

# 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  
**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.

## FOURTH MONDAY

**NARFE (National Active and Retired Federal Employees Association) Chapter 1053**, 10 a.m. at The Center, 900 Whiting Drive. (2014: Meetings in April, August and November.)

## 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

## 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  
**SHINE**, 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

## FRIDAY

**Line Dancing**, 9:30 a.m., 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 meeting, 1019 W 9th Street.  
**Bridge**, 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  
**Vermillion Alcoholics Anonymous**, 8 p.m., non-smoking closed session, 16 1/2 Court St. Vermillion  
**Porchlight**, 8 p.m., non-smoking closed session, United Church of Christ, 210 W 5th Street

## Turkey Drive To Help Bring Thousands Of Holiday Meals

SIoux FALLS — It's hard to imagine a family gathering over the holidays without a turkey in the center of the table. But for many families this year, the turkey — and everything that goes with the traditional meal — may be missing from the table altogether. With help from the community, Feeding South Dakota can ensure that those who are hungry do not go without this holiday season.

Nov. 5 kicked off the fourth annual Statewide Turkey Drive for Feeding South Dakota. The organization hopes to bring in enough donations to provide 2,000 turkeys across the state. In addition to turkeys, in eastern South Dakota, Feeding South Dakota is also gathering donations of boxed mashed potatoes, gravy mixes,

canned vegetables, and peas to create a traditional meal for families in need.

Feeding South Dakota will be accepting donations through Nov. 26. Turkeys will be collected at all three food bank sites across the state: Sioux Falls, Pierre, and Rapid City as well as the Sioux Falls Food Pantry. Thanksgiving meal fixings will be collected in Sioux Falls at the food bank and at the pantry.

To contribute as an individual, family, with friends, or as a workplace, supporters can donate to the food drive online or purchase and deliver turkeys and ingredients to make traditional holiday side dishes, such as stuffing, green bean casserole, or pumpkin pie. Every donation will make a traditional meal possible for a hungry child, senior, and family in need.

# Why We're In Favor Of Labeling GM Foods

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

In a new survey, 72 percent of Americans said that avoiding genetically modified food is important to them. But that's not easy! An estimated 60 percent to 80 percent of packaged foods in your supermarket contain ingredients derived from genetically modified crops. That's because 90 percent of all feed corn, 93 percent of soybeans and 95 percent of sugar beets are genetically modified. These foods are mostly turned into ingredients like high fructose corn syrup from GM corn, sugar from GM beets, and oil from GM canola, cotton and soybeans. It's then tucked into processed, packaged foods. An eye-opening new study of 80 edibles labeled "natural" — including breakfast cereals, chips and infant formula — indicated that every one of them had a GM ingredient, usually corn or soy.

We believe you deserve to know as much as possible about the food you put on your plate and feed your families. That's why we're in favor of labeling GM foods. Some 61 countries around the world, including most of Europe, do ... but not the United States or Canada.

We say bravo to lawmakers who are introducing GM labeling bills in 20 states this year. Before the November elections, Connecticut, Vermont and Maine already had label laws waiting to be activated: Vermont's is set to go into effect in 2016. GM labels will appear in the other two states when neighboring states sign on, too.

We're not fear-mongering. We eat GM foods every day — without fear. So far, science says GM foods are not harmful to our health. The best evidence: In a definitive 2013 review of 1,763 genetically modified organism

studies, Italian researchers found "no scientific evidence of toxic or allergenic effects." And more than 130 research projects funded by the independent European Commission (not by pro-GM forces) concluded that GM foods pose no unique health threats. Meanwhile, a brand-new University of California, Davis, study of 100 billion farm animals found no differences in their health before 1996 (when feed was all non-GMO) and today (when most is). But if all GM foods were labeled, it would be easier to spot future problems and to provide future proof of safety. So here's our hype-free update on three things you should know about the GM food controversy:

We're concerned about the environmental impact. GM crops have triggered the rise of superweeds that are resistant to weed-killers used on GM cotton, soybeans and corn. Washington State University scientists warn that as a result, weed-killer use has risen 25 percent annually in recent years. In some parts of the Midwest, a major corn pest called the Western corn rootworm is developing resistance to the insecticides engineered into GM corn, so growers are spraying more.

We don't want you to fall for anti-

GMO hype about health dangers. The Internet's jam-packed with scary, misleading untruths about GM food. Case in point: The claim that they boost cancer risk. Turns out that claim was based on a study in rats, and it was retracted in 2013 (for weak evidence) by the journal that originally published it. And what about the Internet warning that GM foods trigger gluten intolerance? It's been dismissed by experts at the Celiac Disease Foundation.

You can avoid GM ingredients, if you know where to look on the label. Don't rely on the word "natural"! Do look for foods labeled organic. They're free of GM ingredients and synthetic pesticides. Or look for foods with the non-profit Non-GMO Project's "verified" seal. It's a sign that a food maker has gone through the group's voluntary certification process used on foods in the United States and Canada. The Environmental Working Group's Shoppers Guide is available at [www.ewg.org/research/shoppers-guide-to-avoiding-geo-food](http://www.ewg.org/research/shoppers-guide-to-avoiding-geo-food). And remember: With the exception of most papaya, a few varieties of zucchini, and a tiny percentage of sweet corn, fresh fruits and vegetables are non-GMO. Filling your plate with organic or well-washed nonorganic fresh produce — a great eating strategy for good health — is a good way to sidestep many GM ingredients. So eat your fill, without fear.

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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## AAA: More Than 46M To Celebrate Thanksgiving With A Holiday Getaway

OMAHA, Neb. — AAA Travel projects 46.3 million Americans will journey 50 miles or more from home during the Thanksgiving weekend, the highest volume for the holiday since 2007 and a 4.2 percent increase over 2013. Almost 90 percent of travelers (41.3 million) will celebrate the holiday with a road trip and likely will enjoy the lowest Thanksgiving gas prices in five years.

The Thanksgiving holiday travel period is defined as Wednesday, Nov. 26, through Sunday, Nov. 30.

Travelers will encounter moderately higher prices with airfares 1 percent higher, mid-range hotels up 8 percent and car rentals costing 10 percent more.

The average distance traveled this Thanksgiving will be 549 miles roundtrip and Americans will spend an average of \$573 during the holiday weekend.

The national price of gasoline has fallen below \$3 per gallon for the first time since Dec. 22, 2010, a welcome gift for travelers as they head into the busy holiday travel season. AAA predicts most U.S. travelers likely will pay the cheapest Thanksgiving gas prices in five years. More than 89 percent (41.3 million) will travel by automobile, a 4.3 percent increase from 39.6 million last year.

Air travel for Thanksgiving is expected to be at the highest level



PHOTO: METRO GRAPHICS

since 2007, with 3.55 million Americans taking to the skies.

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## USD

## Professor And Researcher Earns National Honor

VERMILLION — Stacy Smallfield, DrOT, MSOT, OTR/L, Associate Professor and Associate Academic Program Director of the Department of Occupational Therapy at the University of South Dakota, is a recipient of the Roster of Fellows Award, presented annually by the American Occupational Therapy Association (AOTA).

Award winners are identified for their knowledge and expertise, and for making a significant contribution to continuing education and professional development within the field of occupational therapy. Dr. Smallfield will be presented with the award at AOTA's annual conference in Nashville, Tennessee. She is being specifically recognized for her leadership in areas related to gerontology and evidence-based practice.

"This national award recognizes Dr. Smallfield's expertise in a number of important areas of occupational therapy, including older adults with low vision, home modifications and social participation through technology," said Dr. Michael Lawler, Dean of the School of Health Sciences at the University of South Dakota. "We are very proud of her accomplishments as a researcher, teacher and practitioner."

The Occupational Therapy Department is one of nine departments in the School of Health Sciences at the University of South Dakota.



Smallfield

## Voting For Children's Book Awards Open

Voting opens Nov. 1 for the Prairie Bud and Prairie Pasque Children's Book Awards, sponsored by the South Dakota Library Association. Voting is now easier than ever before. All South Dakota students in grades K-2 can cast votes for the Prairie Bud Award, and students in grades 3-5 can vote for the Prairie Pasque. Voting closes March 31, 2015. Winning books will be announced in April during Na-

tional Library Week.

South Dakota educators select nominees, which include literary and informational texts. Learn more about the nominees at <http://library.sd.gov/LIB/CYS/prairieawards/>. The award website also includes valuable resources for librarians, teachers and parents.

Students can vote online for any nominated books they have read or that have been

read to them. Parents, teachers and librarians can also submit votes on behalf of students. Click [https://docs.google.com/forms/d/1WNNMJ7t\\_wbQgOACuDb-nhLMhzRFd2WjyHVxpi2h\\_wbEa0/viewform](https://docs.google.com/forms/d/1WNNMJ7t_wbQgOACuDb-nhLMhzRFd2WjyHVxpi2h_wbEa0/viewform) for the Prairie Bud ballot. Click [https://docs.google.com/forms/d/1eNqb3g0-AHMfi6SWc8c0\\_XoKc6-tryg3m9MW05grGM/viewform](https://docs.google.com/forms/d/1eNqb3g0-AHMfi6SWc8c0_XoKc6-tryg3m9MW05grGM/viewform) for the Prairie Pasque ballot.

## BIRTHDAYS

### IRENE HAUGER

Irene DeLores Hauger is 84 tomorrow, Nov. 25. Please send greetings to her new address 2109 W. 11th St. #123, Yankton, SD 57078 or call 260-0250.



Hauger

### ERNA JUNGCLAUS

Erna Amanda (Krause) Jungclaus, who was born on Thanksgiving Day 1924, will turn 90 on Thanksgiving Day 2014. An open house will be held in her honor on Friday, Nov. 28, at the Sunrise Apartments Dining Room, 2015 Green St., Yankton. The event, which runs from 2-4 p.m., will be hosted by her children. Greetings may be sent to 2015 Green St., Apt. 109, Yankton, SD 57078.



Jungclaus

### MAGDELINE 'MAGGIE' BAME

Magdeline "Maggie" Bame is celebrating her 90th Birthday. You are invited to an open house, in her honor, on Saturday, Nov. 29, 2-4 p.m. at the Tyndall Senior Citizens Center. For those unable to attend, greetings may be sent to: 300 W 16th Ave, Tyndall, SD 57066.



Bame

## BIRTHS

### ROOKE MUELLER

Tom and Joanna (Childs) Mueller of Crofton, Nebraska, announce the birth of their son, Rooke Clarence, born Oct. 28, 2014 at 3:27 p.m. weighing 9 pounds and measuring 22 inches long.



Mueller

Big brother, Brock (17), and big sister, Kalli (14), welcomed him home.

Grandparents are Angela and the late Clarence Mueller of Crofton, Nebraska; Marge

Heckenlaible and the late LeRoy Heckenlaible of Yankton, South Dakota; and Jerry Childs of Osage, Wyoming.

### MELANIE GALL

Brittney Poland and Dain Gall of Yankton announce the birth of their daughter, Melanie Rebecca, born Oct. 24, 2014. She weighed 7 pounds, 15 ounces and was 21 inches long.

Grandparents are Dawn Anderson of Vermillion, Brian Gall of Rapid City, Wade and Lori Poland of Middleville, Michigan, and Hope Whittemore of Middleville.

### TIEGEN THUNKER

Brian and Kristi Thunker of Sioux Falls announce the birth of a son, Tiegen Josian Thunker, who arrived Sept. 24, 2014, in Sioux Falls. he weighed 9 pounds.

He joins one sibling, Lillian Thunker, 2.

Grandparents are Dale and Terri Thunker, Yankton; and Jeanette and Randy Ofstad, Rapid City.

Great-grandparents are Jerry and Georgie Thunker, Crofton, Nebraska; Jerry and Jeanette Ofstad, Rapid City; and Earl and Vi Davis, Mitchell.

**New Midnight Paisley!**

Black and white paisleys pair with houndstooth checks for a new classic!

Featured: All in one Crossbody and Vera in Midnight Paisley

209 West 3rd  
 Yule Tide, Downtown  
 Yankton  
 668-0622

**KYNT**  
 AM 1450  
**MORNING COFFEE**  
**WEEKDAYS 7:40AM MONDAY THRU FRIDAY**  
 Yankton's Home Team!