

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](mailto: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.

## 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

## 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

## BIRTHDAYS

## IRENE SCHNEIDER

A card shower is requested in honor of Irene Schneider's 85th Birthday on Nov. 26. Cards can be sent to: 910 9th St., Apt. #8; Springfield, SD 57062. Or call and wish her a Happy Birthday.



## BIRTHS

## JEFF DEVINE

Travis and Whitney Devine, Yankton announce the birth of their son, Jeff Daniel, born Nov. 9, 2012, at 12:45 p.m. He weighed 7 pounds, 15 ounces. Jeff joins a sister, Brooke Nicole.

Grandparents are Bob and Kim Braunesreither, Yankton, and Dan and Jeanne Devine, Yankton.

Great-grandparents are John and Ruth Ann Dannenbring, Gladys Braunesreither, Millie Devine, Denis and Delores Feilmeier, all of Yankton.

## Federation Of Women's Club Set For Holidays

Saturday, Dec. 1, will officially open the holiday season for the Yankton chapter of the General Federation of Women's Clubs, according to Pauline Aklund, president.

Members will gather at Hillcrest Country Club by 11 a.m., at which time the program will feature Allison Spak, director of Yankton Children's Theatre. Spak will tell of some of the productions held by the young actors' group over the years and then a number of the present troupe will present excerpts from their next production "A Christmas to Remember." This show will be seen on the Mt. Marty campus in Marion Auditorium at 7 p.m. Dec. 6-8 and at 2 p.m. Dec. 9. Based on a true incident in Yankton and written by local author Marilyn Kratz, with original music by Jane Bobzin, the story has a special significance to the area.

A lunch and business meeting will follow the program. All area women are invited to become members of this organization which has been in existence since 1895.

## Shoe Party Slated For Yankton Dec. 2

The Yankton Goodwill Store, 2508 Fox Run Parkway, will be holding its annual Shoe Party on Sunday, Dec. 2, running from 3-6 p.m.

Every year, Goodwill invites 50 children from the local community whose families may be struggling to provide gifts for Christmas. When the children attend the Shoe Party, they receive brand new shoes, socks, hats and mittens for Christmas. They get to meet Santa and get candy and presents donated by other local businesses.

This year, more businesses than ever have contributed to the party including: Wal-Mart, Walgreens, Hy-Vee, Rita's-Purse-O-Nalities, Godfathers Pizza, Dairy Queen, Pizza Ranch, Jo Dean's, K-Mart, Subway and Bomgaars.

## Cookie Walk Set For Yankton Dec. 7

The annual Yankton Holiday CookieWalk will be held at the Dakota Theatre, 328 Walnut, on Friday, Dec. 7, running from 10 a.m.-2 p.m.

This is a Yankton RiverWalk fundraiser. Organizers hope to raise enough money to install one new pedestal this year in the sculpture walk. Stop by the sale for one-of-a-kind homemade cookies and treats.

Cookies will be sold until supplies run out.

**Holiday Hours:**  
We are open each and every week night till 5:30pm,  
Thursdays till 7pm & Sundays 11am-3pm.

THE P A N T R Y 215 W. 3rd  
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665-4480

## Seven Alcohol Myths Smashed

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

King Features Syndicate

Blame it on craft beers, inexpensive wine or the down economy — North Americans are sipping more alcohol, more often. (Twenty-two percent of you say you drink too much, up from 17 percent a decade ago.) And while you all know that problem drinking is a serious health risk (any more than two drinks a day makes your RealAge older), the current hoopla about how wine is good for you may have led even the most abstemious sippers to believe there's no harm in a good belt or two. So we're going to blow the cork on the most common myths about alcohol.

**Myth No. 1: Seven to 14 drinks a week is a heart-healthy number, so there's no harm in having them all in a day or two!**

Truth: Saving up your weekly quota in order to guzzle four to seven drinks on each weekend day could raise your LDL cholesterol by 40 percent, and women who have seven to 14 drinks a week raise their risk for breast cancer between 30 percent and 60 percent.

Better idea: If you're not at high risk for breast cancer or alcohol-abuse/dependency, having a half to one drink a day for women, and one to two a day for men keeps arteries supple and discourages impotence, wrinkles and even heart- and brain-threatening blood clots.

**Myth No. 2: A little alcohol's OK when you're pregnant.**

Truth: Don't risk it. There's a lot of talk (and one study) saying that moderate sipping is harmless, but there are plenty of studies that show drinking in pregnancy increases risk of miscarriage, stillbirth, pre-term delivery, fetal alcohol spectrum disorders and even sudden infant death syndrome.

Better idea: We agree with the CDC:



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

"There is no known amount of alcohol that is safe to drink while pregnant."

**Myth No. 3: Red wine is best for your ticker.**

Truth: Yes, red wine contains resveratrol — but in amounts too small to get any cardiovascular benefits. (Red grapes have more!) A second or third glass won't get you to a beneficial level, either.

Better idea: For real heart protection, take 900 milligrams of DHA omega-3 algal oil (from plants, not fish); walk 10,000 steps a day; keep good friends close; get your blood pressure to 115/75; learn to manage stress; and get plenty of sleep every night.

**Myth No. 4: Introducing kids to alcohol at home is the safest option.**

Truth: Kids who drink at 15 or younger are six times more likely to develop alcohol problems than those who start at 21 or older. And almost half of those youngsters report that they get alcohol at home.

Better idea: Drink responsibly (occasionally act as the designated driver), and set a good example. Explain to kids just how dangerous drinking too much can be (lowers

brain power, interferes with social development, impairs judgment and driving skills, and leads to obesity).

**Myth No. 5: Drinking instead of eating helps you lose weight.**

Truth: Alcohol boosts cravings by messing with levels of the appetite-stimulating hormone ghrelin. You feel hungrier and less-than-healthy foods look extra-tempting. In fact, a drink is twice as likely to fuel overeating as watching TV or skimming on sleep.

Better idea: Sip a half to one drink with your meal, then leave the table before you reach for seconds.

**Myth No. 6: Alcohol's OK with most medicines.**

Truth: Everyone knows, or should know, not to mix alcohol with painkillers — but any med can be risky. Alcohol alters how your body breaks down and absorbs everything from blood thinners to some heart and high blood pressure drugs. That means you may get a big, intense dose or not enough medication.

Better idea: Skip alcohol when taking medications.

**Myth No. 7: Drinking keeps colds at bay.**

Truth: Alcohol weakens your immune system by making virus-fighting white blood cells 75 percent less effective. This leaves you vulnerable to viral infections and more susceptible to catching colds and the flu.

Better idea: Warm your bones in fall and winter with hot coffee, hot tea or hot cider spiced with immune-boosting cinnamon, nutmeg and cloves.

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](http://www.RealAge.com).

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## More Children Being Impacted By Diabetes

BY GRACIE BONDS STAPLES

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ATLANTA — Days after Ansley Hawkins led a group of friends and family on a walk against diabetes, a white sign announcing Team Sugar Kids still sat in her family's Powder Springs, Ga., living room.

Like the Disney memorabilia scattered throughout the room, the placard represented a significant moment in the life of the 14-year-old.

But unlike her Disney experience, what Hawkins had done was hardly child's play. This was serious.

Hawkins, who at age 2 was diagnosed with Type 1 diabetes, was on a mission to further the cause of JDRE, formerly known as the Juvenile Diabetes Research Foundation. That includes, among other things, educating people about the differences between Type 1 and Type 2 diabetes and helping the organization raise money for research.

In her first Walk to Cure Diabetes last month, the 20-member Team Sugar Kids raised more than \$6,000. Her goal next year is \$10,000.

Hawkins is one of nearly 26 million Americans who have diabetes. And according to JDRE, more than 15,000 children and 15,000 adults each year — approximately 80 people per day — are diagnosed with Type 1 diabetes in the U.S.

In Type 1 diabetes, people stop making insulin altogether, while someone with Type 2 diabetes makes insulin but their body cannot use it or it is not producing enough.

"It is estimated that one in every three children born today will have Type 2 diabetes in their lifetime if the current trend of overweight and inactivity in chil-

dren continues," said Sue Tocher, diabetes education coordinator at Children's Healthcare of Atlanta. "It's a serious problem." Both types need to be managed with the help of an endocrinologist or health care professional who specializes in diabetes, Tocher said.

"If not managed properly, diabetes can lead to complications such as kidney failure, blindness, heart disease and amputations," she said.

What's driving Hawkins, the teen said, is the disease's impact on her mother, Christina.

"My mom two years ago went into renal diabetes kidney failure and had to start dialysis," she said. "It really hurt to see what the disease had done to her. I wanted to get out there and educate more people about the disease."

Christina Hawkins, 38, was diagnosed with diabetes at age 14.

She was in the hospital with the flu in 2008 when doctors discovered her kidneys were failing. On July 6, 2011, three days after her 37th birthday, she received a new kidney and pancreas and was rendered diabetes-free.

By then, Ansley Hawkins' mind was made up.

"I needed to get involved," she said.

In addition to forming Team Sugar Kids, the North Cobb Christian School freshman created a Facebook page called Diabetes for Teens to share news about the disease and to provide a forum for those with diabetes to talk and share their stories and get information. And a few weeks ago, she created instadiabetes to share pictures of her daily life, which includes an insulin pump and monitoring her diet.

"I've already met two other children with diabetes and 26 have liked the site," she said.

Hawkins has also applied to

the children's congress that meets every year in Washington.

"I want to meet with our legislators to talk about the seriousness of this disease and the need for funding," she said.

Tocher knows how serious the disease is.

At Children's Healthcare of Atlanta, she said, approximately 400 children are newly diagnosed with diabetes annually.

"We estimate that 10-15 percent of these children have Type 2 diabetes; the rest have Type 1," Tocher said.

Tocher said that it's really important to distinguish between the two types of diabetes and educate the public.

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Wishing you and yours a happy holiday season filled with good times, good friends and good memories.

We thank you for your support this past year. You've delivered us nothing but kindness, and we hope we've done the same for you.

**We're H"ear" For You!**  
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