

## 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.

### 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  
**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

### 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  
**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. (Sessions will not be held Nov. 26, Dec. 24 and Dec. 31.)  
**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  
**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

### THIRD THURSDAY

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

### MILITARY

#### GARRET GIBBS

Army Spc. Garret M. Gibbs has graduated from Basic Combat Training at Fort Benning, Georgia. During the nine-week training period, the trainee received instruction in drill and ceremony, weapons, rifle marksmanship and bayonet training, chemical warfare, field training and tactical exercises, armed and unarmed combat, military courtesy,

military justice, physical fitness, first aid, and Army history, traditions and core values.

Gibbs is the son of Mike and Patty Gibbs of Sioux City, Iowa.

He graduated in 2007 from West High School in Sioux City, and he earned a bachelor's degree in 2013 from the University of South Dakota, Vermillion.

# Life-Changing Inventions

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

King Features Syndicate, Inc.

This is a time of incredible progress in medical science's understanding of how to diagnose and treat a wide range of conditions. Here are our top four life-changing medical innovations that could revolutionize health care in 2015 — they earned spots on the Cleveland Clinic's ninth annual list of Top 10 Medical Innovations.

### THE STROKE AMBULANCE

Getting to the emergency room fast after a stroke is critically important because that's where the treatment is ... or used to be, anyway. It's estimated that two million brain nerve cells die in each minute that passes without treatment after a "brain attack."

Life-changing technology: A high-tech ambulance used by some hospitals in Sweden and the United States can save your life and the quality of your life. Personnel on board include a paramedic, critical care nurse and scanning technologist so the ER comes straight to the stroke patient. A special portable computed tomography (CT) scanner takes brain images within two minutes. They're then sent via a 4G broadband video link to hospital neurologists and neuro-radiologists for analysis and diagnosis. If an ischemic stroke (blood clot) is detected, the stroke ambulance health care workers can administer a clot-busting drug, tissue-type plasminogen activator (t-PA). The sooner t-PA is given after a stroke, the more effective it is. With t-PA treatment arriving sooner, more stroke survivors are likely to retain or regain full function of their mind and body. The average time for t-PA administration in cities without mobile stroke care is 90 minutes; with these mobile centers, it's under 35 minutes. That's over 100 million brain cells saved, a lot of brain function preserved and disability avoided.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

### ONE-SHOT RADIATION FOR EARLY-STAGE BREAST CANCER

Deaths from breast cancer have dropped 20 percent in recent years thanks to early detection and treatments. This year, over 63,000 American women will be diagnosed with early-stage breast cancer.

Treatment for early-stage cancer may be a lumpectomy (removal of a portion of the affected breast) plus three to six weeks of radiation therapy, five days a week. Unfortunately, that long treatment schedule can be a hardship for women who live far from a cancer center. Many drop out because getting there is just too difficult.

Life-changing innovation: Now, one-dose intraoperative radiation therapy (IORT) could change all that. Delivered during surgery (after the cancer is removed), this treatment focuses radiation on surrounding tissue where risk of cancer's return is highest. It takes 30 minutes. Research shows it's just as effective as long-course radiation for blocking recurrence of early-stage breast cancer.

### A WIRELESS PACEMAKER

Pacemaker technology has barely changed since 1958, with a silver-dollar-sized pulse generator implanted below the collarbone sending signals via wires

called leads to the heart itself. Trouble is, leads can wear out.

Life-changing innovation: A tiny, wireless pacemaker (smaller than a AAA battery) is less than 10 percent the size of a conventional pacemaker and can be implanted directly in the heart. An electrode senses the heart's natural rhythm and adjusts electrical stimulation for healthy beats. A lithium battery powers the device for up to seven years, when a new one can be installed through a vein without invasive surgery. It was approved in Europe in 2013 and is awaiting Food and Drug Administration approval here; clinical trials are about to be completed.

### THE ONE-DROP BLOOD TEST

New blood-test procedures and testing technology allow docs to get info from a drop of blood drawn from your fingertip.

Life-changing innovation: Similar to the instant blood-sugar checks, this new technology can run 30 different tests from a single droplet of blood, at a price that's a fraction of what a lab may now charge. The tests are currently offered at a few Walgreens drugstores and health centers in California and Arizona. Services are set to expand soon.

Other innovations that earned spots on the Cleveland Clinic's Top 10 Medical Innovations list include a dengue fever vaccine, new cholesterol and heart-failure drugs and better treatments for advanced cancers.

*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).*

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and Mehmet Oz, M.D.

## Ingathering Of Quilts and Missions For Lutheran World Relief A Success

The Women of the ELCA Southeast Conference held their Ingathering of Quilts & Missions for Lutheran World Relief on Saturday, Oct. 4, 2014, at Calvary Lutheran in Irene. A semi-trailer was provided courtesy of Charlie Larsen/Aune Trucking to transport the supplies to Minneapolis.

Pastor Mark Ostrem and his confirmation students provided the labor to load the truck. Coffee and goodies were provided by Mission Co-Chairmen, Donna Henriksen and Amanda Rye.

Nineteen churches in the SE corner of South Dakota brought their Missions to Calvary that day and the truck was loaded with: 1,193 quilts, 10 blankets, 202 Personal Care Kits, 312 School Kits, 30 Fabric Kits, 144 Baby Care Kits and 57 lbs. of soap. Churches participating were: Nathanael of Alcester; Emmanuel & Roseni of Beresford; Scandia of Centerville; Brule Creek, Immanuel, & St. Paul's of Elk Point; Gayville of Gayville; Hudson and Trinity



SUBMITTED PHOTO

of Hudson; Calvary and Our Redeemer of Irene; Vangen of Mission Hill; Dalesburg, Pleasant Valley, & Trinity of Vermillion; Faith United of Volin; First Lutheran of Wakonda and Trinity of Yankton.

Today and every day,

Lutheran World Relief Quilts and Kits give families throughout the world a helping hand, a sign of comfort and hope for the future. Thank you to all who donated to this very needed and worthwhile cause!

### BIRTHS

#### EMMITT KOCH

Nathan and Katie Koch of Hartington, Nebraska, announce the birth of their son, Emmitt Anthony Koch, born September 24, 2014 at 11:43 a.m. He weighed 9 pounds, 11 ounces and was 21 1/2 inches long.

Grandparents are Mick and Tami Wiepen of St. Helena, Nebraska; and Lori Koch and Paul Koch of Hartington, Nebraska.

Great-grandparents are Keith and Louise Neuhallen of St. Helena; Joyce Wiepen of St. Helena; Bill and Dolores Sorenson of Newcastle, Nebraska; and Rita Koch of Hartington.

#### LOLA KESSLER

Rob and Laura Kessler of Viborg announce the birth of their daughter, Lola Kaye, born November 5, 2014 at Sanford Hospital in Sioux Falls. She weighed 5 pounds, 11 ounces and was 20 inches long.

She joins siblings Tate, Ella, Jack and Lachlan.

Grandparents are Kenny and Susie Kessler of Viborg and Bob and Marilyn Lynstad of Volin.

Great-grandparents are Colleen Slagle of Yankton and Dorothy Heine of Hartington, Nebraska.

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### BIRTHDAYS

#### CLEMENT FEJFAR

Clem Fejfar will be celebrating his 95 birthday on Sunday, Nov. 23. His family would like to give him a card shower. Help him celebrate by sending greetings to: 234 W. Yankton Street, Tabor, SD 57063-2036 or call him at 605-463-2257. The Fejfar family thanks you.

#### ALLEN I. HANSON

Happy 80th Birthday to Allen I. Hanson on Nov. 28, 2014. Please send birthday greetings to: Allen I. Hanson, 44761 301st Street, Volin, SD 57072.

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