

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.

FIRST MONDAY

**Yankton Republican Party Executive Meeting**, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605  
**Yankton Lions Club**, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694  
**Heartland Humane Society Board Meeting**, 6:30 p.m., 601 1/2 Burleigh  
**Yankton Parks Advisory Board Meeting**, 5:30 p.m., RTEC, 1200 W. 21st 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  
**Ladies Pool**, 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  
**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

FIRST TUESDAY

**Yankton Area Banquet**, 6 p.m., United Church of Christ, Fifth and Walnut

SECOND TUESDAY

**Alzheimer's Care Givers Support Group**, 5 p.m., The Center, 605-665-4685  
**VFW Auxiliary**, 7:30 p.m., 209 Cedar Street

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  
**SHINE**, 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

FIRST WEDNESDAY

**Partnership Bridge**, 1 p.m., The Center, 605-665-4685

SECOND WEDNESDAY

**Partnership Bridge**, 1 p.m., The Center, 605-665-4685  
**Antique Auto Club**, 7 p.m., The Center, 605-665-4685

BIRTHS

ELLIOT PUCK

Travis and Heather Puck of Yankton announce the birth of their son, Elliot Patrick, born Sept. 16, 2012, at 8:46 p.m. He weighed 7 pounds, 4 ounces and was 19 1/2 inches in length. Elliot joins a sister Olivia Rae, age 3 1/2. Grandparents are Peggy Bartunek and Danette and Craig Little, all from Yankton. Great-grandmothers are Marilyn Kortan of Yankton and Irene Bogner of Omaha, Neb.

BYRYEN BRUNICK

Ben and Lori Brunick of Yankton announce the birth of their son, Brycen Thomas born Oct. 24, 2012, at 12:32. Brycen weighed 8 pounds, 5 ounces, and was 20 1/4 inches long. He joins siblings, Rylend, 8 and Conner, 4. Grandparents are Dick and Sally Abild, Vermillion, and Lloyd and Julie Brunick, Yankton. Great-Grandparents are Reva Brunick, Yankton; Jacie Green, Yankton; and Evelyn Hanson, Elk Point.

DYLAN STILES

Amanda Doyle and Chad Stiles of Yankton announce the birth of their son, Dylan Leon Stiles, born Oct. 12, 2012, at 12:25 p.m. Dylan weighed 7 pounds, 11 ounces, and was 21 inches long. Grandparents are Mike and Suzi Doyle, Yankton, and Ken and Jewel Stiles, Yankton. Great-Grandparents are Ida Doyle, Yankton, and Shirley Anderson, Gayville.

BREANNA SCHIEFFER

Carl and Nancy Schieffer of Crofton, Neb., announce the birth of their daughter, Breanna Lynn, born Oct. 15, 2012, at 3:02 p.m. She weighed 8 pounds, 7 ounces and was 21 1/4 inches long. Breanna joins sisters, Hannah, age 6, and Ashlynn, age 4. Grandparents are Bonnie Finley of Norfolk, Neb. and Valdean and Nancy Schieffer of Crofton, Neb.

Oz And Roizen

Tips For Coping With Joint Pain

**EDITOR'S NOTE:** Today, the Press & Dakotan debuts this medical advice column written by Dr. Mehmet Oz and Dr. Michael Roizen. It will appear each Monday. Also, Oz and Roizen will have a column on the Healthlines page, which can be found today on page 7.

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Are your joints singing the blues? At least one of every four adults lives with the bone-deep ache of gout, lupus, Lyme disease, rheumatoid arthritis and/or plain old wear-and-tear osteoarthritis. But you can break free by taking advantage of new upgrades to tried-and-true pain-soothing fixes.

Osteoarthritis pain news: Get hip. Thanks to the obesity epidemic and a rise in sports-related joint injuries, osteoarthritis — the erosion of the cartilage cushion between bones in your hip, knees and other joints — is booming in 45- to 64-year-olds.

Tried-and-true fix: Weight loss and consistent, but not jarring, exercise, especially strengthening exercises for the muscles on all sides of your joints, can slash pain 50 percent and slow down joint damage.

New upgrade: Don't just strengthen the muscles around your knees or the front of your thighs. Exercises that strengthen hip muscles — like side leg lifts — can ease pain in knees by 14 percent and boost joint flexibility. And you can ease hip discomfort by using core-strengthening exercises to help you walk tall.

Lyme disease pain news: Ask about retreatment, then pull up your socks (to avoid reinfection). Carried by sesame-seed-size black-legged ticks, this bacterial infection attacks joints causing arthritis-like damage and discomfort. On the rise in parts of the U.S. and Canada, Lyme disease usually clears up with antibiotics — but not always.

Tried-and-true fix: One course of antibiotic drugs.

New upgrade: A second course of antibiotics may be worth trying to knock out lingering infection and symptoms. Ask your doctor if it's a good option for you.

Bonus: Want to prevent Lyme disease? When you're outside, check for ticks regularly (cuts risk 41 percent); use tick repellent (cuts risk 30 percent); wear long pants (cuts risk 22 percent); pull up your socks and tuck your pants into them (cuts risk by an extra 17 percent).

Gout pain news: Sip smarter to prevent toe distress. In step with rising body weights, this inflammatory form of arthritis is increasingly common today. Gout makes big toes (and other joints) swell and throb for about 1 in 25 adults, as needlelike uric acid crystals accumulate. You may have heard the news that munching cherries can slash risk for a gout attack by 35 percent. But why stop there?

Tried-and-true fix: Prevent gout attacks by avoiding alcohol and foods that contain purine, such as asparagus, organ and game meats, dried beans and peas, herring, mackerel, mushrooms, sardines and scallops. They encourage the body to overproduce uric acid.

New upgrade: Skip sugary drinks. Slurping two a day more than doubles gout risk, be-

cause a sugar called fructose raises uric acid levels in your bloodstream. And try glucosamine and chondroitin sulfate supplements, if your doc agrees.

Lupus pain news: First new drug in 50 years. If you have lupus, your immune system causes inflammation, pain and damage to skin, heart, lungs, kidneys, joints and more. Monitoring the disease and getting the right treatments means keeping medical appointments is job No. 1 — but many people with lupus miss at least 33 percent of their doctor visits.

Tried-and-true fix: A variety of medications to soothe the immune system and protect the body.

New upgrade: Early in 2012 the FDA approved belimumab; it's a monoclonal antibody that, along with other drugs, improves control of the disease — a good reason to make it to your next appointment!

Rheumatoid arthritis pain news: Insist on treatment — and don't give up. In RA, an overactive immune systems triggers inflammation of lining of the joints in hands and feet, knees, ankles, hips and shoulders.

Tried-and-true fix: Early treatment with biologics can slow down or prevent joint damage.

New upgrade: If your biologic drug isn't working, ask your doctor about a switch to another one, or to a non-biologic RA drug. Be patient and cognizant of side effects — it could take three to six months to see improvement. And be persistent; you've got a lot of options, yet 1 in 3 people with RA aren't getting the pain-easing, joint-sparing meds they need.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Medical Officer at the Cleveland Clinic Wellness Institute. For more information go to www.RealAge.com.

Sweat Before Sweets: Fitness For The Holidays

BY MELISSA KOSSLER DUTTON  
Associated Press

For the Kent family of Amherst, N.H., getting dressed for the holidays often means lacing up hiking boots or buckling a helmet. For the last 11 years, they have made a tradition of spending many Thanksgivings, Christmases and Easters at a national park doing something active.

Many Americans find holiday breaks an ideal time to pursue fitness-oriented activities, from holiday-themed races to just exercising together.

"More communities are offering family-oriented events. It just creates another opportunity to create lasting memories," said Cheryl Richardson, senior director of programs for the American Alliance for Health, Physical Education, Recreation and Dance, in Reston, Va.

The Kents' children — Tanner, 18, and Peyton, 16 — have explored caves in Carlsbad Caverns National Park in New Mexico, hiked glaciers in Wrangell-St. Elias National Park in Alaska and rock-climbed in Yosemite National Park in California.

"People associate holidays with a sit-down meal like Easter ham or Thanksgiving turkey," said their mom, Lisa Kent. "We were replacing it with hiking or an outdoor adventure."

Myrna Ryti and her family still enjoy a Thanksgiving meal but they do it after running or walking in the Huffing for Stuffing Thanksgiving Day Run held in Bozeman, Mont.

"It makes for a wonderful way for a family to start the day," said Ryti, who runs the 5-kilometer race with her daughter and son-in-law. Other members of the family, including her 4-year-old grandson, Cooper Bourret, walk the course.

"The first year, he rode in his jogging stroller," she said. "He loves it."

His mother, Kalli Ryti, loves that it's an opportunity to stress the importance of exercise. "It sets a great example," she said.

"Throughout the year, we go and practice. He likes to put on his number and we run around the block."

The event, which serves as a fundraiser for the local food bank, has a real community feel to it, Myrna Ryti said. "It attracts lots

and lots of folks. It shows where you're putting your priorities."

Running a 5K also can make you feel less guilty about eating sweet potato pie, said Christy Rezabek, who runs the Turkey Trot race with her husband, Doug, every year in Huntsville, Ala.

"We get up and run. We know we're going to be eating bunches of junk food," she said.

She and her family were preparing for the St. Jude Research Hospital's annual marathon, in Memphis on Dec. 1. The race, which attracts some runners in Christmas-themed clothing, is normally scheduled between Thanksgiving and Christmas.

Doug Rezabek plans to run the full marathon, his wife the half marathon and their three children the 5K. And they're motivated by more than fitness: Christy Rezabek's daughter, Lakelee Leach, 8, has been treated for cancer at the hospital.

"St. Jude's does so much," Christy said. "We wanted to give back."

They have enjoyed training together, she said, part of their efforts to be active as a family.

"We're not the (parents) that sit

on the sidelines and watch," she said. "When they go ice skating or play baseball, we go ice skating or play baseball."

Teaching children the value of physical health is also important to Robert Tuchman, a father of two in New York City. His family's traditions include a trip to a fitness fair at The JCC in Manhattan on New Year's Day. The event is sponsored by The JCC's Marti M. Meyerson Center for Health and Wellness.

"Most gyms are closed on New Year's Day," said JCC spokeswoman Erica Werber. "We're open. We want to be there for the community."

Many families are grateful for opportunities to exercise together at the holidays, said Jerry Bocci, whose family has organized a New Year's Eve run in Belle Isle Park in Detroit since 1970. Families come out in all kinds of weather to participate in the 5K or children's run.

"The kids have a good time in the sometimes snow, sometimes sleet," he said. "When you look out over the crowd, there are a lot of smiles."

BIRTHDAYS

JANET GOEDEN

Please join us in celebration of Janet Goeden's 80th birthday, which will take place Nov. 14, 2012 with a card shower. Janet's address is: 55480 896th Road Crofton, Neb., 68730.



Goeden

VIRGINIA NEPODAL

Virginia Belle Nepodal will be celebrating her 90th birthday on Nov. 9, 2012. Her family is requesting a card shower. Her address is Canyon Ridge apartments; 1700 Locust St, Apt. 207, Yankton, SD 57078.

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**Mark Johnson**

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SENIOR DAYS

Tues/Wed at Schweser's

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