

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
Pinocle, 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)

FOURTH MONDAY

NARFE (National Active and Retired Federal Employees Association) Chapter 1053, 10 a.m. at The Center, 900 Whiting Drive.

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
Pinocle, 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

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
SHINE, 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

Officials Warn Drivers About Deer-Vehicle Collisions

PIERRE — The state departments of Transportation and Public Safety are urging drivers to take extra precautions to avoid wildlife related automobile collisions this fall and winter when deer are the most active.

"The potential for serious animal-vehicle collisions increases this time of year because deer are on the move," says Secretary of Transportation Darin Bergquist. "As we gear up for the holidays, we want to remind travelers to drive carefully and take extra precautions."

According to the Office of Highway Safety, there are approximately 4,800 wild animal hits each year. Between 2004 and 2012, there were 17 fatalities and 824 people injured in wild animal-vehicle collisions.

"While deer-vehicle collisions cause extensive vehicle damage, most of the serious injuries and fatalities are caused by drivers taking evasive actions," says Col. Craig Price, superintendent of the South Dakota Highway Patrol. "Drivers need to avoid swerving into oncoming traffic or leaving the roadway."

Price advises motorists facing an unavoidable crash with a deer to apply the brakes firmly, hold on to the steering wheel, stay in their lane of traffic and bring the vehicle to a controlled stop.

Drivers can improve their safety by following

these suggestions:

- Wear your seat belt. This is your best defense of avoiding injury in a collision.

- Slow down and prepare to stop as soon as you see a deer or other animal. It is much safer to stop than to have to take evasive action.

- Increase the distance between your vehicle and other cars, especially at night.

- When you see a deer, look for additional deer on both sides of the highway. Deer are herd animals and frequently move in groups. For maximum safety, assume the deer will cross your path.

- Drive with your high beams on and watch for eyes reflecting in the headlights.

- If you see a deer near the road, give your horn one long blast. The sound gives the animal an audible signal to avoid.

- Deer are nocturnal and tend to travel at dawn and at dusk, which is also the time it is most difficult to see them.

- If you hit a deer, call 9-1-1. Law enforcement officers will assist with injuries and write a report to provide to your insurance company.

- State law says any person who wishes to take possession of a deer or antelope killed by a motor vehicle on a state highway must notify a conservation officer to obtain permission before taking possession of the animal.

The ACA Could Save Your Life, Job

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

King Features Syndicate, Inc.

Forget the political brawls and epic website crashes. When we think about the Affordable Care Act, we're excited about an amazing list of wellness benefits we bet you haven't heard much about — and that we think could help America's health (and yours) make a big YOU-turn for the better.

If your health insurance coverage is affected by the federally mandated rules of the Affordable Care Act, you and your wallet might stand to earn a big real-life bonus. On tap: more screenings, vaccines and support, with no copay, co-insurance or deductible to meet. Need a colonoscopy? It's covered. Time for your flu shot? It's included. Ready for a shingles vaccine or a pneumonia booster? Leave your checkbook at home. Need help nursing your newborn? Insurance will pick up the tab.

But that's not all. Employers who provide health insurance will be allowed to offer an enticing carrot to their employees: sizable health-care-premium discounts for following a wellness program. By following certain guidelines, such as choosing to lose weight, exercising regularly or taking charge of a chronic health condition (like high blood pressure, high cholesterol or diabetes), you could save up to 30 percent. You could save up to 50 percent if you stop or do not start smoking. And don't forget to dust off your spandex shorts — you might even pick up a free or reduced-price gym membership.

The catch? The ACA also allows employers to raise rates by as much as 30 percent to 50 percent for people who



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

don't take doctor-recommended health steps. OUCH!

Is this unfair? Doomed to failure? We say no! We've seen firsthand dramatic proof that corporate wellness programs work. At the Cleveland Clinic, where Dr. Mike is Chief Wellness Officer, chronic disease rates were increasing by a whopping 10 percent per year among the health system's 40,000 employees. (Yup, it's tough staying healthy, even if you work in health care!) But they've reversed the curve; rates are now declining by 2 percent per year, thanks to the Cleveland Clinic's wellness program, which includes stress reduction and anytime, anywhere support via e-coaching, along with guidance on healthy eating, lots of activity options and regular screenings. The clinic has taken these positive results and is offering wellness programs to major American corporations — and getting great results. A case study: At one major corporation, 40 percent of employees who had metabolic syndrome (a collection of health threats that boosts the risk for heart disease and diabetes) participated in the program, and more than 90 percent of them reversed their condition. In an-

other, 138 out of 160 smokers who tried one of the clinic's corporate wellness programs are now tobacco-free — an 86 percent quit rate! And for every \$1 your employer spends on wellness, the company saves about \$3.37 in medical costs and more than \$2 in lost workdays.

If you're lucky enough to be covered by the ACA starting in 2014, these two strategies can help you take full advantage of your plan's wellness benefits:

No. 1: Work with your doc if you have a chronic health condition or risk. Nobody's going to penalize you because you haven't lost 75 pounds in two weeks or shaped up for an Ironman Marathon in a month — so don't believe the hype. If you have to make healthy changes to avoid a penalty or qualify for a discount, your doctor can help you establish a plan that sets reasonable health goals for a reasonable time period.

No. 2: Taste a variety of offerings. Not every wellness benefit works for everyone — so take advantage of the variety. Want to get active, but you just can't get up for 6 a.m. aerobics classes? Look for an after-work class, or check out flexible options like swimming when you want or using exercise machines. Need to relax more? If the mindfulness class you try doesn't ring your chimes, explore yoga or progressive muscle relaxation. Chances are, several options will be covered.

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.

USD School of Law Scholars, Donors Announced

VERMILLION — The University of South Dakota Foundation has provided more than \$163,000 from generous donors in 2013-14 and awarded scholarships to 82 law school students.

Providing scholarships is just one of the many highlights of the USD School of Law, according to Tom Geu, dean of the School of Law, who noted that law school students receive an affordable and competitive legal education thanks to the generosity of scholarship donors.

"The University of South Dakota School of Law is South Dakota's only law school. Its mission is to provide lawyers and entrepreneurs needed within the state and to provide an affordable and competitive legal education that prepares students for a career in law no matter where they go," Geu stated. "Recently, USD Law was named one of the five law schools providing the best economic value to students in the nation. The Faculty, Staff and Administration are proud of all our students."

Scholarship recipients, and their hometown information, are listed below along with the scholarship name, amount and contributor's community (where applicable):

- Idaho: Lewiston — Shane Andrews, Gayla Gull Worthington (American Fork, Utah) Memorial Scholarship (\$328)

- Iowa: Monona — Kristin Schiller, George J. Danforth, Jr. (Sioux Falls) Memorial Law Scholarship (\$605); Quimby — Andrew Fick, Judge Lawrence Piersol Scholarship (\$7,000), Alan Bogue (Chevy Chase, Md.) Memorial Law Awards & Scholarship (\$875) and Law School Annual Unrestricted Current Fund (\$75)

- Nebraska: Amherst — Elizabeth Chrisp, Schutter

- Law School Scholarship (\$6,064), Alan Bogue Memorial Law Awards & Scholarship (\$875) and South Dakota Law Review (Sioux Falls) Award (\$400); Omaha — Adam Shiffermiller, James E. Doyle (Goodyear, Ariz.) Scholarship (\$170) and Hubbard Freemont (Rapid City) Fellows Scholarship (\$123)

- North Dakota: Fargo — Katie Dahlseng, Costello, Porter, Hill, Nelson, Heisterkamp & Bushnell (Rapid City) Scholarship (\$469)

- Ohio: Cincinnati — Shekar Jayaraman, Frank & Louise Fischer (Sahr Award) (\$1,877) and William K. Sahr Law School Foundation Scholarship (Rapid City) (\$1,680)

- South Dakota: Alcester — Ashlee Wendt, Eleanor Keuter (Vermillion) Law Scholarship (\$1,421) and Gary G. Colbath, Sr. (Rapid City) Scholarship (\$130); Burke — Kelsea Sutton, Everett A. Bogue (Minnetonka, Minn.) Memorial Law Scholarship (\$13,904); Dakota Dunes — Anthony Teesdale, Delta Theta Phi (St. Paul, Minn.) (\$250); Florence — Rebecca Reiter, Alan Bogue (Chevy Chase, Md.) Memorial Law Awards & Scholarship (\$6,714); Gettysburg — MacKenzie Lawrence, Herbert A. Heidepriem (Bethesda, Md.) Memorial Scholarship (\$4,054); Jefferson — David Stoops, Gene E. Pruitt (Sioux Falls) Scholarship (\$318), Woods, Fuller, Shultz, & Smith P.C. (Sioux Falls) Scholarship (\$1,500) and Professor Frank J. and Ruth Ann Slagle (Edmonds, Wash.) Scholarship (\$1,237); Moberly — Kyle Chase, Native American Law Students Association Scholarship (\$501); North Sioux City — Trinette LaFleur, Marshall, Alice & Francis McKusick Scholarship (\$8,524); Pierre — James Shanor, Delta Theta Phi (\$250), George T. Mickelson Law School Scholarship (Pierre) (\$1,783), Richard L. Ericsson Law Scholarship (Madison, S.D.) (\$1,000) and Sam Masten Award (Wausau,

- Wis.) (\$244); Quinn — Britany Kjerstad, Woods, Fuller, Shultz, & Smith P.C. Scholarship (\$1,500); Rapid City — Kelsey Weber, Leslie C. & Gertrude L. Winters Scholarship (\$1,142); Sioux Falls — Molly Beck, Law School Scholarship (\$77) and P. Daniel & Laura Donohue (Sioux Falls) Scholarship (\$579), Ashley Blake, Everett A. Bogue Memorial (Minnetonka, Minn.) Law Scholarship (\$13,904); Abigail Gerhart, Donald I. Porter Memorial (Rapid City) Scholarship (\$841); Brooke Goodale, Mary W. Hanson-Law School Scholarship (\$4,778), William R. McCann (Brookings, S.D.) Memorial Scholarship (\$579), Myrtle M. Smith (Piedmont, S.D.) Scholarship (\$377) and Michael F. Pieplow (Sioux Falls) Scholarship (\$1,846); Meghan McCauley-Loof, John W. Larson/Delta Theta Phi (Sun City West, Ariz.) Scholarship (\$750); Audie Murphy, Gary G. Colbath, Sr. (Rapid City) Scholarship (\$130); Alissa Olson, Ruth M. West Moses & Lloyd R. Moses (Brookings, S.D.) Scholarship (\$1,480); Joseph Wiltse, Judge Lawrence Piersol Scholarship (\$7,000) and Andrew & Elizabeth Bogue Law Student (Omaha, Neb.) Scholarship (\$1,987); Vermillion — Beau Barrett, Costello, Porter, Hill, Nelson, Heisterkamp & Bushnell (Rapid City) Scholarship (\$469); Jamie Frederick, Neil Carsrud Law School (Sioux Falls) Scholarship (\$100); Harrison Hagg, Justice James M. Doyle Scholarship (\$365), Joseph H. Barnett Memorial (Aberdeen) Scholarship (\$247) and South Dakota Law Review Award (\$300); Melissa Knight, South Dakota Law Review Award (\$600); Kelsey Krieg, Susie Radigan Memorial (Vermillion) Scholarship (\$1,095); Matthew Laidlaw, Edwin J. Hadd Law School (Thousand Oaks, Calif.) Scholarship (\$751); Ole Olsen, Georgiabelle & Erwin

- Stainbrook Scholarship (\$4,679) and Erickson and Sederstrom Law Scholarship (Omaha) (\$5,000); Michael Snyder, Judge Lawrence Piersol Scholarship (\$7,000), Donald R. Shultz (Sun Valley, Idaho) Scholarship (\$878), David S. Day (Pierre) Award (\$100) and South Dakota Law Review Award (\$100); Jason Thomas, Mary J. Leamy Scholarship (\$633) and Flynn Family (Corpus Christi, Texas) Scholarship (\$936); Scott Webb, John W. Larson/Delta Theta Phi Scholarship (\$750); Watertown — Patrick Burns, Bangs, McCullen, Butler, Foye & Simmons (Rapid City) Scholarship (\$6,335); Nicholas Peterson, Delta Theta Phi (\$250); Yankton — Christopher Dabney, Thomas Sterling Scholarship (\$862), Alan Bogue Memorial Law Awards & Scholarship (\$1,750), Horace R. & Dorothy L. Jackson Award (\$885) and Woods, Fuller, Shultz, & Smith P.C. Scholarship (\$1,500); Terra Fisher, Roy E. Willy-Law Scholarship (\$2,386) and Kenneth E. Raschke Memorial Scholarship (St. Louis Park, Minn.) (\$779); Nick Moser, Alan L. Austin (Glenwood Springs, Colo.) Scholarship (\$299), Woods, Fuller, Shultz, & Smith P.C. Scholarship (\$1,500) and Law School Annual Unrestricted Current Fund (\$75)

- Virginia: Draper — Britany Cook, Harry & Marie Siver Scholarship (\$2,118)

- Wyoming: Torrington — Matthew Templar, J. Timon Burke Memorial Scholarship (\$56), Stanley E. Siegel (Plymouth, Minn.) Memorial Scholarship (\$166) and Philo I. Hall (Aberdeen, S.D.) Scholarship (\$70)

BIRTHDAYS

IRENE LUIKENS

Irene Luikens will celebrate her 80th birthday with an Open House on Saturday, Nov. 30, from 2-4 p.m. at the Menno Legion Hall in Menno. Please, no gifts.



Luikens

DECK THE HALLS
BUY THREE ORNAMENTS GET ONE FREE

SHOP & WIN

LilyCrest
DOWNTOWN YANKTON

GOT NEWS?
Call The P&D
At 665-7811

After 9 years we say goodbye to
Jane Kruse
Happy Retirement Jane!
Please join us for a Retirement Open House,
Friday, November 29
for hot cider and cookies.

ROGER'S FAMILY PHARMACY
"A tradition of trust"
218 West 4th Street • Yankton, SD 57078
(605) 665-8042

HAPPY THANKSGIVING
from... **piet piper flowers**
teleflora.
Rustic Charm
\$44.95
Autumn Glow Centerpiece..... \$34.95
Turkey Time Centerpiece..... \$19.95
WE DELIVER! We deliver within a 25 mile radius of Yankton!
665.7700
Ask how to get registered for a \$300 Christmas Shopping Spree!!
piet piper flowers
15th & Broadway, Yankton • www.pietpiperflowers.com