

Club Recognition



SUBMITTED PHOTO
Toastmasters Club 6217 recognized Jan Schiferl (left) and Joyce Stevens (right) at a meeting.

Toastmasters Club 6217 Recognizes Schiferl and Stevens

When new Toastmasters member Jan Schiferl (left), Fordyce, Nebraska, first joined Avera Sacred Heart Hospital Toastmasters, she needed someone to explain the program to her and show her how to prepare for various meeting roles. As with all new members, Club 6217 requested a mentor for Schiferl. Joyce Stevens (right), Crofton, Nebraska, was that perfect fit for Schiferl. Stevens was there to provide any needed help

with preparing and rehearsing speeches and supplied the valuable personal attention and ongoing support any new member would need. Stevens was also there to present Schiferl with her Toastmasters Club 6217 pin of recognition for faithfully fulfilling her requirements of introducing herself, learning to persuade others and correctly increasing the use of body language and vocal variety to enhance her presentations.

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
Pinocle, 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

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
Pinocle, 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.
Pinocle, 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

BIRTHS

BRYNLEE RAINWATER

Janae Johnson and Dual Rainwater of Yankton announce the birth of their daughter, Brynlee Opal Rainwater, born March 15, 2015, at 6:11 a.m. She weighed 8 pounds, 3 ounces and was 20 1/4 inches long.

Grandparents are Jennifer Jones of Wakonda, Steve Johnson of Vermillion, Paul Rainwater of Calispell, Mont., and Tina Fox of Rapid City.

JAYDEN ANDERSON

Adam and Heather Anderson of Yankton announce the birth of their son, Jayden Charles Anderson, born March 2, 2015, weighing at 9 pounds, 2 ounces and was 21

1/4 inches long.

He joins his brother Jasper Anthony Rock (14) and sister Josie Rae Anderson (3) as well as grandparents Deb and Ed Schuldt of Chester and Bruce and Linda Anderson of Wakonda.

Great-grandparents are Karen Denzin and Charles (Chuck) Denzin of Yankton and Bernice Schuldt of Colman.

TATE TRAMP

Mark and Shawntel Tramp of Crofton, Neb., announce the birth of their son, Tate Edward, born Feb. 24, 2015, at 8:56 a.m. He weighed 6 pounds, 14 ounces and was 20 inches long.

He joins siblings Tiffany (19), Allison (17), Elyssa (14), Austin (12) and Jenna (6).

Grandparents are Edward

and Darlene Santo of Lincoln, Nebraska, and Heidi and the late Aelred Tramp of Yankton.

RYAN BARTA JR.

Ryan Barta and Renae Aune of Gayville announce the birth of their son, Ryan Michael Barta, Jr., born Feb. 19, 2015, at 5:02 p.m. He weighed 4 pounds, 14 ounces and was 18 1/2 inches long.

He joins brother Tyler (8).

Grandparents are Karen and the late Steve Aune of Volin, Mike and Judy Barta of Vermillion and Jane Barta and Bruce Dean of Gayville.

Great-grandparents are Freellan and Janice Aune of Mission Hill, Robert Barta of Gayville and Viola and the late Jerome Suing of Hartington, Neb.

MACK KINDLE

Trevor and Lacey (Garvey) Kindle of Yankton announce the birth of their son, Mack Everett Kindle, born Feb. 19, 2015, at Avera Sacred Heart Hospital, Yankton. Mack weighed 7 pounds, 10 ounces.

Grandparents are Tim and Deanna Garvey, Yankton, and Marge and Wayne Kindle, Yankton.

Great-grandparents are Lorraine Garvey, Yankton; Janice Huggins, Winner; and Pete Olson, Ideal.

BERKLEY AND MARLEY REMPFER

Brian and Melissa (Unruh) Remper of Yankton announce the arrival of Berkley Ann and Marley Jo Remper, who were born Dec. 30, 2014, at Avera Sacred Heart Hospital, Yankton. The girls weighed 5 pounds, 5 ounces and 3 pounds, 14 ounces.

They join big brothers Ethan Joseph, 9, and Garrett David, 6.

Grandparents are Mark and Holly Unruh, Freeman; and Marvin and Margaret Remper, Bridgewater.

Great-grandparents are Merle Ihnen, Alexandria, and Marie Hartman, Canistota.

QUINN SMORAWSKE

Justin and Kay Lynn Smorawske (Otteman) of Sioux Falls announce the birth of their daughter, Quinn Marie Smorawske, at Avera McKennan Hospital, Sioux Falls. Quinn weighed 7 pounds, 10 ounces and was 20 inches long.

She joins a sibling, Lauren, age 3.

Grandparents include Gerri Otteman, Yankton; Dan

and Judy Otteman, Yankton; and Gordon and Edee Smorawske, Sioux Falls.

Great-grandparents are Viola Suing and the late Jerome Suing, Hartington, Neb.; Grace Kapel, Sioux Falls; and the late Ralph Otteman, the late Robert and Lorraine Lewis, Sioux Falls, and the late Anton and Mildred Smorawske, Sioux Falls.

HAPPY BIRTHDAY



Peggy Nyhaug will be celebrating her 70th birthday on April 3, 2015. Greetings may be sent to: 1615 South Summit Ave., Sioux Falls, SD 57105.

YMS Student Council Donation



SUBMITTED PHOTO
Yankton Middle School Student Council presented Christy Hauer from The Center a check for \$2,392.21 that the students at YMS raised for March for Meals. The students at YMS had a coin competition between their SRB (Homeroom) classes. Pictured are Mrs. Olson, assistant principal, directors of The Center, Rex Ryken, Owen Feser, Megan Haselhorst, Ashley Langdon, Tia Vlasman, Meghan DeLozier, Kylie Bochman, Heather Olson, Julie Greenfield and Christy Hauer.

Get The Science On BPA

BY MICHAEL ROIZEN, M.D.,
AND MEHMET OZ, M.D.
King Features Syndicate, Inc.

Proponents of BPA (the ubiquitous chemical bisphenol-A) are fueling a science war. To counter the growing sentiment that BPA is harmful, chemical-industry lobbyists recently launched a splashy advertising campaign asking consumers to "listen to the science" about BPA. We agree! But why would proponents of something that is now judged too toxic for pregnant mothers and babies tell you to look at the science? Well, let's look at the science.

Where it is found: BPA is used to make strong, transparent plastics for food storage and packaging. It's in the thin, slightly powdery coating on the thermal paper used for most cash-register receipts. It's used in the epoxy resins that line most food cans and in some fire retardants in electronics.

What the chemical industry says: The American Chemistry Council is correct that the Food and Drug Administration and the European Food Safety Authority say BPA is safe at the levels most of us are exposed to.

What we say: The FDA and EFSA haven't yet taken into account a growing body of research suggesting that even at low levels, repeated exposure to BPA can change your endocrine functions (BPA is a hormone disruptor) and have other long-lasting effects on developing fetuses and infants, as well as damaging sperm quality. Other research is even more troubling.

What nearly 100 human studies have found: Everyday BPA exposure is associated with troubling and increasingly common health issues such as behavior and reproductive problems; high blood pressure; polycystic ovarian syndrome; and weight-related problems, such as diabetes.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

—A brand-new study from New Jersey's Rowan University School of Osteopathic Medicine has found an association between BPA levels in children and risk for autism spectrum disorder.

—A recent lab study from the University of Houston found that exposure to BPA used as flame-retardants in computers, cellphones and other electronics may be linked to unwanted weight gain.

—Another new study puts the health-care cost of obesity related to BPA at more than \$1.5 billion dollars over several decades.

Those who know agree: When Newsweek recently interviewed 20 prominent scientists who research BPA, the majority said it's likely the chemical is linked to all of those health problems and to several forms of cancer as well, though more study is needed. "There's too much data consistent across studies ... time and time again ... to ignore it and suggest BPA has no effect on humans," one researcher said.

How does BPA cause trouble? When it gets into living cells, BPA is an endocrine disruptor. Not only does that mess with your metabolism and lead to weight gain, it also acts like estrogen and may have a particularly strong ef-

fect on fetal sexual development. (It feminizes male infants in many animal experiments.) It also might have an effect on brain development given its ability to change the activation of genes: Animal studies — and some research in children — suggest that it might increase the risk for aggression and anxiety.

Here's what YOU can do: Although BPA is in many products you're in contact with every day, and alternative chemicals from the same bisphenol family (bisphenol B, C, E, F, G, M, P, PH, S, TMC and Z) used in many plastics labeled "BPA-free" may have similar effects, these strategies can help you reduce your exposure:

1. Don't heat/microwave food or drinks in plastic containers. Heat speeds the transfer of BPA from plastics into edibles. Store food, especially acidic foods like tomato sauce, in glass or uncoated metal containers.

2. Say "no thanks" to receipts, tickets and anything else printed on thermal paper. If you take one, wash your hands. BPA may be absorbed through the skin and can hitchhike from your fingers into your body when you eat.

3. Eat fresh instead of canned fruit. Ditto for veggies. Avoiding plastic food packaging whenever possible will reduce your exposure, too.

Now that you've listened to the science, do you think glass will make a comeback?

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.

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AND MEHMET OZ, M.D.

SCHOLARSHIPS

SOUTH DAKOTA TELECOMMUNICATIONS ASSOCIATION SCHOLARSHIPS

PIERRE — The South Dakota Telecommunications Association (SDTA) has announced that it will award two \$1,500 SDTA Memorial Scholarships for the 2015 fall semester.

The SDTA Memorial Scholarships will be awarded to students who have completed at least two semesters of a multi-year program at any of South Dakota's accredited technical schools or two semesters at any other accredited post-secondary higher education institution in South Dakota.

Applicants that attend a post-secondary higher education institution must be majoring in a program with technical skills or a field of study that is particularly useful for work in the telecommunications or broadband industry. The applicant must be a member/customer or have parents that are members/customers of an SDTA member company.

The deadline to apply for the scholarship is May 31, 2015. Applications are available from any South Dakota

post-secondary institution student financial aid office, the SDTA office (605-224-7629 or info@sdtainline.com) or any SDTA member company. The scholarship can also be completed online at <http://sdtainline.com/resources/sdta-scholarship/>.

SDTA member companies include Alliance Communications; Beresford Municipal Telephone; Cheyenne River Sioux Tribe Telephone Authority; Faith Municipal Telephone; Fort Randall Telephone; Golden West Telecommunications; Interstate Telecommunications Cooperative; James Valley Telecommunications; Kennebec Telephone Company; Long Lines; TrioTel Communications; Midstate Communications; RC Technologies; Santel Communications; Swiftel Communications; Valley Telecommunications; Venture Communications; West River Cooperative Telephone; and West River Telecommunications Coop.

LORI ANN SCHREMPF MEMORIAL SCHOLARSHIP

The Avera Sacred Heart Foundation is offering the Lori

Ann Schrempf Memorial Nursing Student Scholarship to nursing students who are continuing their education to become a Registered Nurse.

The Lori Ann Schrempf 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, 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 Associate'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. erative.