

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
Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
Whist, 12:30 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Cribbage, 1 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.
English as a Second Language classes, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W. 11th St. Yankton
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Sweet Adelines, First United Methodist Church, 207 W. 11th, Yankton, Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

SECOND MONDAY

Yankton School Board, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Tri-State Old Iron Association, 7 p.m., JoDeans Restaurant, 605-665-9785.
Yankton Area Writers Club, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
NAMI, 7 p.m., Avera Professional Pavilion, Room No. 2, Yankton. 605-661-3043.

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Explore the Bible, 10:30 a.m., The Center, 605-665-4685
Weight Watchers, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Wii Bowling, 1 p.m., The Center, 605-665-4685
Citizenship Class for Chinese students, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Conversational English Class, 6:30-8 p.m., Southeast Job Link, 1200 W. 21st St.
AA, Alano Group, 7 p.m., step meeting, 1019 W. 9th St, Yankton.
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)

SECOND TUESDAY

Caregiver Dementia Support Group, 4 p.m., The Center, 900 Whiting Drive, Yankton.
VFW Auxiliary, 7:30 p.m., 209 Cedar Street

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
Whist, 12:30 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Rummikub, 1 p.m., The Center, 605-665-4685
Penny Bingo, 1 p.m., The Center, 605-665-4685
Chair Massage, 1:40-3:50 p.m., The Center, 605-665-4685
Citizenship Class for Chinese students, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W. 11th St. Yankton
AA, Alano Group, 7 p.m., discussion, 1019 W. 9th St, Yankton.

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
ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Love Addicts Anonymous, 7 p.m., for women, 120 West Third Street, Yankton. 605-760-5307.
AA, Alano Group, 8:30 p.m., speaker, 1019 W. 9th St, Yankton.
Weight Watchers, 5:30 p.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.
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
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut
English as a Second Language classes, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.

Oz And Roizen

Sports Concussions: What You Should Know

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

At last, sports-related concussions are getting the attention they deserve. From new National Football League rules to nationwide laws for young athletes, more is being done to shield players from the too-often-hidden ravages of brain injury. But don't let the new safeguards you see on Monday Night Football fool you: Athletes in the U.S. suffer up to 3.8 million head injuries each year. And kids, teens and young adults with still-developing brains are among the most frequently and severely injured. Here's what you need to know to help keep them safe:

No. 1: Concussions are more common than you think, and not just in football. In one year, 400,000 brain injuries happened to high-school athletes, and in a recent survey 20 percent of college athletes said they believed they'd had a concussion in the past year. Girls aren't exempt; they have 40 percent more concussions than boys in high-school soccer and 240 percent more in basketball! Concussions also are a risk in ice hockey, lacrosse, field hockey, water polo, synchronized swimming, cheerleading and gymnastics. Often, they happen at practice. University of Colorado researchers found that player contact caused 70 percent of boys' head injuries and about 50 percent of girls', while heading the ball caused 17 percent and 30 percent respectively.

No. 2: Young brains are especially vulnerable. Head injuries are dangerous at any age, but there's extra risk for kids' brains, which don't fully mature until they're in their 20s. Areas of the brain that are the last to fully develop are located at the front and sides – the same places where head injuries so often happen. Those areas include



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

regions of the prefrontal cortex and temporal lobes, involved in higher-level skills like problem-solving, making decisions and understanding other people. And the young brain itself is more fragile; cells are growing quickly and new connections are forming. In addition, a young player's neck muscles aren't fully developed and can't absorb an impact as well as an adult's.

No. 3: All concussions are serious, even if a player doesn't totally black out. A concussion is a traumatic brain injury that stretches, tears and damages brain cells and triggers chemical changes in the brain. Most athletes recover, but the process may take several weeks and must be taken seriously. A repeat concussion before full recovery boosts risk for brain swelling, permanent brain damage and even death. Signs of a concussion include confusion, looking dazed, memory problems, slowed speech, clumsy movements, personality changes and, sometimes, loss of consciousness (even for a few seconds).

No. 4: All 50 states have "Return to Play" rules, but they're far from perfect. The best laws include education for coaches, concussion information for

parents and young athletes, removal from the game for suspected head injuries and rules that require a doctor's clearance to return. But a recent Associated Press review found that many don't spell out which ages or grades are covered, nor require that community leagues comply.

No. 5: Injured brains need attention even if players resist. Educating athletes of all ages boosts their willingness to report symptoms, but parents and coaches need to watch carefully, too. One recent study reported that half of high-school football players said it was OK to play with concussion symptoms. Players who've had a blow to the head or head-jarring body contact should be removed from the game immediately and should receive medical evaluation before being allowed to play again.

No. 6: Rules to protect kids' heads and helmets can help. Limits on younger athletes that rule out brain-jarring activities like heading the ball in soccer and full-contact football practices reduce concussion risk. Properly fitting helmets also can help. You'll find football and ice hockey helmet ratings from Virginia Tech researchers at www.Beam.vt.edu; type "helmets" in the search field. But good headgear isn't 100 percent concussion-proof. It's also important for kids, teens and young-adult athletes to follow rules for safe play. Every good coach will teach that.

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.

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BIRTHS

DECLAN MACKEY

Evan and Alexandra Mackey of Yankton announce the birth of their son, Declan Charles-David Mackey, on Oct. 29, 2015. Declan weighs 8 pounds, 7 ounces and is 21 inches long.

Siblings are Willow Illa-Rose Mackey (4).

Grandparents are David Kahle of Yankton, Ella Hirocke of Gayville and Wancy Mackey and Denny Erlo both from Creighton, Nebraska.

Great-grandparents are deceased but they are Rosemary & Charles Kahle of Toledo, Ohio; Helen and Joseph Hirock of Vermillion; and Willard and Illa Mackey of Niobrara, Nebraska.

BOWEN JANISH

Mike Janish and Kayla Wiese of Yankton announce the birth of their first son, Bowen Michael Allen Janish, born on Oct. 27, 2015, at 1:26 p.m. weighing 7 pounds, 2 ounces and is 19 inches long.

Grandparents are Patty Janish of Yankton and Randy and Chellie Wiese of Madison.

Great-grandparents are Arnold and Barb Janish of Yankton and Monie and Marian Wiese of Madison.

ADDISYN FATHKE

Dan and Lindsey (Van Gerpen) Fathke of Avon announce the birth of their daughter, Addisyn Rae Fathke, born Sept. 8, 2015, in Yankton. Addisyn weighed 7 pounds, 12 ounces.

She joins her big brother Daxton, 2.

Grandparents are Doug and Darla Van Gerpen, Avon;

and Mel and Brenda Fathke, Avon.

Great-grandparents are Ed and Sharon Van Gerpen, Avon; Margaret Poppe, Avon; and Darrell and Elaine Odens, Avon.

Great-Great Grandmother is Bernice Heusinkveld, Hull, Iowa.

St. John's Bible Reception Nov. 13

A reception and gallery talk for the St. John's Bible exhibit at Mount Marty College in Yankton will be at 2-4 p.m. Nov. 13 at MMC's Bede Art gallery.

The gallery talk will feature Nancy Olive.

For more information, call (605) 668-1495 or email dept. arts@mtmc.edu/.

BIRTHDAYS

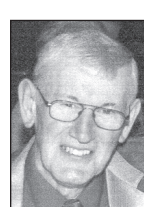
JOHN EBBESEN



Ebbesen

There will be an open house for John Ebbesen on his 99th birthday at the Viborg Community Center from 2-4 p.m. Nov. 15th, 2015. Come and celebrate with him.

DONALD SCHULTZ



Schultz

Donald Schultz of Yankton is celebrating his 80th birthday, and his family requests a card shower. Please send your greetings to: 2800 Broadway Ave., Apt. C, Yankton, SD 57078.

GLENDORA ZEITNER



Zeitner

An open house for Glendora Zeitner to celebrate her 86th Birthday will be held at 2-4 p.m. Sunday, Nov. 15, 2015, at First American Lutheran Church, Tripp. She requests no gifts.

www.yankton.net

Your News! The P&D



HOLIDAY GARBAGE & RECYCLING COLLECTION SCHEDULE

NO COLLECTION VETERAN'S DAY
Wednesday, November 11th

All Wednesday & Thursday routes will be picked up on Thursday, Nov. 12th.
 All other routes as scheduled.

TRANSFER STATION WILL BE CLOSED WEDNESDAY, NOV. 11th

PLEASE HAVE YOUR GARBAGE & RECYCLABLES PLACED BY 7 A.M.
 City offices will be closed Wed., Nov. 11th.



she Cares.

"All of a sudden there's a shift, and you become the caregiver."

Susan is a sister, grandmother, mother, wife, daughter and a caregiver for her mother. With the help of CAREgivers by Active Generations, she found a place her mom could be safe, healthy and happy. And that makes all the difference.

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