

## 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  
**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.

### FOURTH MONDAY

**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street

### 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)

### 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

THANKSGIVING HOLIDAY

### FRIDAY

**Alanon**, 8 p.m., open meeting for all newcomers, Riverview Reformed Church, 1700 Burleigh, Yankton.  
**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  
**Partnership Bridge**, 1:30 p.m., The Center, 605-665-4685  
**AA, Alano Group**, 7 p.m., Big Book Study, 1019 W. 9th St, Yankton.  
**Bingo**, 7-9 p.m., The Center, 605-665-4685 (open to the public)

### SATURDAY

**Yankton Toastmaster Club 1294**, 7:30 a.m., Fry'n Pan Restaurant. Open session; call 605-665-8448.  
**Yankton Alcoholics Anonymous**, 10 a.m., Women's meeting, non-smoking session, 1019 W. 9th Street.  
**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.  
**Weight Watchers**, 9 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.

### SUNDAY

**AA, Alano Group**, 7 p.m., discussion, 1019 W. 9th St, Yankton.

### BIRTHDAYS

#### MARY JANE BUSCHELMAN

An Open House Celebration honoring Mary Jane Buschelman's "Special Birthday" will take place Saturday, Nov. 28, from 2-4 p.m. at St. John the Baptist Parish Center, Fordyce, Nebraska. Your presence is gift enough.



Buschelman

#### DELORES HAUGER

Delores M. Hauger turns 84 (again) on Nov. 25. Please join us in celebrating this birthday with a card shower sent to 2109 W. 11th St., No. 18, Yankton, SD 57078.



Hauger

#### ROY VORACEK

Roy Voracek of Yankton will celebrate his 90th birthday on Saturday, Nov. 28, with an open house from 2-4 p.m. at St. John's Lutheran Church. The event will be hosted by his children and grandchildren. Friends and relatives are invited and gifts are not required. There will be a card shower and you can send those to PO Box 413, Yankton SD, 57078.



Voracek

## Grant Writing Workshop Set For Sioux City Nov. 30

SIoux CITY, Iowa — A grant writing workshop is scheduled to be presented in Sioux City Nov. 30 for representatives of nonprofits, local government and schools. Grant Writing 101, a workshop sponsored by ISU Extension and Outreach-Woodbury County in partnership with United Way of Siouxland and the Siouxland Chamber of Commerce as part of the Nonprofit Management Alliance, will provide hands-on training in seeking and writing successful grant applications. The workshop will be presented from 9 a.m.-12:15 p.m. Monday, Nov. 30, at the new Woodbury County Extension office, 4728 Southern Hills Drive, Sioux City. Registration is available

### BIRTHS

#### ARIELLA EVANS

Luke and Lyndsay (Economy) Evans of Yankton announce the birth of a daughter, Ariella Hope Evans, born Nov. 6, 2015, at Avera Sacred Heart Hospital in Yankton. She was born at 12:50 p.m.; she weighed 7 pounds, 4 ounces and was 19 inches long. She joins Hayley, age 9 1/2, and Adrianna age 2. Grandparents are Jon and Jeannine Economy of Yankton and Ron and Jeannine Evans of Yankton. Great-grandparents are Jerry and Donna Steckler of Yankton, and Rose Jueden of Yankton.

### Oz And Roizen

# Watermelon, Beets And Nitric Oxide: Not Just For Athletes

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

King Features Syndicate, Inc.

Olympic marathon runners and college football stars chug-a-lug beet juice for a performance boost. Headlines tout watermelon as "the miracle recovery fruit." These humble edibles are now international superstars with top billing in pricey juices, workout powders and even energy bars.

But do beets and watermelon live up to all the hype, and can you get the benefits without shelling out a small fortune for wallet-busting products? Here's what's in it for you.

#### SAY YES TO NO

These red foods work wonders by increasing levels of artery-relaxing nitric oxide in the body. Relaxed arteries mean increased blood flow, and that means better athletic (and don't forget sexual) performance. Some studies have suggested that watermelon juice and beet juice could give elite competitors an edge at the finish line. Watermelon is rich in citrulline, a compound converted into the amino acid arginine, a precursor to NO. Beets are packed with sodium nitrate, which is transformed by bacteria in your mouth into sodium nitrites that are then converted into NO.

Watermelon juice also can reduce post-workout muscle soreness. That can make exercise and everyday activity easier for couch potatoes, people with breathing problems such as COPD (chronic obstructive pulmonary disease) and heart failure, studies show. Other research shows that this important compound that keeps arteries flexible also reduces blood pressure. Bottom line: We've been talking up the benefits of NO for a long time. These fascinating studies drill down into



### OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

how one food can help you get or stay healthy. The big picture: We all need plenty of NO every day. Here's how to get it:

Load up on natural nitrates. Plenty of veggies and fruits pack a nitrate wallop. They belong on everyone's plate seven days a week. In fact, some researchers suspect that artery-relaxing nitrates are a big reason for the blood-pressure-lowering prowess of the DASH Diet — the famous, produce-packed eating plan proven to reduce hypertension naturally. While all produce has some nitrates, choosing the right ones can increase your daily intake almost ten-fold!

Top sources include beets (of course!), spinach, radishes, arugula, celery, watercress and plain old lettuce. Other nitrate-rich edibles include Chinese cabbage, fennel, leeks, turnips and endive, as well as broccoli, cucumbers, carrots, pumpkin and cauliflower, and herbs like dill and parsley. Bananas, pomegranate juice and oranges also are good choices.

Eat it raw. Cooking leaches some nitrates from veggies, so be sure to have a "super source" raw once in a while. That's as easy as tossing together a

spinach and arugula salad, grating beets and carrots for a colorful slaw or crunching celery sticks and radish slices dunked in yogurt dip (we like yogurt mixed with lemon juice, dill, garlic and a splash of olive oil for Mediterranean pizzazz).

Don't confuse fruit and vegetable nitrates with the nitrites in processed meats. Cured foods like hot dogs and bacon can be high in nitrites, cancer-causing compounds related to meat preservatives. These additives keep meat looking pink and discourage the growth of bacteria. Red meat and processed meats can threaten your heart and, in a recent warning from the World Health Organization, also boost cancer risk. So don't skip fruits and veggies, but do cut back or better yet, cut out all processed meats in your family's diet!

Haul out your blender. If you're curious about beet or watermelon smoothies, make your own. Most of us have a juicer, a blender, a food processor or all three, so pull one out (we like blenders or processors best, as they keep fiber in your juice) and get to work. Watermelon is easy, because it's mostly juice anyway. For a delicious beet elixir, try Dr. Oz's favorite red drink by blending together 1/2 cup of peeled, chopped beets; 1/2 cup diced red pepper; 2 cups watermelon cubes; 1 cup hulled strawberries (frozen works great); 1 cup cucumber chunks; 1/2 cup ice; plus grated fresh ginger and lime juice to taste.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Well-ness 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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# ASHH Earns 'Top Performer' Citation From The Commission

Avera Sacred Heart Hospital has been recognized as a 2014 Top Performer on Key Quality Measures® by The Joint Commission, the leading accreditor of health care organizations in the United States.

Avera Sacred Heart was recognized as part of The Joint Commission's 2015 annual report, "America's Hospitals: Improving Quality and Safety," for attaining and sustaining excellence in accountability measure performance for pneumonia, surgical care and immunization.

The Yankton facility is one of only two South Dakota hospitals to earn the recognition. Overall, it joins 1,043 hospitals out of more than 3,300 eligible hospitals

in the United States that achieved the 2014 Top Performer distinction.

"Patients at Avera Sacred Heart Hospital know that we aim to provide the highest quality and safety outcomes possible. It is a top priority within our organization to improve positive patient outcomes through evidence-based care processes," said Doug Ekeren, regional president and CEO of Avera Sacred Heart Hospital. "We are proud to be named a Top Performer, as it recognizes the knowledge, teamwork and dedication of our entire hospital staff."

The Top Performer program recognizes hospitals for improving performance on evidence-based interventions that increase the

chances of healthy outcomes for patients with certain conditions.

To be a 2014 Top Performer, hospitals had to meet three performance criteria based on 2014 accountability measure data, including:

- \* Achieve cumulative performance of 95 percent or above across all reported accountability measures;
- \* Achieve performance of 95 percent or above on each and every reported accountability measure with at least 30 denominator cases; and
- \* Have at least one core measure set that had a composite rate of 95 percent or above, and within that measure set, achieve a performance rate of 95 percent or above on all applicable individual accountability measures.

"Delivering the right treatment in the right way at the right time is a cornerstone of high-quality health care. I commend the efforts of Avera Sacred Heart Hospital for their excellent performance on the use of evidence-based interventions," said Mark R. Chassin, MD, FACP, MPP, MPH, president and CEO, The Joint Commission.

For more information about the Top Performer program, visit [www.joint-commission.org/accreditation/top\\_performers.aspx](http://www.joint-commission.org/accreditation/top_performers.aspx).

## Local News! The P&D



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