

# 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  
**Pinocle**, 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.

## 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.  
**Pinocle**, 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)

## FIRST TUESDAY

**Yankton County Commission**, 3:30 p.m., Yankton County Government Center, 3rd and Broadway.  
**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  
**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.  
**Pinocle**, 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.

# Nebraska's Natural Resources Commission Searching For Projects

LINCOLN, Neb. — The Water Sustainability Fund (WSF) is a new source of financial support for programs, projects or activities that can help the State of Nebraska achieve its goals for sustainable use of its water resources. The Nebraska Natural Resources Commission has adopted rules governing the operation of the WSF and applications for funding will be accepted from Dec. 16-30, 2015.

As stated in the enabling legislation, LB1098 (2014), cost-share funding will be available for approved programs, projects, and activities which:

- (a) increase aquifer recharge, reduce aquifer depletion, and increase streamflow;
- (b) remediate or mitigate threats to drinking water;
- (c) promote the goals and objectives of approved integrated management plans or ground water management plans;
- (d) contribute to multiple water supply management goals including flood control, reducing threats to property damage, agricultural uses, municipal and industrial uses, recreational benefits, wildlife habitat, conservation, and preservation of water resources;
- (e) assist municipalities

with the cost of constructing, upgrading, developing, and replacing sewer infrastructure facilities as part of a combined sewer overflow project;

(f) provide increased water productivity and enhance water quality;

(g) use the most cost-effective solutions available; and

(h) comply with interstate compacts, decrees, other state contracts and agreements and federal law. The rules specify eligibility criteria and the methodology used to score and rank applications.

Statutes, rules, applicant guidelines and a downloadable application form are available on the Nebraska Natural Resources Commission website at: <https://nrc.nebraska.gov/water-sustainability-fund-0>.

**YHS Choir Boosters Fundraiser**

**Christmas Cookie Walk**

**Tuesday, December 1st**

**YHS Commons**

Purchase cookies before and after the YHS Choir & Orchestra Holiday Concert.

**Cookie Sale Open 5:15-6:30pm & immediately following the 7pm concert. Raffle tickets available. Caroling by the Accapella Choir**

# Strong Bones, Without The Calcium Confusion

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

"That's life," crooned Frank Sinatra, "... riding high in April, shot down in May." And even though the song isn't about calcium, it could have been with all the crazy ups and downs that this bone-building mineral has suffered in the news lately.

In two recent studies, people who got an extra dose of calcium from food or pills didn't prevent fractures. Some media reports twisted the message, with headlines like "Calcium from Supplements or Dairy Doesn't Strengthen Bones." So we're going to give you the big picture on making sure you get enough calcium absorption and other smart steps to protect your bone health.

The two new studies that triggered the confusing headlines looked at 59 bone density studies involving 13,790 people over age 50 and at fractures in more than 45,000 people. Bumping up calcium intake increased bone density slightly in some and reduced breaks a little in others, but the researchers say the benefits were very small and boosted the risk for kidney stones for some.

That's bad news if you've been counting on calcium alone to make sure you're not among the one in four women and one in 20 men in North America with thinning bones. The truth is, bone and calcium are just part of the story. Calcium helps with blood pressure regulation, muscle function and the production of hormones; if you don't have enough on board, your body borrows from the 99 percent stored in your skeleton. But strong bones need more than one mineral to stay tough.



**OZ AND ROIZEN**

Dr. Mehmet Oz and Dr. Michael Roizen

Follow these five steps for all-round healthy bones, but don't cross dairy, dairy alternatives or supplements off your shopping list.

Add D. Aim for 1,000 IU daily of vitamin D-3, also known as cholecalciferol. It helps your body absorb and use calcium. Check your level, and make sure it's over 30. We aim for 50 to 80.

Don't overdo calcium supplements. Start by looking at how much you get from food daily; every dairy serving provides around 300 mg; fortified cereals and juices double that. Whole-grain bread (or bread alternatives) and green, leafy veggies (half-cup of cooked spinach) deliver 60-120 mg per serving, too. Most women get about 625 mg a day from food, men about 810 mg. Aim for: 1,000 mg a day (from food) for women under age 51 and men under age 71; 1,200 mg a day from food after that. Fill in up to 600 mg you're missing in your diet with a supplement. Don't overdo it. Too much won't help your bones and can raise kidney stone (and possibly prostate and breast cancer) risk.

Avoid bone-robbers. Smoking, an overload of sodium, too much alcohol, cola and even caffeinated coffee can

increase your risk for osteoporosis by robbing calcium from your body. Stick with one alcoholic drink a day for women, two for men. Say "no thanks" to soda, fast food, canned soup and jarred spaghetti sauce (read labels). Swedish scientists found that having four cups of coffee a day could increase risk for brittle-bone breaks by a whopping 20 percent. But adding 20 mg of calcium from food to your diet for each cup (say around a tablespoon of skim milk in a cuppa coffee) erases the risk.

Hit your protein target. Getting enough helps keep muscles and bones strong. Older adults need at least 20-25 grams at every meal. Get yours from nonfat Greek yogurt; 3 ounces of fish or skinless chicken breast; a cup of red, black or navy beans; or a fresh-ground peanut butter sandwich on whole-grain bread.

Stimulate bones with exercise. Like a never-ending highway repair project, cells inside your bones are constantly rebuilding the tough, microscopic structures that keep them strong. Good stress and weight-bearing exercises like walking or running up and down hills is great. So is strength-training. In a recent University of Missouri study in men, 60-120 minutes of weightlifting or jumping exercises per week improved bone density after six months. (We recommend 40 jumps per day!)

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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# South Dakota's Landscape Influenced USD Art Professor Who Created State's Ornaments For White House Tree



SUBMITTED PHOTO  
 South Dakota's ornament for the National Christmas Tree, designed by USD art professor Young Ae Kim.

VERMILLION — The National Park Foundation chose a University of South Dakota art professor to create South Dakota's ornaments for this year's National Christmas Tree display at the White House.

Young Ae Kim, an associate professor of graphic design at USD, used laser-cutting technology to create 12 identical paper sculpture ornaments. She said her inspiration was South Dakota's treasures, trees and vast open spaces. Kim grew up in Seoul, South Korea, with few natural surroundings, moved to South Dakota in 2008 and fell in love with the natural beauty of the state's ever-changing landscape. South Dakota's national parks include Mount Rushmore National Memorial, Badlands National Park, Jewel Cave National Monument, Wind Cave National Park, Minuteman Missile National Historic Site and Missouri National Recreational River.

"It is an honor to be selected because South Dakota has become a new and lovely experience from where I grew up," she said. "This project gave me the opportunity to share a part of my journey and design with everyone who sees it in Washington, D.C."

Kim joins local artists from each state, territory and the District of Columbia in designing ornaments for the National Christmas Tree. The designs were inspired by America's national parks and its programs that will pay tribute to the upcoming National Park Service's centennial in 2016. The 93rd annual National Christmas Tree Lighting will be Thursday, Dec. 3.

# MMC Celebrates Giving Tuesday Dec. 1

Mount Marty College will once again be participating in the national philanthropy movement known as Giving Tuesday. On Tuesday, December 1, Mount Marty College and other non-profits throughout the country will encourage citizens to give back to a cause near to their hearts. At Mount Marty College, the focus will be on donating to MMC student scholarships.

Giving Tuesday was started as an answer to the phenomenon created around Black Friday and Cyber Monday. On Thanksgiving, we give thanks. On Black Friday and Cyber Monday, we get great deals. Now, on Giving Tuesday, we have a chance to give back.

During Giving Tuesday 2014, Mount Marty College raised more than \$20,000 in one day for MMC annual scholarships. This year, in an attempt to exceed last year's

record numbers, Mount Marty students are sharing their reasons to give back to MMC scholarships through a social media campaign titled #30Days30Reasons.

To learn more about the

#30Days30Reasons campaign and to find out how you can be a part of this year's Giving Tuesday celebration, go to [www.mtmc.edu/givingtuesday](http://www.mtmc.edu/givingtuesday) or contact the MMC Office of Advancement at 605-668-1542.

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**605-665-5686**

Rick Merkel • Ben Merkel  
 Chris Merkel

**Calvary Kids Preschool**

**Now Registering for 2016-2017**

**Preschool Class 8:30-11:00 a.m.**

2 Days (Tu/Th)  
 3 Days (M/W/F)  
 5 Days (Monday-Friday)  
*age 3 or 4 by September 1, 2016*

**Jr. Kindergarten & Half-Day Kindergarten**

12:30-3:00p.m. Monday-Friday  
*JK age 4 / K age 5 by September 1, 2016*

**For more information, call 665-5594**

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**BIRTHDAYS**

**BOB PUDWILL**

The family of Robert (Bob) Pudwill is requesting a card shower in honor of his 80th birthday on Dec. 5.

A card may be sent to P.O. Box 304, Springfield, SD 57062.