

C O M M U N I T Y

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.

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456
Yankton School Board Meeting, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Yankton Area Writers Club, 7 p.m., Books & Beans, downtown Yankton, 605-664-6582
Tri-State Old Iron Association Meeting, 7 p.m., JoDeans Restaurant, 605-665-9785.
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
YHS Booster Club Meeting, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

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

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
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

SECOND WEDNESDAY

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

BIRTHDAYS

BETTY KOCCER

"Look" who is "90." Betty Kocer will be 90 on Nov. 19, 2012. Cards can be sent to 331 S. Vyborny St., Tabor, SD 57063.



Kocer

DONAVREVE RAADS

Please join in celebrating Donavre Raads' 79th birthday, which will take place Nov. 13, 2012, with a card shower. Donavre's address is 2906 Preper St., Yankton, SD 57078.

www.yankton.net

Oz And Roizen

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

King Features Syndicate, Inc.

Don't let a couple of "fishy" reports sway you. The latest news about omega-3s isn't good — it's great! We know more than ever about how these good fats keep your body and brain younger. That means getting a daily dose is smarter than ever.

TV, newspapers, radio and online media went negative about omega-3 fatty acids twice in recent months. First, a review of brain studies said good fats don't sharpen thinking skills. But there's plenty of other research showing that fish oil, and especially the king of omega-3's, DHA, is good for memory and mental sharpness — and skipping on it puts brain cells at risk. Second, a big review of heart studies concluded omega-3s don't keep tickers in tip-top shape. But that analysis looked at people with already troubled hearts, didn't factor in their fish oil doses, or factor out those taking heart drugs (like cholesterol-lowering statins) that may overshadow good fat's inflammation-cooling effects.

The fact is, omega-3s are safe and packed with serious talents for slashing your risk of heart disease, type 2 diabetes, arthritis and Alzheimer's disease. The latest great news:

Omega-3s cool body-wide inflammation. Inflammatory chemicals in your bloodstream — spinoffs of your body's efforts to fight infection, an immune-system overreaction, or even from belly fat — put you at risk for heart attack, stroke, diabetes, joint pain and more. But a daily dose of omega-3s turns off pro-inflammatory genes embedded in fat cells, while giving your body the building blocks it needs to produce more inflammation-cooling compounds. Good deal!

Omega-3s keep your DNA young. Taking



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

omega-3 fatty acid supplements daily keeps the protective "caps" on the ends of your DNA longer. These caps, called telomeres, get shorter with age, eventually allowing DNA to fray. That raises risk for heart disease and an early death.

Omega-3s reduce free-radical damage. Rogue oxygen molecules in your body can ding your DNA in ways that increase odds for heart disease and brain decline. A regular fish-oil habit reduces this "oxidative stress" by 15 percent.

Omega-3s pamper brain cells. Bumping up your DHA-omega-3 intake by just half a salmon filet per week could lower levels of brain cell-strangling beta amyloids in your bloodstream by 20 percent to 30 percent. Less in your blood means less in your brain — a good thing, since they're responsible for the tangles around brain cells that characterize Alzheimer's disease!

Omega-3s may deliver extra protection if you're overweight or are a smoker. Getting back to a healthy weight and kicking cigs are important, but omega-3s can help protect

you from the health risks that pile on from smoking and excess body fat. Fish oil reduces the stiffness of a smoker's arteries (that contributes to heart attack and stroke risk). If you're extremely overweight, a daily dose of fish oil can dial down inflammation.

Ready to get your daily helping of omega-3s? Here's how to get 'em like we do:

Feast on omega-3-rich fish. Only two types of fish — salmon and wild trout — that are widely available in the U.S. and Canada are good sources of omega-3s. If you're getting your omega-3s by eating two fist-size servings of fish per week, make sure it's one of these. Canned salmon is one affordable way to do that.

Pop the best omega-3 supplements. We recommend a daily 900 milligram DHA algal supplement (Dr. Mike heads the scientific advisory committee of one manufacturer). DHA is the most potent omega-3; from it, your body can make another type, EPA, which has heart-health benefits. Algal supplements are also great if you're a vegetarian or don't like fishy burps. Also, some fish oil supplements contain 30 percent palm oil (loaded with inflammation-boosting saturated fat), and algal oil doesn't.

Balance omega-3s and omega-6s. Some experts say cutting back on omega-6 fatty acids, which may increase inflammation, while increasing omega-3s is a smart balancing act. Reduce your omega-6 intake the easy way by choosing canola or olive oil instead of corn or soybean oil for cooking and drizzling over salads.

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.

Medicare Open Enrollment Period Has Started

PIERRE — The open enrollment period for Medicare Part D and Medicare Advantage plans is Oct. 15-Dec. 7, 2012.

"One of the things we want people to know is that if they have a Medicare Advantage plan the only time they can make changes to their plans is Oct. 15-Dec. 7, 2012," said Kim Malsam-Rysdon, secretary for the South Dakota Department of Social Services. "All Medicare recipients should take this time to review their current plans and consider whether a change in coverage is necessary for them."

Medicare Advantage is a health plan offered by a private company that contracts with Medicare to provide Part A and Part B coverage (hospital, skilled nursing, home health, hospice, doctors' care and other outpatient services).

Medicare Part D offers prescription drug coverage for all people with Medicare; the drug coverage includes both brand name and generic drugs.

Beginning Oct. 15, trained volunteers from the South Dakota Senior Health Informa-

tion and Insurance Education Program (SHIINE) will offer free assistance to seniors seeking additional Medicare information.

SHIINE volunteers can help seniors compare plans, evaluate their current coverage and fill out paperwork. Seniors taking advantage of the free one-on-one counseling should bring their Medicare card and a current list of medications. The volunteers will use the information to sort through the Medicare Plan Finder and compare coverage options. The Plan Finder can also be accessed from home at www.medicare.gov.

For more information on SHIINE or to meet with a volunteer in your community, call 1-800-536-8197 or contact your Regional Coordinator:

- Eastern South Dakota: Tom Hoy at 605-333-3314 or SHIINE@cfag.org;
- Central South Dakota: Kathleen Nagle at 605-224-3212 or SHIINE@centralsd.org;
- Western South Dakota: Debbie Stangle at 605-342-8635 or SHIINE@westriversd.org.

Vermillion To Host Health & Product Fair

VERMILLION — The Main Street Center of Vermillion will be hosting the Silver Threads Health & Product Fair on Tuesday, Nov. 20, running from 4:30-7:30 p.m.

Area businesses and organizations display and share information with individuals on health, eye and hearing care, physical therapy, home care, senior living, insurances, outreach services, and other topics related to senior aging, planning and retirement. There will be several mini-programs scheduled as well as craft tables.

Soups, sandwiches and desserts will be served plus bake sale items.

Vendor space is still available. For more information, call (605) 624-8072.

BIRTHS

ROSSTON THORSON

Lindsey Yeager and John Thorson of Yankton announce the birth of their son, Rosston Michael Thorson, born October 20, 2012 at 10:30 p.m. He weighed 7 pounds 4 ounces.

Rosston joins his brother Kaden Matthew, age 6.

Grandparents are Rich and Phyllis Yeager and Tom and Karen Thorson, all from Yankton.

Great-grandparents are Josephine Peterka, Gordan Thorson and Bob and Betty Jensen, all from Yankton.

LILLIANA HARE

Morgan Hauger of Yankton announces the birth of her daughter, Lilliana Louise Hare, born on Aug. 31, 2012, at 11:24 a.m. She weighed 6 pounds, 9 ounces and was 21.24 inches long.

Lilliana joins her sister, Harmony LeRae, age 6.

Grandparents are Todd Hauger and Julia Hussein of Yankton, Mike and Barb Peschl of Tyndall, and Laura Hauger of Yankton.

Great-grandparents are Dick and Maris Hauger of Sioux Falls, Bill and Mary Etheridge of Arizona, Marian Peschl of Tyndall, Tom and Ginger Peschl of Tyndall, and Dick and Pat Teeslink of Yankton.



COME CELEBRATE 20th Anniversary

We opened our doors in November 1992. Join us this week as we celebrate 20 years. Boy, time sure does fly!



Monday, November 12 - We've brought back a menu from our early days and the prices too! Join us from 5-9 p.m. only.

Tuesday, November 13 - Free coffee and birthday cake from 2-4

Wednesday, November 14 - Join us for free petite cinnamon rolls and coffee from 9-11 a.m.

Thursday, November 15 - Who doesn't like chocolate? We're handing out free candy bars. Sound like a good deal? Well, it gets even better as some of you will be instant winners!

Friday, November 16 - Luncheon Blue Plate Special \$3.95 11 a.m. - 2 p.m.

Saturday, November 17 - Supper, buy one get one FREE. 5-9 p.m.

REGISTER FOR FANTASTIC PRIZES ALL WEEK!

Craftsman Snowthrower, hats, t-shirts, gift certificates and more!



famous national brands including

alfred dunner

entire stock & Tues/Wed Senior Day

50% OFF

ENTIRE STOCK including new arrivals!

Plus 70% OFF on select famous national brands like Sag Harbor

Tues/Wed seniors take an extra

SENIOR DAYS

15% OFF

Tues. & Wed

80% OFF NEW MARKDOWNS 70% OFF Kids Gifts

Alfred Dunner on Sale Tuesday & Wednesday

Schweser's

Fashion For Less!

www.schwesersstores.com

Yankton Mall

*few exclusions apply
 †actual price may not have resulted in sales