

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.
Divorced, Separated, Widowed, 7-9 p.m., Roncalli Center, Mount Marty College (Sept. 16-Nov. 18)

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., Fry'n Pan Restaurant, 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
Billiards, 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
Wii Bowling, 1 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. (NOTE: This group in on temporary hold until further notice.)
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
Partnership Bridge, 1 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

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
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 605-665-3738 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

GS Promotes Health

Girl Scouts-Dakota Horizons is offering a Healthy Living program, called HealthiHER, on Dec. 7. Registration deadline for this event is Nov. 18. HealthiHER is a program that teaches girls the importance of fitness, nutrition and wellness. Girls will get a chance to pamper themselves, while learning about making healthy life choices. "Teaching girls at a young age the importance of healthy living is a core pillar in our Girl Scout model. It's so important for girls to understand that making healthy choices and creating healthy habits today, can affect them for the rest of their lives," said Jennifer Aman, Program Specialist with Girl

Scouts-Dakota Horizons. Not a Girl Scout? Not a problem. Sign up today or simply pay our non-member fee to attend any Girl Scout event. For more information about HealthiHER and other programs, visit www.gsdakotahorizons.org. Girl Scouts-Dakota Horizons is a non-profit organization that serves more than 15,000 members in North Dakota, South Dakota, Minnesota and Iowa. It is committed to building girls of courage, confidence and character who make the world a better place. For more information, visit www.gsdakotahorizons.org or call 1-800-666-2141.

T-Replacement: News You Can Use

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



Dr. Mehmet Oz and Dr. Michael Roizen

Hey guys, are you thinking now may be your T-time? We're not talking about a round of golf with your weekly foursome. We're talking about the hugely popular trend of testosterone replacement. More than 2.3 million prescriptions for T therapy, via gels, pills and injections, were written last year — triple the number just 12 years ago. But that's not necessarily good news. When a group of University of Texas docs reviewed the health records of 10 million men who had started testosterone replacement therapy, they found that 25 percent had not had their T levels measured to see if they really need the hormone supplement. Docs, stop doing that! Guys, insist on being tested first, and repeatedly. And remember Roizen's Rules for a Younger You No. 11: If any treatment is going to last more than three days, get a second opinion!

For men with truly low T levels, extra testosterone can be life-changing, boosting energy, firing up a flagging libido and slowing down muscle and bone loss. But even for them, the jury is still out on the long-term effects on a man's heart and prostate. And while more and more short-term reports suggest T therapy does not raise your prostate-cancer risk, we agree with researchers who want to see more long-term evidence that it's safe, since we know male hormones are prostate-cancer cells' main fuel source. Also, we don't have any solid info on the benefits versus risks for guys who aren't diagnosed with low T, but want to use it because they think it will boost their energy, muscle tone and sexual perform-

ance. (We worry the benefits don't outweigh the risks.) So here's what to think about before you T it up:

- A guy's testosterone level naturally declines about 1 percent every year after age 30, and that shouldn't cause problems. It's true that after age 70, about 30 percent of guys may have clinically low levels (below 300 ng), but most have no symptoms from it.

- Low T may not be what's making you tired, killing your sex drive or making you depressed. Everything from being overweight to having diabetes, high cholesterol and depression could be responsible for a lower sex drive and erectile dysfunction. A lifestyle makeover with powered-up nutrition and daily physical activity may be what you need to jump-start your sex life and save your life. And talk to your doc to see if medications you take may be causing unwanted side effects. You may be able to change your dosage or medication.

- Always get a blood test (or two) to check your testosterone level before signing up for T replacement. And do it in the morning. Your testosterone level

is highest when you get up and fluctuates during the day. Coffee and alcohol make it go up, as does watching an action movie or your favorite sports team — if they win it really surges; if they lose it plummets!

If your T level is below 300 ng, you may have low T, but to be sure, ask for a second check. And even a level of 300 or less may not be clinically significant (although it's associated with increased abdominal fat — which is a health risk). In a new report from Massachusetts General Hospital, doctors found guys didn't see significant muscle-mass loss or libido problems until their T level fell below 200 ng.

While the Mass General study wasn't designed to set prescribing levels, we think it calls the 300 ng definition of low T into question and suggests a smarter way to decide whether you need T replacement therapy. That'll help you avoid its potential side effects, including acne, fluid retention, breast enlargement, worsening sleep apnea and even shrinking testicles. (Side effects aren't just your risk; if your children or female partner come in contact with the testosterone supplement, it can cause all kinds of problems.) Clearly, you should use it only if what it delivers fits your physical needs to a T.

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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Next MOPS Meeting To Be Held Nov. 19

The next Yankton Mothers of Preschoolers (MOPS) monthly meeting will be held at 6:15 p.m. Tuesday, Nov. 19, at Riverview Reformed Church, 1700 Burleigh. The meeting will feature a speaker with a musical theme, "Messin' With Music," regarding musical activities to do with tots. The craft is a

fall burlap wreath. Childcare available for \$1 per child. Dues are suggested, but no one is turned away for an inability to pay. For more information contact Stephanie Lund at (605) 661-7677 or lund_steph@yahoo.com/. You can also follow Yankton Evening MOPS on Facebook.

Annual Holiday Feast Set

The 18th annual Yankton Community Holiday Feast, a free holiday meal to the public, will be held at the Calvary Baptist Church, 2407 Broadway, Yankton, on Wednesday, Nov. 27, from 4:30-7 p.m. Organizers need public help to make the Holiday Feast a success. Consider volunteering, donating or attending the dinner. Items that need to be donated in-

clude turkey and dressing, pies, cash or volunteer help. Contact Donna Madison at 760-3170. Cash donations are accepted at First National Bank of South Dakota, 332 Broadway, Yankton. There is meal delivery available ONLY for shut-ins. For more information on this service, call 760-3170 by 5 p.m. on Friday, Nov. 22.

SD Arts Council To Meet Nov. 14

PIERRE — Members of the South Dakota Arts Council, the governing board of the Office of Arts, will gather in Pierre, Thursday, Nov. 14, for the Council's annual fall meeting. The meeting will begin at 9 a.m., CST, in the first floor conference room at Dolly-Reed Plaza, 711 E. Wells Ave., Pierre. An agenda will be posted by the week of the meeting at the SDAC offices.

For more information, call the SDAC office at 605-773-3301 or e-mail sdac@state.sd.us/. The Council will review panel recommendations for the Artists in Schools and Communities and Touring Arts roster-artist programs. An office of the South Dakota Department of Tourism, the South Dakota Arts Council's mission is to provide grants and services

to artists, arts organizations and schools across the state, with funding from the National Endowment for the Arts and South Dakota state government. The South Dakota Department of Tourism is comprised of Tourism, the South Dakota Arts Council and the South Dakota State Historical Society. The Department is led by Secretary James D. Hagen.

MILITARY
CHRISTOPHER WARREN
Christopher James (C.J.) Warren graduated Marine Basic Boot Camp, San Diego, on Oct. 11, 2013. C.J. graduated from Yankton High School in May 2013. His parents are Roberta Swensen and Dan Warren. Grandparents are Bruce and Berta Warren.

BIRTHS

ADRIANNA EVANS
Luke and Lyndsay (Economy) Evans of Yankton announce the birth of their daughter Adrianna Grace Evans, born Oct. 10, 2013, at 3:05 p.m. She weighed 7 pounds and was 19 3/4 inches long. Adrianna joins sister Hayley, age 7. Grandparents are Jon and Jeannine Economy and Ron and Jeannine Evans of Yankton. Great-grandparents are Donna and Jerry Steckler and Rose Jueden of Yankton.

RACHEL KUCHTA
Andy and Mary (Bennett) Kuchta of Randolph, Neb., announce the birth of their daughter, Rachel Elizabeth Kuchta, born Oct. 28, 2013, at Faith Regional Health Services, Norfolk, Neb. Rachel weighed 6 pounds, 13 ounces. She joined siblings Daniel, 3, and Sarah, 2. Grandparents are James and Janet Kuchta, Randolph, Neb.; and Philip and Charlene Bennett, Lesterville. Great-grandparents are Lawrence and Shirley Kuchta, Randolph, Neb.; Dale and Lucille Bach, Hartington, Neb.; and Don Pavel, Lesterville.

BIRTHDAYS

AGNES HAGEN
Agnes Hagen of Yankton will celebrate her 90th birthday on Nov. 16, 2013. A card shower will be held for her. Greetings may be sent to 2015 Green St., Apt. 116, Yankton, SD 57078. She has 3 grandchildren and 9 great-grandchildren.
PHYLIS NIELSON
Phyllis J. Nielson will celebrate her 90th birthday with an Open House on Sunday, November 17th from 2-5 pm at Our Redeemer Lutheran Church, rural Irene (Midway), SD. Greetings can be sent to 315 N. Washington Street, Viborg, SD 57070. No gifts please.

KYNT
AM 1450
MORNING COFFEE
WEEKDAYS MONDAY-FRIDAY
Tue 11-12 - 7:40 am
The Center (Christy Hauer)
8:20 am Health Care (Julie Fischer)
Wed 11-13 - 7:40 am
YC Observer (Kathy Church, Kristy Wyland)
8:20 am Hy-Vee Foods (Chef Staci)

SENIOR DAY

Tuesday at Schweser's
Seniors take an **EXTRA 30% OFF**
on top of savings up to 80% OFF on
Alfred Dunner Coordinates Sweaters
Giftware & Home Décor Fleece (printed & embroidered styles)
Books, Toys, Cards Wallets & Watches
Christmas Decor Handbags
Winter Coats Jewelry & Scarves
55 or better qualifies for Senior discounts, 15% off on all other items!
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**"Great service."
—Adam**

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