

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)

THIRD MONDAY

Yankton Golf Advisory Board Meeting, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205
Friends Of The Yankton Community Library, 5:15 p.m., Yankton Library, 515 Walnut
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar 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
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

THIRD TUESDAY

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

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

THIRD WEDNESDAY

NAIFA-Lewis and Clark, noon-1 p.m., Minerva's.
Partnership Bridge, 1 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

THIRD THURSDAY

HSC Friendship Club, 5 p.m., November: Fryn' Pan Restaurant, Yankton. 605-665-5956.
Catholic Daughters (Court Willard 967), 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton.

MMC Concert Band To Perform Nov. 24

The Mount Marty College Concert Band will present its Fall Concert in Marian Auditorium on the Mount Marty College campus at 7:30 p.m. Sunday, Nov. 24.

The program includes a variety of kinds of music and director Dean Rettedal promises that everyone will walk away with a favorite piece.

The concert includes: "Pie in the Face Polka" by Henry Mancini — a clarinet section soli, "Them Basses" — a famous march, "Seal Lullay" — a beautiful tone poem featuring S. Mariel Kang on piano, "Bossa Novacaine" — a percussion section feature and "The Magic of Andrew Lloyd Webber" — a medley of famous melodies ("Superstar," "I Don't Know How to Love Him," "Memories," "Phantom of the Opera").
 The concert is free and the public is invited.

Concert band members include: Aaron Schmeling, Vermillion; Alan Ferris, Yankton; Amy Berning, Comfrey, Minn.; Andrea O'Brien, Albion, Neb.; Anna Kollasch, Whittemore, Iowa; Bill Magera, Yankton; Bobbi Jo Carr, Yankton; Caitlin Ostrander, De Smet; Carissa Scherschligt, Mitchell; Christian Petrich, Lennox; Elliot Bier-

wagen, Sioux Falls; Elly Miller, Vermillion; Jenece Holzbauer, Wagner; Jenny Bjerggaard, Yankton; John Hodson, Martin; Jonathan Knox, Saint Francis; Kaleb Carsten, Kimball; Kari Peterson, Omaha, Neb.; Kaylee Fly, Omaha, Neb.; Kelsey Abbey, Elk Point; Kelsey Sybrant-Vengena, Bassett, Neb.; Kelsey Thury, Mitchell; Kendra Rock, Canton; Kim Olson, Mission Hill; Kristen Shanahan, Burke; Lajos Vudi, Budapest, Hungary; Leacadia Christensen, Viborg; Martee Herman, Yankton; Megan Leader, Crofton, Neb.; Megan Wortmann, Norfolk, Neb.; Meghan Powell, Gayville; Nathan Porras, Crofton, Neb.; Rebecca Bryan, Murdo; Robbie Neswick, Sioux City, Iowa; S. Candyce Chrystal, Yankton; S. Corinne Lemmer, Yankton; S. Debra Kolecka, Yankton; S. Kathy Burt, Yankton; S. Mariel Kang, Pusan, S. Korea; Samantha Huber, Sioux Falls; Sarah Donovan, Greta, Neb.; Sean Bauder, Tyndall; Sophie Drotzmann, Yankton; Stacey Schleich, Mitchell; Tessa Carda, Armour; Todd Carr, Yankton; Trisha Kaufman, Armour; Wayne Sharp, Yankton; and William Danner, North Sioux City.

Get A Daily Dose Of Lycopene

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

The summer's last vine-ripened tomato may be a sweet memory, but you still can get your daily dose of its cancer-fighting, heart-protecting phytonutrient lycopene. This superhero isn't just found in tomatoes. You can find it in other red and orange fruits and veggies (but not strawberries or cherries), and it KO's a full crew of disease-causing bad guys.

You've probably heard that lycopene can lower prostate cancer risk by 23 percent with just two servings of cooked tomato products a week. But more recent discoveries show that one serving a day could reduce your level of heart-threatening, lousy LDL cholesterol as much as 10 percent. And dishing up more servings could lower stroke risk up to 55 percent, support strong bones and even help you get a good night's sleep!

All these health benefits come from lycopene's unmatched ability to devour excess free radicals — at healthy levels, those oxygen molecules roam your body, powering cells, helping the immune system and converting calories into cellular energy. But when you eat fried foods, pack on extra weight and live with negative stress, you throw free radical production into overdrive. And excess free radicals cause chronic inflammation, unhealthy gene changes and generally rust you from the inside out.

Enter lycopene! We like it as Mother Nature intended it, from a tomato (cooked is best, raw is still great) that you eat at breakfast, lunch or dinner. True, supplements and tomato extracts are all the rage in Europe, and they're showing up on natural-food store shelves in North America, but over and

over, science has shown you can't get all the powerful health-preserving benefits of nutrients found in food if they are taken in one at a time as a supplement. Even superstars like lycopene rely on a cast of supporting players to get their job done. So, if you absolutely will not eat tomatoes, we think a supplement is a good idea (just make sure you get one that contains lycopene — some tomato extracts don't!). But for the rest of you, here's our plan to help you get your daily dose of lycopene from food. It's such a powerful health booster that you only need a little (about 10 mg a day) to get big benefits.

Start with cooked tomato products. Your body can absorb lycopene that has been heated more easily. You'll get about 4 mg of lycopene in a medium-size fresh tomato, but there's 25 mg in a half-cup of tomato puree, a cup of tomato soup or vegetable juice cocktail. Even a tablespoon of catsup contains 2.5 mg! And for pasta dishes, dodge the sodium bomb that comes with many prepared or canned sauces. We checked, and some have 650-820 mg sodium per half-cup —

one-quarter to one-third of the total daily sodium quota for most people. Instead, toss together our favorite fast sauce: Sautee onions and garlic in a little olive oil; stir in a large can of no-salt-added whole plum tomatoes plus a 6-ounce can of tomato paste. Mash up the tomatoes as they heat. Season with fresh or dried oregano, basil, rosemary or thyme.

Cook with fresh tomatoes, too. Get in the habit of picking up fresh plum or grape tomatoes in the supermarket. They're available year-round and taste great. You can toss them into soups, stews, casseroles, chili, stir fries, sauces and anything else you can think of. Heating fresh tomatoes for five minutes raises their bio-available lycopene level 54 percent. Letting them simmer for 30 minutes boosts it a whopping 164 percent!

Serve with a good fat. Your body absorbs more lycopene when you have some fat at the same meal. A drizzle of olive oil in your homemade tomato sauce or over a salad is all it takes.

Branch out. Other foods can supplement your lycopene intake from tomatoes: Enjoy a watermelon wedge and get 13 mg lycopene; a pink grapefruit half delivers 4.9 mg; and a cup of canned baked beans has 1.3 mg.

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.

© 2013, Michael Roizen, M.D. and Mehmet Oz, M.D.

Pink Out Night



Yankton High School volleyball team members presented Yankton Medical Clinic, P.C. with money raised from the team's Pink Out Night. The money will be used to aid in funding mammograms for area women. Pictured from left to right: Emily Bos, Hailey Bockhoit, Brooke Wuebben, Diane Larson (YMC), Bev Karstens (YMC), Jessie Anderson, Rylee Smith, and Molly King.

BIRTHDAYS

DON SIMPSON

Happy 84th birthday, Poppy Don! We love you and hope you have a great day with your little woman Helen! Wishing you the best from California (Roxanne, Marv, Bree, Clint and Rylee).



Simpson

Dance Set For Nov. 30

LESTERVILLE — The Lesterville Fire Rescue Fall Dance will be held Saturday, Nov. 30, at the Lesterville Community Center. The event runs from 8 p.m.-midnight.

For more information, contact Janelle Munkvold at (605) 760-3284 or jmunkvold29@gmail.com/.

Business/KOC Prepare Bed Giveaway

Slumberland Furniture alongside the Knights of Columbus and United Way & Volunteer Services are gearing up for the annual Holiday Bed Giveaway.

Slumberland Furniture will be donating six full sized and 12 twin sized beds to those in need. A referral letter from local agencies is required to qualify. Clients also need to reside in Yankton County.

Send client name, address, phone number, bed size needed and referral letter to the United Way & Volunteer Services office at volunserve@iw.net or 610 W 23rd Street, Suite 11, Yankton, SD 57078. Be sure that information is accurate. An email address or second phone number is much appreciated as occasionally people have been very difficult to reach.

In December, the United Way & Volunteer Services will contact clients regarding delivery schedule. Beds are usually delivered mid-December at a time to be determined.

KOC Fish Fry Set For Nov. 22

TYNDALL — A Knights of Columbus Alaskan Pollock Dinner will be held at the Father Cronin Center in Tyndall on Friday, Nov. 22, running from 5-7 p.m.

The menu will include an all-you-can-eat Alaskan Pollock Fish Fry, salads, desserts, juice and coffee. The fish is cooked in peanut oil.

SHS To Host Bingo Nov. 22

Yankton Sacred Heart School welcomes everyone to join in a fun evening of bingo at 6:30 p.m. Friday, Nov. 22, at the Sacred Heart Gathering Center, located at Fifth and Capitol, Yankton.

Godfather's Pizza will be available for sale starting at 5:30 p.m. Refreshments are also available for purchase throughout the evening.

For more information or questions, contact Lori at 760-3390.

Christmas Vendor Show Set For Nov. 22

The Avera Sacred Heart Foundation will be sponsoring a Christmas Vendor Show on Friday, Nov. 22, running from 8 a.m.-6 p.m. in the Avera Professional Pavilion, Yankton.

Proceeds raised will benefit the Avera Sacred Heart Foundation's Hospice Endowment.

If you have any questions, contact the Avera Sacred Heart Foundation at (605) 668-8310.



George R. Fournier, Jr.
 MD, FACS
 Board Certified

Christopher A. Hathaway
 MD, PhD
 Board Certified



Trust. Compassion. Care.

We've added another specialist to our urology team, with both board-certified doctors providing medical and surgical treatment of urologic conditions for adults and pediatric patients. Dr. Fournier and Dr. Hathaway will care for concerns, conditions and disease associated with the kidneys, bladder, prostate, and urinary incontinence, including bladder, kidney and prostate cancer and conditions affecting male sexual dysfunction. If you need care, don't wait. Call: 605-664-2742.

Outreach clinics include: Dr. Hathaway will see patients in Neligh, Creighton, Vermillion, Norfolk, and Plainview.

Dr. Fournier will treat patients in Vermillion.

Call today to schedule your appointment.
605-664-2742

YANKTON MEDICAL CLINIC®, P.C.
 1104 West 8th Street • Yankton, SD 57078
 www.YanktonMedicalClinic.com