

## 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).

### THURSDAY

**Table Tennis**, 8:30 a.m., The Center, 605-665-4685  
**Ladies Pool**, 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 605-665-3736 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

### FRIDAY

**Line Dancing**, 9:30 a.m., The Center, 605-665-4685  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Daily Reprieve**, noon, non-smoking open meeting, 1019 W 9th Street.  
**Bridge**, 1 p.m., The Center, 605-665-4685  
**Bingo**, 7-9 p.m., The Center, 605-665-4685  
**Open Billiards**, 7-9 p.m., The Center, 605-665-4685  
**Vermillion Alcoholics Anonymous**, 8 p.m., non-smoking closed session, 16 1/2 Court St, Vermillion  
**Porchlight**, 8 p.m., non-smoking closed session, United Church of Christ, 210 W 5th Street

### SECOND FRIDAY

**Parkinson Support Group**, 1:30 p.m., Benedictine Center.  
**Scrapbooking**, 10 a.m.-3 p.m., The Center, 900 Whiting Drive, Yankton.

### SATURDAY

**Weight Watchers**, 9 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.  
**Each Day a New Beginning**, 10 a.m., non-smoking closed session, 1019 W 9th Street  
**Daily Reprieve**, noon, non-smoking closed session, 1019 W 9th Street.  
**Vermillion Unity Alcoholics Anonymous**, 7:30 p.m. closed session, Trinity Lutheran Church, 816 E. Clark, Vermillion.

### SUNDAY

**Alcoholics Anonymous**, 8 a.m., closed meeting, 1019 W. 9th Street  
**Tyndall Alcoholics Anonymous**, 8 a.m., non-smoking, 1609 Laurel St., Tyndall  
**Vermillion Unity Alcoholics Anonymous**, 7:30 p.m., closed meeting, Trinity Lutheran Church, 816 E. Clark, Vermillion

## Yankton Toys For Kids Making Its List

Community wide agencies, organizations, and volunteers are working together to make the holidays brighter this year through the annual Yankton Toys for Kids program.

The Yankton Toys for Kids wish list is being compiled for children in need, ages 0-18, who live in Yankton County. A release form and a wish list are to be completed and returned by Nov. 9 and are available at Head Start, County Health Office, Contact Center, S.D. Dept. of Labor, Economic Assistance, and Division of Child Protection. An agency referral is required to qualify for the Yankton Toys for Kids program.

Donations of new, unwrapped toys, appropriate for ages 0 to 18, are being collected now through Saturday, Dec. 15, and can be dropped off at Yankton Motors on Highway 50 or, starting after Thanksgiving, at the Yankton Mall.

Don't have time to shop for a toy? Toys for Kids can do the shopping for you. Caring neighbors are helping Santa Claus make the holidays special for area children. Cash donations are accepted to fill in where needs are not met and ensure that every referred child receives a toy. Make checks payable to Toys for Kids.

You may also "adopt a family" through the Yankton Toys for Kids Adoption Program, which enables businesses, community members or organizations to provide clothing, food and gifts to families experiencing tough times. Volunteer "adopters" are paired with a local family in need and provided with ages, clothing sizes and special requests.

Last year, the Yankton Toys for Kids program served more than 350 children. This year we anticipate an increased need.

If you would like more information on the Yankton Toys for Kids program, call the United Way & Volunteer Services' Office at (605) 665-6766.

## Veteran's Program Planned In Wagner

The Wagner Indian Health Service, Sioux Falls VA Health Care System, and the Yankton Sioux Tribe are hosting a Veterans Honoring on Nov. 14.

This event will take place at the Wagner Indian Health Service at 111 Washington Avenue NW in Wagner. Activities begin at 8 a.m. and continue until noon. Refreshments will be served.

All veterans of all eras are encouraged to come.

A table recognizing veterans will be on display. If you would like to share photos or written memories, bring these items to Dr. Julie Williams, optometrist, Jonelle Meyer, Health System Specialist, or Veronica Handeland, Diabetes Program Dietitian, at the Wagner Indian Health Service. They can be reached at 605-384-3621.

In addition, the Fallen Heroes Banners will be on display. This exhibit honors South Dakotans who lost their lives in Iraq or Afghanistan.

## Boat Basin Closure Planned In Santee

A Dec. 3 start date has been set for the boat basin closure at the Santee Recreation Area.

A rehabilitation project to dredge the basin to improve boat-in access in the basin and to the ramp will close the area for approximately two weeks while the project is completed.

### BIRTHDAYS

#### GLADYS BRAUNESREITHER



**Braunesreither**  
Cards can be sent to 1905 Green Street Yankton, SD 57078.

Happy Birthday Gladys! Born on November 7, 1922 and is now 90 years young! Love, your children, grandchildren, and great grandchildren xoxo. A card shower is being requested.

# Bringing Debts Into A Marriage

BY DAVE RAMSEY

Dear Dave,

I got married in May, and my wife brought student loan debt into the marriage. I had some savings before the wedding, and I could pay this off immediately without putting us in a bind. But is this "her" debt, or should I look at it as "our" debt?

—Ernest

Absolutely, you should view it as "our" debt. It came with the territory when you two walked down the aisle.

A lot of people don't use the old-fashioned marriage vows anymore, but The Book of Common Prayer reads, "... for richer, for poorer, in sickness and health, and unto thee I pledge my worldly goods." Basically, that means you're saying, "I'm ready to take a bullet for you. I'm going to do whatever it takes to serve you, and vice versa." You're joining your separate lives into one.

In addition to all this, you guys need to be in agreement on how you're going to handle money. In other words, it all gets worked out together with both of you sitting down and planning your financial future as one. This is called a budget. Like everything else, you work on it together. It's not a situation where one of you is making all the decisions or bail-



Dave

## RAMSEY

months, but recently I received two job offers. One is a state job that would pay \$50,000 a year. The other is a one-year contract for a position in Afghanistan that pays \$200,000. I know I'd like both jobs, so which would be the smartest choice?

Dear Nick,

If it were me, I'd take the state job. I know that any kind of situation with six figures attached to it looks and sounds wonderful, but in my mind we're talking about a career choice versus risk. Plus, I'm a firm believer in the idea that people make better decisions

ing out the other.

But if you guys are on the same page-if your relationship is healthy and you're in agreement about moving forward with shared dreams and goals-then I'd say write the check today and knock out that debt!

—Dave

Dear Dave,

I've been unemployed for three months, but recently I received two job offers. One is a state job that would pay \$50,000 a year. The other is a one-year contract for a position in Afghanistan that pays \$200,000. I know I'd like both jobs, so which would be the smartest choice?

—Nick

# Soda Increasingly Singled Out For Health Risks

BY BILL DALEY

© 2012 Chicago Tribune

Sodas may not sport the obvious dangers (or the kick) that a liter of scotch or a kilo of cocaine represent, but health advocates, researchers, nutritionists and, increasingly, government officials are speaking out ever-louder about the perils of consuming too many of these sugary soft drinks.

New York City has barred the sale of large-size sodas in restaurants and concession stands. Banned in Boston are full-calorie sodas and soda advertising in city buildings. And it was front-page news when it was learned Chicago and San Antonio will get some of the nation's first soda machines featuring calorie-count listings as part of an effort to win a \$5 million grant from a national beverage lobbying group to reward city workers for living more healthily.

"The point about sodas is they are an easy target for public health intervention," said Marion Nestle, a nutritionist, New York University professor and influential author of "What to Eat." "All they are is sugar and calories. There's no redeeming feature. The last thing Americans need is extra calories."

Nor, soda's opponents add, do Americans need increased risk of obesity, diabetes, heart disease, tooth decay and other problems.

"People need to step back and look at their health," said Michelle Dudash, a Scottsdale, Ariz.-based registered dietitian, author and nutritionist. "If you're overweight, cut back on the soda. If you have weak tooth enamel, cut back on the soda. If you have a risk of heart disease, cut back on the soda."

Wrapping all these concerns up into one brand-new animated short film is the Center for Science in the Public Interest, the

nonprofit health advocacy group based in Washington, D.C. The film "takes back" the polar bear, one of the most popular figures ever used in soft drink advertising, to illustrate what too much soda drinking might lead to.

"The Real Bears" follows a cartoon polar bear family swilling soda as they huff and puff across the ice cap as a catchy tune by Jason Mraz plays in the background. It quickly becomes clear the family is having trouble getting around. Little Boy Bear is too fat to catch a fish through a hole in the ice, while his sister loses a tooth to soda-induced decay. Papa Bear suffers from obesity, which leads to diabetes, which leads to impotence. Only after Papa's leg is lopped off (you might want to watch the film first before sharing with the kiddies) does the polar bear family wake up and pour their sodas into the sea.

"This is the unhappy truth about soda. It wasn't so bad when soft drinks were the occasional treat," reads a statement at the film's website (therealbears.org). "But now sugary drinks are the No. 1 source of calories in the American diet."

Here's are some of the things top nutritionists and dietitians want you to think about next time you're thirsty and reaching for yet another soda or sweet drink:

Swear off the sugar, not the bubbles.

"Soda is not the only culprit," said Andrea Giancoli, a dietitian based in Hermosa Beach, Calif., who is a spokeswoman for the Academy of Nutrition and Dietetics. Watch out, she said, for fruit drinks, bottled ice teas, energy drinks. Some of these drinks can have as much sugar — or more — than soda, she said. Read the labels.

"We are getting way too much added sugar in our diet," she

added. "If you drink one 20-ounce sugar-sweetened beverage a day on top of your regular diet, that would be an extra 250 calories every day. You could gain 26 pounds in a year."

What to do? If it's the bubbles you crave, consider this advice from Lara Ferroni, the Portland, Ore.-based food writer and author of the new book, "Real Snacks: Make Your Favorite Childhood Treats Without All the Junk." She recommends spiking club soda with a few drops of nonalcoholic bitters. These bitters, available in a variety of flavors including orange, lemon and rhubarb even, add flavors without a lot of sugar," she said.

Don't supersize it.

Once upon a time, a 12-ounce serving of soda was considered enough. Now, as Nestle notes, even the "small" soda at the movie theater is pretty darn big.

"People are not getting 20-ounce sodas, they're getting 40-ounce sodas that can have the same amount of calories as a meal," agreed Dudash, author of the upcoming book, "Clean Eating for Busy Families." It's important, she added, to "prioritize" those calories to focus on good-for-you foods and drinks that provide nutrients, fiber, protein, vitamins.

Diabetes and heart disease.

Papa Bear's travails vividly connect soda drinking to being overweight to eventually getting diabetes. The film cites a 2010 article in the journal Diabetes Care, which reported drinking one or two sugary drinks a day can increase the risk of Type 2 diabetes by 25 percent.

The other concern, Giancoli said, is heart disease. Metabolic syndrome, a precursor to heart disease, is a "cluster" of symptoms — obesity, high blood sugar, hypertension, high triglycerides and low levels of so-called "good" cholesterol — that can, if

when they think in terms of 10 years from now rather than 10 or 12 months down the road.

In addition to the risk factor, the biggest problem with the offer in Afghanistan is that once it's over, it's over. Then you're right back where you are now. You may have money in your bank account, but you're unemployed all over again.

You know, one of the things I've noticed over the years is when wealthy people assess a financial opportunity, they almost always think in five-, 10- and 20-year blocks of time. We're talking long term here. There's not a whiff of living paycheck to paycheck or "Thank God, it's Friday. Oh, God, it's Monday!" on them.

Take the state job and fashion a good, long-lasting career for yourself. Don't go chasing money on the short term! —Dave

*Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 5 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.*

not caught in time, lead to both cardiovascular disease and Type 2 diabetes in people who don't have diabetes already.

Tooth decay.

Phosphoric acid gives soda that "zippy taste," Dudash said. But that acid can also be corrosive to the protective enamel found on your teeth; decay results.

There are other foods and ingredients, like citrus and citric acid, that can also be hard on the tooth enamel, but Dudash said at least these items offer something in return the body needs, be it fiber, vitamin C or folic acid.

Wean kids off soda, sugary drinks.

"Soft drinks of any kind do not belong in young children's diets," declared Tina Ruggiero, a registered dietitian in Tierra Verde, Fla. Growing bodies and minds need lots of nutrients, she said, adding, "There's no room for that junk."

At most, Ruggiero said soft drinks could be an "occasional treat" for children between the ages of 8 to 10. But, she said it's best not to have soft drinks around at all.

Diet soda doesn't let you off the hook.

Studies are mixed; some say these drinks may help with weight loss while others claim they can increase the possibility of stroke and metabolic syndrome. Ruggiero said men who drink diet sodas might be more at risk for cardiovascular disease.

"That doesn't mean one diet soda a day will lead to a heart attack, but there's some sort of connection," she said.

Mr. and Mrs. Lyle Buchanan will be married 65 years on November 9, 2012. No gifts, please. Send greetings to 43935 295<sup>th</sup> St. Irene, SD 57037.

## Thanksgiving Day Deadlines

**The Yankton Daily Press & Dakotan will be closed Thursday, November 22, for the Thanksgiving holiday.**

The following deadlines will apply:

Friday, November 23 newspaper – Monday, November 19, 5 p.m.

Out On The Town – Wednesday, November 21, 5 p.m.

Saturday, November 24 and Monday, November 26 newspapers –

Tuesday, November 20, 5 p.m.

Tuesday, November 27 newspaper – Wednesday, November 21, 3 p.m.

**There will be no newspaper on Thursday, November 22, 2012.**

YANKTON DAILY  
PRESS&DAKOTAN

## Thanks, Everybody!

Representing you in Pierre has been a great honor. I truly appreciate all the support and kindnesses from everybody.

—Bernie Hunhoff



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