

South Dakota Division Of Motor Vehicles Clarifies Registration Fees

PIERRE — Noncommercial vehicle registrations and renewals that occur in a County Treasurer's Office or a Division of Motor Vehicles electronic terminal on or before March 31 will pay the current fee for noncommercial vehicle registration.

"April 1 is the date when the fee switches according to the new Highway Funding Bill," Peggy Laurenz, director of the South Dakota Division of Motor Vehicles said. "For example, if a customer with a May renewal date were to visit a County Treasurer's Office or a DMV self-service electronic terminal on or before March 31, they would pay the current fee." Noncommercial vehicle

registrations and renewals that occur in a County Treasurer's Office or a DMV electronic terminal on or after April 1, will pay the new fee set forth in the Highway Funding Bill.

Andy Gerlach, Secretary of the South Dakota Department of Revenue said, "We are pleased for the opportunity to work alongside South Dakota counties to implement provisions of the Highway Funding Bill that improves South Dakota infrastructure."

The Division of Motor Vehicles is currently updating forms, website information and programming to reflect the changes the Highway Funding Bill requires.

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
Exercise, 11 a.m., The Center, 605-665-4685
Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
Whist, 12:30 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Cribbage, 1 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.

Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton

FOURTH MONDAY

Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Explore the Bible, 10:30 a.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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
AA, Alano Group 7 p.m., step meeting, 1019 W. 9th St, Yankton.
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
Weight Watchers, 10 a.m., 413 W. 15th Street. Weigh in 45 minutes before meeting. For more information, call 605-665-2987.

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
Whist, 12:30 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Rummikub, 1 p.m., The Center, 605-665-4685
Penny Bingo, 1 p.m., The Center, 605-665-4685
Chair Massage, 1:40-3:50 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Meditation Sessions, Christ Episcopal Church (lower level), 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton

AA, Alano Group 7 p.m., discussion, 1019 W. 9th St, Yankton.

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
ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Love Addicts Anonymous, 7 p.m., for women, 120 West Third Street, Yankton, 605-760-5307.
AA, Alano Group 8:30 p.m., speaker, 1019 W. 9th St, Yankton.
Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 45 minutes before meeting. For more information, call 605-665-2987.
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 605-665-8442
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

FOURTH THURSDAY

Yankton County Farmers Union, 7 p.m., Sunrise Apartments, 2015 Green St., Yankton. 661-7667.

BIRTHDAYS

CLARA (LANG) SAMPSON

Clara Sampson will be celebrating her 103rd birthday March 28. She request no gifts. Cards may be sent to Clara Sampson and Donna Grebin, 1303 Summit, Yankton, SD 57078.



Sampson

RALPH MORMAN

The family of Ralph J. Morman would appreciate a card show for his 90th birthday on Sunday, March 29. Please send cards to 902 E. 18th St., Yankton, SD 57078.



Morman

TILLIE KNODEL

The amazing and loving Tillie Knodel will celebrate her 107th birthday on April 1 at Scotland Good Samaritan Home, Scotland, SD 57059. Help make her 107th birthday the best one ever! Send cards to Tillie Knodel at 130 Sixth St. Scotland, SD 57059.



Knodel

FLOYD WEISZ

Floyd Weisz will be celebrating his 90th birthday on March 31. A card shower is requested. Please send your well-wishes to 2903 Douglas Ave., Apt. 121, Yankton, SD 57078.



Weisz

BIRTHS

PIPPA PIETILA

Steve and Mikael Pietila of Yankton announce the birth of their daughter, Pippa Louise Pietila, born March 16, 2015, at 2:35 a.m. She weighed 7 pounds, 7 ounces and was 21 inches long.

Grandparents are Paul and Mary Pietila and Karl and Jo Watkins of Yankton. Great-grandparents are Arlene Gomer of Watertown and Richard Watkins of Archbold, Ohio.

Is Arsenic In Your Family's Food?

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

King Features Syndicate, Inc.

From rice and apple juice to beer and infant formula, a growing variety of foods and drinks are turning out to contain arsenic. At high levels, or over years of exposure to moderately high levels, arsenic raises your risk for shingles, cancer, high blood pressure, diabetes, skin problems and reproductive difficulties.

The latest news: Arsenic levels in the urine of formula-fed infants was seven and a half times higher than in breastfed babies, according to a new study from Dartmouth College. Researchers checked 72 6-week-old babies and tested home tap water, too. They concluded that the water, as well as powdered baby formula, contributed to higher arsenic levels in some infants. Earlier research by the same team found that many rice cereals and other baby foods also contained significant amounts of arsenic.

How has this toxin ended up in food? It turns out that arsenic, especially the inorganic form linked more strongly to health risks, is present naturally in the environment and can leach into groundwater. Plus, residue from arsenic-laden insecticides and herbicides used to grow various crops is now in the soil. That can raise arsenic levels in crops such as apples and especially rice, which grows in water and absorbs arsenic readily through its roots. (In one Food and Drug Administration study, 10 of 65 samples had arsenic levels higher than federal drinking water standards.) Dr. Mike says thanks to Dr. Oz for pushing the FDA to study and then to highlight this issue. And here's how to reduce your exposure:

Choose your rice carefully. Tests by



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

the FDA and by Consumer Reports have found that brown basmati rice from California, India and Pakistan had about one-third less arsenic than other types of brown rice. White basmati from those same places had half the arsenic as other types of white rice. Rice (except sushi and fast-cooking) from Arkansas, Louisiana, Texas or simply labeled "from the U.S." had the highest levels. (Arsenic levels from those states are higher because rice is often grown in former cotton fields, where arsenic-based chemicals were used.)

Prep it like this. Rinse rice thoroughly before cooking. Then add extra water to the pot when you cook it up — about 5-6 cups for each cup of dry rice. Once it's ready, drain well before serving. According to the FDA, this can cut arsenic levels in half.

Cut back on rice products altogether. Adults and kids should cut back on rice cereal, rice milk, as well as rice cakes and rice-based pastas and treats. Instead, have a wide variety of other grains. For babies, who often receive rice cereal as their first solid food, the American Academy of Pediatrics recommends using a different grain cereal or

vegetable puree.

Expand your grain repertoire. Substitute rice with other high-fiber, high-nutrition whole grains like amaranth, barley, bulgur, buckwheat, farro, millet, polenta and quinoa. All are very low in arsenic.

Cut back on apple, grape and pear juice. Give kids no more than four to six ounces a day. (Twenty-five percent of youngsters sip more than 8 ounces of apple juice daily!) In fact, the AAP notes that kids really don't need juice at all. Instead, introduce a healthier option: Fresh fruit like citrus, peaches, strawberries — plus a glass of water. They'll get more fill-you-up fiber and nutrients. Of course, give kids fruit that's appropriate for their eating stage.

Having a baby? Consider breastfeeding. Your baby will receive a wealth of nutrients and immune factors, in addition to less arsenic. That said, we know that not all moms and not all babies can nurse. Do what's best for the two of you.

Get your well tested. If your home drinking water comes from a private well, it's worth having the water lab-tested for arsenic. According to the U.S. Geological survey, wells in some parts of the West, Midwest, Texas and the Northeast have high concentrations of arsenic. You'll find a USGS map showing known high-arsenic well areas at water.usgs.gov/nawqa/trace/arsenic/.

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.

© 2015, Michael Roizen, M.D.
and Mehmet Oz, M.D.

PTA Bingo Family Night



SUBMITTED PHOTOS

A large crowd was on hand Thursday, March 12, in Lincoln School's Gymnasium to participate in the school's annual PTA Bingo Family Night. A large variety of prizes were awarded to many of the students and parents who attended the family-fun event. Popcorn, water and cookies were also available to those who played. All students received a prize, a book or a poster before leaving for the evening.

Vermillion Public Library To Host Author Mary Woster April 1 In Its 'Artists And Authors' Series

VERMILLION — The Edith B. Siegrist Vermillion Public Library will host South Dakota author Mary Woster Haug in its "Artists & Authors" series on Wednesday, April 1, at 7 p.m.

Mary Alice (Woster) Haug grew up on a farm/ranch just west of the Missouri River. She attended school in Chamberlain and then South Dakota State University where she eventually taught English for 30 years before

retiring in 2008.

She has been writing for several years about her childhood on the grasslands of South Dakota and the ways in which family, church and land influenced her. She has participated in several writing retreats at Windbreak House where she worked with Linda Hasselstrom. Haug has also attended workshops at the Loft Literary Center, Minneapolis.

In the fall of 2008, she was an Artist in Residence for the Badlands National Park, the inspiration for the essay "On the Badlands Loop Road."

She was an exchange professor at Chungnam National University, Daejeon, South Korea in the spring of 2006. She is currently writing a book called "Crossing Borders: Discovering Myself in Korea," exploring the ways in which her time in South Korea inspired memories of

South Dakota. She recently received a Bush Dakota Creative Connections grant to travel to South Korea to revisit the places and people she describes in her book.

This event is free and open to the public.

The Edith B. Siegrist Vermillion Public Library is located at 18 Church Street in Vermillion. For more information, call the library at 605-677-7060.

SCHOLARSHIPS

LORI ANN SCHREMPF MEMORIAL SCHOLARSHIP

The Avera Sacred Heart Foundation is offering the Lori Ann Schrempp Memorial Nursing Student Scholarship to nursing students who are continuing their education to become a Registered Nurse.

The Lori Ann Schrempp Memorial Nursing Student Scholarship was established in 2002 in memory of Lori, a nurse at Avera Sacred Heart Hospital for more than 22 years.

Lori's life was tragically cut short when a LifeNet helicopter en route to transport a patient crashed. She was the LifeNet nurse on board. The pilot and paramedic also perished in the crash.

Lori had a way of teaching nurses not only the duties of the job, but the compassion and spirit of the job as well.

This nursing scholarship will make preference to non-traditional students; however, it will also consider nursing students who meet the other criteria.

The value of the scholarship is \$500.

Applicants who qualify are those who are in their third or fourth year of a B.S.N. program, or first or second year of an Associ-

ate's program.

Non-traditional students are preferred and should be a resident in one of the following counties in which Avera Sacred Heart Hospital serves: Bon Homme, Charles Mix, Clay, Douglas, Gregory, Hutchinson, Todd, Tripp, Turner, Union and Yankton, and the Nebraska counties of Antelope, Boyd, Cedar, Holt, Knox or Pierce.

Applications will consist of an application form, resume, letter of reference from a faculty member, and a written narrative that focuses on: passion for nursing, community involvement and demonstrations of Avera Sacred Heart values of hospitality, compassion and stewardship.

The deadline for all applications is April 15. The

award is given in May of each year. This scholarship may only be given to an applicant once.

Applications are to be mailed to The Avera Sacred Heart Foundation, 501 Summit St., Yankton, SD, 57078. For further information, contact the Foundation at (605) 668-8310.

Save The Date...

her·voice presents...

Pour Your

Heart into Life

Celebrate Women 2015

Saturday, May 9th, 2015

NFAA Easton Archery Complex