

## 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  
**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  
**Quilting**, 10 a.m.-3 p.m., The Center, 605-665-4685  
**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.  
**Explore the Bible**, 10:30 a.m., The Center, 605-665-4685  
**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  
**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  
**Quilting**, 9:30 a.m.-3 p.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, 605-665-5954  
**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: Fleeg's Riverside Road-house on Old Highway 50, 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton.

### BIRTHS

#### RYKR HAMILTON

Reno and Jade Hamilton of Avon would like to announce the birth of their son Rykr Nielsen. He was born on Feb. 4, 2014, weighing 7 pounds, 7 ounces and measuring 20 inches long.

Rykr was welcomed home by big sisters Ella, Allyson, and Taylor.

Grandparents are Russell and Margaret Hamilton of Avon, Candy Cota of Avon and James Robinette of Niobrara, Neb.

Great-grandparents are Marcielle and the late Larry Hamilton of Tyndall, Darlene

and the late Cleone Nielsen of South Sioux City, Neb., and the late Robert and Mary Jo Robinette of Niobrara, Neb.

#### EVIONNA OLSON

Jennifer Olson of Volin announces the birth of her daughter, Evionna Grace-Anne Olson, born March 10, 2014, at 1:30 p.m. She weighed 9 pounds, 3 ounces and was 21 3/4 inches long.

Evionna joins her sister Cianna, 8.

Grandparents are Colleen Olson and Robert Olson of Gayville.

## Five Tips To Building Strong Bones

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

King Features Syndicate, Inc.

From the North Pole to Atlanta, an icy Arctic vortex chilled most of us to the bone this winter. But a deep freeze might not be all that's happened to your inner scaffolding. Reports we've seen also suggest that if you're not bolstering your vitamin K and D-2 or D-3 (read on for the best way) in the winter-time, your body can't make enough of these bone-friendly vitamins, and that can accelerate bone loss. That's why it so important to protect yourself from developing brittle bones or osteoporosis, no matter what your age.

Most studies show building strong bones as a teenager and young adult is the best way to dodge life-threatening fractures that effect one in two women and, yes, one in three men past age 50. That's right guys, don't underestimate your odds of developing osteoporosis, especially if you have clinically low testosterone levels or you get hormone therapy for advanced prostate cancer. Too few men get the checkups and bone-saving treatments they need.

So, no bones about it: Young, middle-aged or senior, here's how to use the latest skeleton-strengthening science to keep your bones sturdy:

Keep up your calcium. You need 1,000 mg a day until age 50; 1,200 mg daily after that. Get at least half of that from your diet, and add some from supplements. (Dr. Mike takes 600 mg of calcium daily, along with vitamin D-3.) Good food sources include fat-free dairy (about 300 mg per cup of milk or yogurt), kale (120 mg in 1 cup, cooked), white beans (113 mg in 1/2 cup) and calcium-fortified breakfast cereals and



### OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

orange juice (up to 500 mg per serving).

Add vitamins D-3 and K. We recommend 1,000 IU vitamin D-3 from a supplement, and for adults, 90 mcg K from your multivitamin daily. They help your body absorb and use calcium. Tip: Get a blood test to measure your D level; aim for 50-80 ng/ml.

Tackle belly fat. If you've got excess visceral fat in your midsection (a waist larger than 35 inches for women, 40 for men), you may have excess fat within your bone marrow as well (there's always supposed to be some!) That excess stimulates release of inflammation-boosting compounds that weaken bone. Go to [sharecare.com](http://sharecare.com) for tips how to flatten your belly, fast.

Skip high-sodium foods ... and that diet cola. A salty diet loaded with processed foods, take-out and restaurant meals could raise your fracture risk four-fold. Instead, eat more fresh, frozen or canned veggies, all without added sodium, and snack on a small handful of nuts daily; you'll get potassium, a surprise bone builder. Just one cola per month can weaken bone density in your hips. It could be because

phosphoric acid can leach calcium from bones, or because caffeine (in diet or regular soda) blocks calcium absorption.

Challenge your bones. Weight-bearing exercise, such as walking, running and strength-training, stimulates cells in your bones to keep rebuilding your frame. And exercise inspires stem cells to become bone rather than turning into fat!

Know when to get a bone scan. Women age 65 and older, and men age 70 and older get greater benefit than risk from a bone density scan. This check looks for of early signs of bone thinning (osteopenia), giving you time to make lifestyle changes, so you don't develop full-blown osteoporosis. Or if you have osteoporosis already, you can discuss using medications that may help stop bone loss, too. Just getting scanned could lower your odds for a hip fracture by 36 percent! One new report suggests that 66 percent of women with early bone loss miss the chance to stop the erosion if they wait until 65 to get a scan. You may need an earlier bone check if: You had a bone fracture after age 50; one of your parents has or had osteoporosis; you're underweight; a smoker; have rheumatoid arthritis, Type 1 diabetes or chronic liver disease; or you've taken prednisone for three months or more at any time in your adult life.

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](http://www.sharecare.com).

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and Mehmet Oz, M.D. Mehmet Oz, M.D.

## Kids Against Hunger



SUBMITTED PHOTO

The Mt. Marty Freshman Seminar class recently packed over 2300 meals for children in need of our care. If you would like to learn how you can make a difference in the lives of children, please visit [www.kahyankton.org](http://www.kahyankton.org)

## Jump\$tart Financial Literacy Conference, Resource Fair Set

BROOKINGS — The South Dakota Jump\$tart Coalition will be hosting a financial literacy conference and resource fair. Anyone interested in providing financial education is encouraged to attend the one-day conference held April 5 from 10 a.m.-3 p.m. at the Sanford Health Science Building, in Sioux Falls (1400 W 22nd Street).

The conference and resource fair will be held in the Health Sciences Center Room 104-108. Parking is available in the visitor spaces in the adjacent parking garage. Attendees are asked to access the building through the underground tunnel.

Registration is due March 21, and it includes cost of lunch and event. Please make checks payable to South Dakota Jump\$tart Coalition.

"Presentations and speakers will provide participants with information and resources that can be taken from the conference and used with clients or students," said Carrie Johnson, S.D. Jump\$tart Coalition President and SDSU

Extension Family Resource Management Specialist. Johnson encourages those who conduct financial education to consider attending the conference.

To learn more, visit the Jump\$tart website <http://www.jumpstart.org/stat-es-south-dakota.html>.

### BIRTHDAYS

#### VIOLA MUNKVOLD



Munkvold

Viola Munkvold will celebrate her 90th birthday on March 27.

Her family is requesting a card shower in her honor.

Cards may be sent to 114 N 5th Street, Menno, SD 57045.

#### LEROY HAUGER

LeRoy Hauger will celebrate his 89th birthday on March 19, 2014.

Cards may be sent to 29483 444th Ave., Irene, SD 57037.

### USD

## Law Symposium Slated

VERMILLION — The University of South Dakota School of Law will host a Rural Practice Symposium, March 20-21. Students, practitioners, scholars and the public are invited to join the discussion about the rapidly declining number of attorneys in rural areas across the United States.

The event begins at 4:30 p.m. on Thursday, March 20, with a keynote address by South Dakota Chief Justice David Gilbertson at the law school courtroom and features panel discussions and dialogue about the problems facing rural practitioners and legal consultants across the nation as they examine new solutions for revitalizing rural America. The South Dakota Law Review will address South Dakota's innovative rural lawyer recruitment legislation as well as different programs being implemented in other states; and Linda A. Klein, past chair of the American Bar Association's House of Delegates, will lead a panel discussion at the symposium.

Additional highlights of the symposium include a panel discussion at 10 a.m. on Friday, March 21, followed by Professor Lisa R. Pruitt of the University of California, Davis, guest

speaker at noon on Friday, March 21, at the Muenster University Center ballroom. Pruitt has published an impressive collection of peer-reviewed articles concerning rural legal issues and access to justice. She noted that South Dakota's initiative is an excellent step in providing legal services to all rural Americans.

"Project Rural Practice is a strong step toward facilitating access to justice for South Dakota's rural residents," Pruitt added, "and it is a model for how other states might do the same for 51 million rural Americans."

USD School of Law Dean Thomas Geu expressed his enthusiasm for the event, specifically on how Project Rural Practice showcases the interconnectedness of the entire legal community in South Dakota.

"The symposium is an example of the close working relationship between the law school, the legal profession, the judiciary and the citizens of South Dakota and the region," Geu stated. "Needless to say, I am proud that at least 70 percent of South Dakota's lawyers chose to get their law degree here."

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Linda Behl

### NOTICE OF ANNUAL MEETING & ELECTION OF DIRECTORS OF B-Y WATER DISTRICT

**TO BE HELD ON  
MARCH 26, 2014**

at the Scotland VFW Building, 531 First Street, Scotland, South Dakota, at 1:30 p.m. for the purpose of electing directors to succeed those whose terms are about to expire. Those directors whose terms are about to expire and the division which they represent are Lawrence Schwarz, Yankton County; Dale Baltzer, Hutchinson County; Roger Sykora, Div. #6; Terry Hacecky, Div. #7 and Chuck Murtha, Div. #11.