, 7 ounces and was 20 1/2 inches long.

Nealee joins brother Oaklee Kenneth, age 2.

Grandparents are Kevin and Patty Zavadiil of Fordyce, Neb., Sandy Cwach of Johnstown, Colo. and the late Jerry Cwach of Utica.

Great-Grandparents are Darrell and Mary Kay Cwach of Utica, Jim and Judy Neu of Yankton, Gerald and Mary (Chris) Zavadiil of Fordyce, Neb. and the late Kenneth and Sue Sims of Norfolk, Neb.

Yankton Writing Club  
To Meet April 8

The Yankton Area Writer's Club will meeting at 7 p.m. Monday, April 8, at the Fry'n Pan Restaurant, 502 West 21st St, Yankton.

From published authors to hobbyists, from pro to amateur, the Yankton Area Writer's Club is comprised of people in Yankton and the surrounding area, who have a passion for writing and a desire to help aspiring writers by offering readings, critiques, conferences and monthly lessons.

The meeting is open to all ages; there are no dues. The club meets on the second Monday of every month (the third Monday if the second falls on a holiday).

For more information, contact Nancy Burk at 605-664-6582 or [yankton.area.writers.club@gmail.com](mailto:yankton.area.writers.club@gmail.com), or visit <http://www.iw.net/~nburk/>.

## Advantages Of A Mediterranean Diet

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

King Features Syndicate

Sun-ripened strawberries on oatmeal; a handful of walnuts to get through that 4 o'clock slump; grilled salmon, roasted veggies and a salad drizzled with olive oil for dinner: At last, we've got solid proof that scrumptious foods like these can slash your risk for stroke and other cardiovascular disasters by a whopping 30 percent. It's thanks to a headline-grabbing study from Spain that overhauled the diets of 7,447 people (even though the researchers made a big flub when they conducted the study; more on that in a minute!).

Two-thirds of the study's participants conscientiously followed heart-healthy Mediterranean diet plans – plenty of produce, dried beans and fish, with an extra dose of good fats from olive oil or nuts.

The rest of the participants were supposed to eat a low-fat diet (with no olive oil or nuts), but the researchers left them on their own. So guess what happened? These folks weren't able to learn the low-fat regimen and their diets were a disaster. They ate more bad fats, munched heart-threats like refined grains (white bread, white rice, white pasta) and drank sugary sodas.

So in reality – and contrary to what many TV shows and newspapers reported – the study doesn't prove Mediterranean diets are healthier than a low-fat diet. BECAUSE NOBODY ATE LOW FAT! What it does show is that Mediterranean eating styles (or in this case, "SSD" for "standard Spanish diet") trump the typical fat-, sugar- and chemical-laden North American diet (called "SAD" for "standard American diet") when it comes to stroke and heart-attack prevention!



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

We're fans of this study for another reason, too. It proved that what you eat matters big time, even for people with optimal medical and medication management! The scientists recruited men and women in their 50s through their 80s with diabetes or at least three risk factors for heart disease, such as obesity, high blood pressure, high LDL "lousy" cholesterol levels or a family history of early heart disease. And those folks saw big benefits from eating the SSD diets – even if they were already taking medication for high cholesterol or high blood pressure. (Another 30,000-plus person study reinforces this finding: It reported that people taking heart-protecting medications who adopted a healthy diet slashed their risk for stroke, heart attack and heart-related deaths by as much as 35 percent.)

Heart-health experts are hailing the news as a way of eating healthfully that lets you actually enjoy life, and we agree! Both of us enjoy eating this way, and it's the foundation of the meal plans you'll find (with plenty of

recipes) in "YOU: On a Diet." It's also the highly successful diet of the Lifestyle 180 program, developed by Dr. Mike for the Cleveland Clinic's Wellness Institute. Put it on your plate today with these four easy steps:

Ban the five food felons. Skip all added sugars and all added syrups, any grain that isn't 100 percent whole, most saturated fat and all trans fats. Those bad fats clog artery walls with plaque and fuel bodywide inflammation, while added sugars, syrups and refined grains make your blood sugar spike, crusting hemoglobin proteins in red blood cells with sugar molecules. That damages artery walls, spurring plaque buildup.

Say "yes" to good fats. Aim for three servings of omega-3-rich fish every week, and take 900 mg of DHA omega-3 from algal oil daily. Also, olive and canola oils, chia and flax seeds, avocados and walnuts are loaded with good fats.

Get beany. Opt for no-sodium canned beans for convenience, then toss them into soups, stews, casseroles and chili, or drizzle with olive oil and herbs for a side dish. Gassy? That's what Bean-O is for.

Get your carbs from veggies, fruits, whole grains and low-fat dairy. Shop for dessert in the produce department (mango and banana salad, anyone?). Look for fast-cooking whole grains like barley, whole-wheat couscous and quinoa. And reserve half of your plate for veggies at lunch and dinner. Your brain and your heart will love you for it.

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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## Kerry

From Page 1

U.S. officials say that in the absence of a complete ban on flights, Washington would at least like the planes to land and be inspected in Iraq to ensure that they are carrying humanitarian supplies. Former Secretary of State Hillary Rodham Clinton secured a pledge from Iraq to inspect the flights last year, but since then only two aircraft have been checked by Iraqi authorities, according to U.S. officials.

One senior U.S. official traveling with Kerry said the sheer number of overflights, which occur "close to daily," along with shipments trucked to Syria from Iran through Iraq, was inconsistent with claims they are only carrying humanitarian supplies. The official said it was in Iraq's interest to prevent the situation in Syria from deteriorating further, particularly as there are fears that al-Qaida-linked extremists may gain a foothold in the country as the Assad regime falters.

The official, who spoke on condition of anonymity because the official was not authorized to speak publicly on the matter, said there are clear links between al-Qaida linked extremists operating in Syria and militants who are also carrying out terrorist attacks in Iraqi territory with increasing regularity.

Kerry's comments in Baghdad come as U.S. lawmakers are calling for President Barack Obama to do more to stop the bloodshed in Syria, including possible airstrikes against Assad's aircraft fleet.

The Republican chairman of the House Intelligence Committee, Rep. Mike Rogers of Michigan, said Sunday the U.S. should create a "safe zone" in northern Syria that would give the U.S. more leverage with opposition forces.

"This doesn't mean the 101st Airborne Division and ships" are deployed, Rogers told CBS' "Face the Nation." "It means small groups with special capabilities reengaging the opposition so we can vet them, train them, equip them so they can be an effective fighting force."

Last week, Sens. Carl Levin, D-Mich., and John McCain, R-Ariz.,

asked Obama in a letter to step up U.S. military efforts in the region, including destroying Assad's aircraft using precision airstrikes.

Kerry said Iraq's tacit approval of Iranian overflights left the American people wondering how an ally would undermine U.S. efforts, particularly after the enormous sacrifices made by the United States in liberating Iraq from Saddam Hussein's tyrannical rule.

"There are members of Congress and people in America who increasingly are watching what Iraq is doing and wondering how it is that a partner in the efforts for democracy and a partner for whom Americans feel they have tried so hard to be helpful, how that country can be, in fact, doing something that makes it more difficult to achieve our common goals, the goal expressed by the prime minister with respect to Syria and President Assad," he said.

In addition to the overflights, Kerry said he had urged Maliki and other Iraqi officials to promote unity amid a spike in sectarian violence and called on them to ensure that upcoming provincial elections are free and

fair. Kerry said the postponement of the polls in two provinces — Anbar and Ninevah — was unacceptable and should be reversed.

"We strongly urge the prime minister to take this issue to the cabinet and to see if it can be revisited, because we believe very strongly that everybody needs to vote simultaneously," he said.

In addition to his meeting with Maliki, Kerry saw Iraqi parliament speaker parliament speaker Osama al-Nujaifi, a Sunni, whose faction is at odds with Maliki's Shia. Kerry also spoke by phone with Massoud Barzani, the head of the Kurdish Regional Government based in Irbil to encourage the Kurds not go ahead with unilateral actions — especially involving oil, like a pipeline deal with Turkey.

Kerry arrived in Baghdad from Amman, where he had been accompanying President Barack Obama on his tour of Israel, the Palestinian Authority and Jordan. His visit to Iraq is the first by a U.S. secretary of state since Clinton went in April 2009. During Obama's first term, the Iraq portfolio was largely delegated to Vice President Joe Biden as Obama wound down the war.

## Fire

From Page 1

some of the advice we give them to help them," he said.

Officials from South Dakota Wildland Fire and Yankton area public safety agencies will discuss fire prevention and mitigation, preparations being made for the summer season, the climactic weather forecast, information on possible burn bans and current ordinances that effect controlled burning.

Representatives from Yankton County Emergency Management and the Hughes County Sheriff's Office will also speak about the

importance of evacuation planning and its execution.

"There's going to be all different kinds of information available," Kurtenbach said.

Following the presentation there will be a question-and-answer session, and take-home handouts will be available.

"We'd like to encourage people to attend and ask questions," Kurtenbach said. "We'll probably have some equipment that we use out in the rural areas on display, so people can come out and take a look at that, too."

For more information on the meeting, contact the Yankton Fire Department at 605-665-5228.

You can follow Derek Bartos on Twitter at [twitter.com/d\\_bartos](http://twitter.com/d_bartos)

## Study

From Page 1

ments was associated with preserving 7,450 jobs in Nebraska and 3,750 jobs in South Dakota. Northeast Nebraska alone saw 2,040 jobs preserved.

"These are jobs saved at agricultural suppliers and non-farm businesses throughout the economy such as retailers, restaurants, entertainment venues, and health care providers, among others," the two analysts said in the report.

Ultimately, the study showed that crop insurance fulfilled its

role this year, Lubben told the *Press & Dakotan*.

"Crop insurance is being chastised today in some circles because it is paying out record indemnities," he said. "And because it is a federally subsidized and supported program, when it pays out record indemnities, it sounds like that's increasing the federal cost. But crop insurance is designed to take in more in premiums than it pays out in good years, and in bad years it's going to pay out more than it takes in. Clearly 2012 was a tough year, and that's why we have record crop insurance indemnities paid out."

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