

## 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](mailto:news@yankton.net).

### MONDAY

**Line Dancing**, 9:30 a.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, 605-760-7082.  
**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  
**Daily Reprieve**, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

### SECOND MONDAY

**Yankton Diabetes Support Group**, 1 p.m., Benedictine Center, ASHH, 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  
**Quilting**, 10 a.m.-3 p.m., The Center, 605-665-4685  
**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.  
**Explore the Bible**, 10:30 a.m., The Center, 605-665-4685  
**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.)

### WEDNESDAY

**Line Dancing**, 9:30 a.m., The Center, 605-665-4685  
**Nurse**, 10 a.m.-noon, 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  
**Meditation Sessions**, Christ Episcopal Church (Olde Rectory), 513 Douglas, Yankton, 7-8:30 p.m., 665-3344 or 665-2456.  
**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  
**Quilting**, 9:30 a.m.-3 p.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

### BIRTHDAYS

#### KENNETH HAGEN

Kenneth "Ken" Hagen of Yankton will celebrate his 90th birthday on Nov. 13. The family requests a card shower. Greetings may be sent to 2015 Green St., Apt. 116, Yankton, SD, 57078.

#### BETTY ULMER

The family of Betty (Stern) Ulmer requests a card shower as she celebrates her 85th birthday on Nov. 11. Greetings can be sent to her at PO Box 464, Menno, SD 57045.



Hagen



Ulmer

#### JOHN EBBESEN

John Ebbesen of Viborg will be celebrating his 98th birthday on Nov. 16, 2014, with an open house from 2-4 p.m. at Viborg Community Center in Viborg. Please stop by for a cup of coffee and conversation with John. Friends and relatives are invited to attend and gifts are not requested. There will be a card shower. The address is 302 Evergreen Dr. Viborg, S.D. 57070.



Ebbesen

[www.yankton.net](http://www.yankton.net)

## Thanksgiving Day Deadlines

The Yankton Daily Press & Dakotan will be closed Thursday, November 27, for the Thanksgiving holiday.

The following deadlines will apply:

Friday, November 28 newspaper – Monday, November 24, 5 p.m.

Out On The Town – Wednesday, November 26, 5 p.m.

Saturday, November 29 and Monday, December 1 newspapers – Tuesday, November 25, 5 p.m.

Tuesday, December 2 newspaper – Wednesday, November 26, 3 p.m.

There will be no newspaper on Thursday, November 27 2014.

YANKTON DAILY  
PRESS&DAKOTAN

# Medical Breakthroughs That Will Improve The Lives Of Millions

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

Distributed by King Features Syndicate, Inc.

From bionic eyes to robotic legs, an avalanche of recent innovations in medical gadgetry is improving life for millions of North Americans of all ages. We wanted to tell you about four exciting breakthroughs that are making the world a better place.

### THE BIONIC RETINA

For more than 100,000 Americans and 1.5 million people around the world, the inherited eye disease retinitis pigmentosa (RP) slowly destroys light-sensitive cells in the retina of the eye. Side vision and night vision are the first to go, followed by dimming of forward vision and the loss of the ability to see colors. Total blindness is rare, but vision may be so compromised that it becomes difficult to handle everyday tasks. An Food and Drug Administration-approved bionic retina restores enough vision to allow a person with RP to function much more independently.

The device works by sending signals from a wearable video unit to electrodes implanted in the eyes. Studies show that it can help people with RP walk alone on sidewalks, read large-print books and even match socks!

**The future:** Now, researchers are testing the bionic eye in people with age-related macular degeneration, a leading cause of blindness that affects millions of people after age 50.

### NERVE STIMULATOR FOR MIGRAINES AND CLUSTER HEADACHES

Ten million Americans (mostly women) suffer from migraine headaches; they account for 113 million lost workdays annually. Another 1.3 million or so (mostly men) have cluster headaches, which can cause pain so severe that they're dubbed "suicide



### OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

headaches." Although medications and lifestyle changes help control migraines and sometimes cluster headaches respond to inhaling pure oxygen, an experimental, patient-controlled device holds the promise of stopping these big headaches in their tracks. The device, smaller than an almond, is implanted in the upper gum. It's remote-controlled by a device similar to a smartphone and stimulates facial nerves called the sphenopalatine ganglion. It's been shown to control even the most severe pain.

**The future:** Researchers at Ohio State University have started testing neurostimulation for cluster headaches. Tests for people with migraines are expected to start soon in the U.S. To see if there's a clinical trial you can join, look at [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

### WEARABLE ROBOTIC DEVICES

As many as 1 million Americans have lost a hand, foot, arm or leg to amputation; by 2050, the number is estimated to hit 4 million. Diabetes, war and traffic accidents are common causes. Now, scientists are using space-age plastics and carbon fiber composites to create stronger, lighter and more durable artificial limbs that replicate natural motion. These high-tech com-

puterized prosthetic devices sport microprocessors and computer chips that let users move bionic limbs more freely, walk as quickly as people with intact limbs, and even play competitive sports. Bionic lower-leg systems are available from some prosthetics providers, although they are still not in general use.

**The future:** An astounding new robotic suit for people with more severe disabilities was introduced recently. It supports the body from ankles to torso while moving the user's legs, so that people once confined to a wheelchair can walk again. "It feels great," one early user told the media. "It's a feeling you forget when you're in a chair for so long. It's very exciting."

### A CAMERA IN A PILL

Finding the cause of hidden bleeding in a child's digestive system is one of the biggest challenges for digestive-disease experts. Too often, invasive, exploratory surgery has been the only option when other tests fail. Now, doctors are turning to a high-tech camera in a capsule to get incredibly clear pictures of a child's small intestine, an area that's been difficult to thoroughly examine. Used in adults for more than a decade, wireless PillCams are becoming standard for children as young as 4 years old.

**The future:** Now, Japanese researchers have developed a propelled model called Mermaid that doctors can control remotely to get a better look.

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

© 2014 MICHAEL ROIZEN, M.D.  
AND MEHMET OZ, M.D.

## Wells Fargo Donation



KELLY HERTZ/P&D

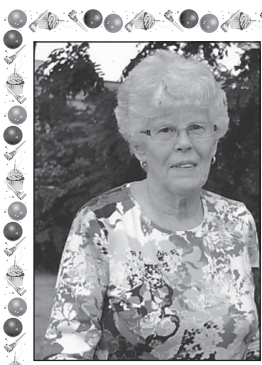
Wells Fargo Banks of Yankton recently donated \$15,000 to Habitat of Humanity of Yankton County. The money was raised by Wells Fargo while working on building the Habitat home at 903 Pearl St. in Yankton. Pictured are, front from left: Wells Fargo employees Stephanie Anderson, Alicia Thunker and Shawna Hatch; Julie Dykstra of Habitat for Humanity; Melissa Pavlish, a Wells Fargo employee and Habitat board member; and Wells Fargo employee Sara Nelson; back row: Rita Mueller, Bryan Gotch and Ian Powell. Not pictured: Jon Hass, Kelly Nielson, Matt Fidele, Rhonda VanKekerix and Jason Long.

### MMC Theatre Opens Season With Comedy

Mount Marty College Theatre will open the 2014-2015 season with the 2008 Tony award-winning farce, "Boeing Boeing," by Marc Camoletti, running Thursday through Sunday, Nov. 13-16, in Marian Auditorium on the Yankton campus.

Originally produced on Broadway in 1965, "Boeing Boeing" tells the story of playboy architect, Bernard, who juggles three fiancés, all flight attendants, with careful planning and the reluctant assistance of his housekeeper. However, weather delays and the invention of a faster Boeing jet sends his elaborate love life into chaos.

Held in conjunction with the college's Family Weekend activities, performances will run Thursday through Saturday at 7:30 p.m. and a 2:30 p.m. matinee on Sunday. Seats may be reserved by calling the box office, located in the Roncalli Student Center, at 668-1234 between noon and 5 p.m. Monday through Friday.



### HAPPY BIRTHDAY, MOM!

Lois Eli of Yankton, SD, will celebrate her 70th birthday on Monday, November 10th, 2014. Greetings may be sent to 505 Sawgrass Street, Yankton, SD, 57078. Love, Your Girls!

## 50th Anniversary Celebration



### Mr. and Mrs. Hakl

Mr. and Mrs. Roger and Carol Hakl of Yankton, SD, will celebrate their 50th wedding anniversary on November 16, 2014, with an open house from 2 p.m. to 4 p.m. at Trinity Lutheran Church in Yankton, SD. Friends and relatives are invited to attend.

Carol (Jerke) and Roger Hakl were married on November 15, 1964, at Emmanuel Lutheran Church in Kaylor, SD.

They have three children: Kevin (Kathy) Hakl of Yankton, SD; Brian (Tamara) Hakl of Yankton, SD; and Lori (Mark Spencer) Johannsen of Yankton, SD.

The couple has five grandchildren: Brandon, Brooklyn, Breanna, Lexi and McKenzie.

Their family requests a card shower. Greetings may be sent to 2500 Douglas Ave., Apt. 2, Yankton, SD, 57078. The couple requests no gifts.

### BIRTHS

#### JAYCE WHARTON

Matthew and Jessica Wharton of Tabor announce the birth of their son, Jayce Alan Wharton, on Oct. 15, 2014. He weighed 6 pounds, 8 ounces and was 20 inches long. Grandparents are Bret and Linda Spencer of Fordyce, Neb., and Michelle and Beau Paulson of Yankton. Great-grandparents are Marcy and Delbert Spencer of Huron, Ruth and Marvin Kelley of Huron, Virginia Kayser of Alexandria and Mike and Maureen Johnson of Tyndall.

#### STELAH GIRARD

Brian and Paula Girard of Yankton announce the birth of their daughter, Stelah Brianna Girard, born Oct. 22, 2014, at 4:16 p.m. She weighed 9 pounds, 7 1/2 ounces and was 20 3/4 inches long. She joins siblings Olivia (10), Madison (8), Ava (5) and Janessa (23 months). Grandparents are Roger and Karen Girard of Yankton, and Bob and Mary Jo Bruening of Yankton.

## Phone and Internet Discounts Available to CenturyLink Customers

The South Dakota Public Utilities Commission designated CenturyLink as an Eligible Telecommunications Carrier within its service area for universal service purposes. CenturyLink's basic local service rates for residential voice lines are \$21.25 per month and business services are \$32.00-\$38.40 per month. Specific rates will be provided upon request.

CenturyLink participates in a government benefit program (Lifeline) to make residential telephone service more affordable to eligible low-income individuals and families. Eligible customers are those that meet eligibility standards as defined by the FCC and state commissions. Residents who live on federally recognized Tribal Lands may qualify for additional Tribal benefits if they participate in certain additional federal eligibility programs. The Lifeline discount is available for only one telephone per household, which can be either a wireline or wireless telephone. A household is defined for the purposes of the Lifeline program as any individual or group of individuals who live together at the same address and share income and expenses. Lifeline service is not transferable, and only eligible consumers may enroll in the program. Consumers who willfully make false statements in order to obtain Lifeline telephone service can be punished by fine or imprisonment and can be barred from the program.

Lifeline eligible subscribers may also qualify for reliable home high-speed Internet service up to 1.5 Mbps for \$9.95\* per month for the first 12 months of service. Please call 1-866-541-3330 or visit [centurylink.com/internetbasics](http://centurylink.com/internetbasics) for more information.

If you live in a CenturyLink service area, please call 1-888-833-9522 or visit [centurylink.com/lifeline](http://centurylink.com/lifeline) with questions or to request an application for the Lifeline program.



\*CenturyLink® Internet Basics Program – Residential customers only who qualify based on meeting income level or program participation eligibility requirements, and requires remaining eligible for the entire offer period. First bill will include charges for the first full month of service billed in advance, prorated charges for service from the date of installation to bill date, and one-time charges and fees described above. Qualifying customers may keep this program for a maximum of 60 months after service activation provided customer still qualifies during that time. Listed High-Speed Internet rate of \$9.95/mo. applies for first 12 months of service (after which the rate reverts to \$14.95/mo. for the next 48 months of service), and requires a 12-month term agreement. Customer must either lease a modem/router from CenturyLink for an additional monthly charge or independently purchase a modem/router, and a one-time High-Speed Internet activation fee applies. A one-time professional installation charge (if selected by customer) and a one-time shipping and handling fee applies to customer's modem/router. **General** – Services not available everywhere. Customer must not have subscribed to CenturyLink Internet service within the last 90 days and cannot be a current CenturyLink customer. CenturyLink may change or cancel services or substitute similar services at its sole discretion without notice. Offer, plans, and stated rates are subject to change and may vary by service area. Deposit may be required. Additional restrictions apply. **Terms and Conditions** – All products and services listed are governed by tariffs, terms of service, or terms and conditions posted at [centurylink.com](http://centurylink.com). **Taxes, Fees, and Surcharges** – Applicable taxes, fees, and surcharges include a carrier Universal Service charge, carrier cost recovery surcharges, state and local fees that vary by area and certain in-state surcharges. Cost recovery fees are not taxes or government-required charges for use. Taxes, fees, and surcharges apply based on standard monthly, not promotional, rates. © 2014 CenturyLink. All Rights Reserved.

OUR CLASSIFIEDS WORK FOR YOU!  
CALL THE P&D AT (605) 665-7811