

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, PO Box 56, Yankton, SD 57078, or email to news@yankton.net.

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange, noon, open meeting, Minerva's Bar and Grill, 605-660-8849.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinochle, 1 p.m., The Center, 605-665-4685
Whist, 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.

FIRST MONDAY

Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694
Heartland Humane Society Board Meeting, 6:30 p.m., 601 1/2 Burleigh
Yankton Parks Advisory Board Meeting, 5:30 p.m., RTEC, 1200 W. 21st Street

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456
Yankton Republican Party Executive Meeting, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605
Yankton School Board Meeting, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Yankton Area Writers Club, 7 p.m., Books & Beans, downtown Yankton, 605-664-6582
Tri-State Old Iron Association Meeting, 7 p.m., JoDeans Restaurant, 605-665-9785
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
YHS Booster Club Meeting, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

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, 5:30 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

FOURTH MONDAY

NARFE Chapter 1053, 10 a.m. at The Center, located at 900 Whiting Drive.

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
Ladies Pool, 10 a.m., The Center, 605-665-4685
Weight Watchers, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Yankton Alanon, noon, non-smoking session, 1019 W 9th Street
Nurse, 12:30-3:30 p.m., The Center, 605-665-4685
Open Cards, 12:45 p.m., The Center, 605-665-4685
NAMI (National Alliance on Mental Illness) Connections Support Group, 1:30-3:00 p.m. Enter main entrance on 3rd, of the former Sir Charles Hotel. Once inside take a right and enter the room which has the conference table in it. For further information or questions call 661-4434.
Bingo, 7-9 p.m., The Center, 605-665-4685
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

FIRST TUESDAY

Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut

SECOND TUESDAY

VFW Auxiliary, 7:30 p.m., 209 Cedar Street

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
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St.
Whist, 1 p.m., The Center, 605-665-4685
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

FIRST WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685

SECOND WEDNESDAY

Duplicate Bridge, 1 p.m., Partnership Bridge, 1 p.m., The Center, 605-665-4685

THIRD WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Ladies Pool, 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., October: Murdos, 605-665-5956

FRIDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685

VISITING HOURS

Important Facts On Breast Cancer

BY **DARLA GULLIKSON, OCN**
Avera Sacred Heart Cancer Center Director

The American Cancer Society (ACS) believes the probability of a woman developing cancer in her lifetime is a little more than 1 in 3. This makes breast cancer the second most common form of cancer diagnosed in women each year (skin cancer is first) and the second-leading cause of cancer deaths among women (lung cancer is first).

While these numbers present the stark reality that women are faced with each year, October's annual Breast Cancer Awareness Month aims to educate women and encourage them to detect problems earlier when they are still highly treatable. With advances in medicine, better education and improved technology, breast cancer death rates have declined significantly, especially among younger women, according to the ACS.

It has been proven that there is no tool more valuable for early detection of breast cancer than mammography. A mammogram is an x-ray photograph of the breasts. It is used to detect tumors, cysts and other abnormalities that may be present. It can also help differentiate between benign (non-cancerous) and malignant (cancerous) disease.

The National Cancer Institute recommends a baseline mammogram between the ages of 35 and 40, and then every one to two years ages 40 and over. Women with a family history of breast cancer should talk to their physician about mammogram screenings at an even younger age. Remember, family history includes not only the maternal side but also the paternal family history.

Generally, there is little to no health risk when having a mammogram performed. The level of radiation is very low.

By the age of 20, it is recommended that women have clinical breast exams performed by their physician every three years. During a clinical breast exam, your health care provider will assess for abnormalities on the breast. Although there is some recent controversy about the effectiveness of monthly self exams, it is still recommended that women conduct them by feeling and looking for abnormalities such as:

- Lump or swelling
- Nipple discharge other than breast milk
- Redness or scaliness of the nipple or breast skin

• Irritation or dimpling of the skin on the breast

• New retraction or pain of the nipple
As with most diseases, your risk of developing breast cancer increases with age and if you have a family history of the disease. Other risk factors include genetic risk factors, race (white women are slightly more likely to get breast cancer than any other race), use of birth control pills, hormone replacement therapy, not breastfeeding, alcohol use, diet and exercise. While all of these risk factors have been shown to demonstrate a slightly increased likelihood for the development of breast cancer, age and family history (including personal history), are the two most significant risk factors.

We have two wonderful programs in South Dakota and Nebraska to help ensure that women, who may not be able to afford a mammogram or have no medical insurance, are able to partake in the screenings. In South Dakota, the program is called "All Women Count" and in Nebraska it is called "Every Woman Matters." You can learn more about these organizations and pick up forms for assistance by visiting with your health care provider.

The best course of action is to talk openly with your health care provider about your risks and your concerns and learn more about the disease. You should also speak with your family members to learn more about your family history. Early detection is the key to surviving breast cancer, and a lump you may find on a self-exam may have easily been spotted much earlier with a clinical breast exam in combination with a mammogram.

Darla Gullikson, RN, is the Director of the Avera Sacred Heart Cancer Center.

On the Net:
www.avera.org
www.cancer.org
www.mayoclinic.com
www.health.yahoo.com

NATIONAL CANCER INSTITUTE

NCI appreciates the U.S. Preventive Services Task Force's careful review and analysis of the evidence regarding breast cancer screening for women at average risk. The take-away message is that each woman needs

to consider her individual benefits and risks and discuss them with her health care provider before making a decision on when to start screening mammography and how often to get one. The Task Force report concludes that screening mammography remains an important, effective tool for early detection of breast cancer. It also indicates, however, that the evidence of benefit might vary, according to age and individual risk factors.

NCI has had screening mammography recommendations for many years, and we need to evaluate them in light of the Task Force's recommendations - for all women, not only for those of average risk. It's too early for us to make any decisions right now. NCI's primary role as a biomedical research agency is to generate scientific knowledge that can be used by the Task Force and other organizations in their deliberations and recommendations. Today's report reflects the fact that more questions need to be answered, and that will be NCI's central focus going forward.

AMERICAN CANCER SOCIETY

Women age 40 and older should have a screening mammogram every year and should continue to do so for as long as they are in good health.

Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a periodic (regular) health exam by a health professional, at least every 3 years. After age 40, women should have a breast exam by a health professional every year.

BREAST SELF EXAM

Breast self exam (BSE) is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE. Women should report any breast changes to their health professional right away.

Women at high risk (greater than 20 percent lifetime risk) should get an MRI and a mammogram every year. Women at moderately increased risk (15 percent to 20 percent lifetime risk) should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram. Yearly MRI screening is not recommended for women whose lifetime risk of breast cancer is less than 15 percent.

MENUS

Menus listed below are for the week of Oct. 17-21. Menus are subject to change without notice. All meals are served with milk. YHS Combo Line meals are served with choice of milk or shake.

Yankton Elementary Schools

Monday — No School
Tuesday — Popcorn Chicken
Wednesday — Tavern
Thursday — Meat Balls
Friday — Chicken Noodle

Yankton Middle School

Monday — No School
Tuesday — Steak Sandwich
Wednesday — Turkey Tenders
Thursday — Taco Boat
Friday — Popcorn Chicken

Yankton H.S. 'A' Line

Monday — No School
Tuesday — Philly Cheese Sandwich
Wednesday — Turkey Tenders
Thursday — Nachos
Friday — Popcorn Chicken

Yankton H.S. Combo Line

Monday — No School
Tuesday — Round Pizza
Wednesday — Steak Sandwich
Thursday — Footlong
Friday — Ham and Cheese Croissant

Yankton H.S. Salad Bar

Monday — No School
Tuesday — Casserole

Wednesday — Baked Potato Bar
Thursday — Soup
Friday — Sandwich

Sacred Heart Schools

Monday — Sub Sandwich
Tuesday — Sweet-N-Sour Chicken
Wednesday — Tavern
Thursday — Taco In A Bag
Friday — Cheese Pizza

Missouri Valley Christian

Monday — Sub Sandwich
Tuesday — Sweet-N-Sour Chicken
Wednesday — Tavern
Thursday — Taco In A Bag
Friday — Cheese Pizza

The Center — Yankton

Monday — Beef Porcupine Meatballs
Tuesday — Salmon Loaf
Wednesday — BBQ Ribs (p.m. meal)
Thursday — Turkey
Friday — Spaghetti

Taber Senior Citizens Center

Monday — no meal
Tuesday — Roast Beef
Wednesday — Pizza Party
Thursday — Pork Chops
Friday — no meal

BIRTHDAYS

NORINE PETERKA

Norine Peterka will be celebrating her 90th birthday on Oct. 22.

Birthday greetings may be sent to her at Majestic Bluffs, 2109 West 11th Street, Apt. 120, Yankton, SD. 57078.



Peterka

ADA MILK

Ada Milk of Yankton will be celebrating her 75th birthday on Friday, Oct. 14. Her family is requesting a card shower in her honor.

Greetings may be sent to 301 West 31st Street, Apt. 205, Yankton, SD 57078.

www.yankton.net

Mount Marty Hosts Career Day

Mount Marty College hosted more than 100 area high school students from five area high schools at Career Day Thursday, Oct. 6, on the Yankton campus.

Professionals from the world of work shared their work experiences, educational backgrounds, and other information about their respective careers.

MMC Enrollment Counselor and Career Day organizer, Timothy Smith, was pleased with the response. "I hope that the students who attended Career Day found the presentations by our professionals informative and were able to experience the hospitality the Mount Marty College community offers."

One of the presenters, Dan Sternhagen, Assistant Park Manager Lewis & Clark Recreation Area, was happy to share his experience. "I feel that as a Mount Marty alum with a Recreation Management Degree, it is

important to recruit future students so they can have the same opportunities I had."

Students attended a variety of mini-sessions designed to give them a look at different career options. City of Yankton Police Officer and MMC alumnus, Javier Murguia, talked about his experience and careers in criminal justice.

"Career Day is a great opportunity for students to explore their options and get a feel for the many career opportunities MMC has to offer. As an MMC Alum, I feel I benefitted from Career Day. I hope all the students who attended had as great of an experience as I did," Murguia said.

According to Smith this is just one more event the college looks forward to offering. "We are looking forward to next year's Career Day and are sure it will be bigger and better." he said.

BIRTHS

BENTLEY SMITH

Rachael Marie Smith and Adam Yeager of Yankton, announce the birth of their son Bentley Robert James Ward Smith. Bently was born on Sept. 29, 2011, at Avera Sacred Heart Hospital. He weighed 7 pounds, 2 ounces.

Grandparents are Rhonda and James Hoffman of Yankton, and Rose and Rick Nelson of Vermillion.

Great-grandparents are Pam and Bob Bures of Wagner, and Don Hoffman of Stickney.

• BOSSES DAY •
Monday, October 17th

Balloon & Candy..... \$7⁹⁵
Upgrade with Boxed Candy!

Balloon & 1/2 lb. Candy... \$13⁹⁵

BEST DEAL!
Balloon & 1 lb. Candy \$19⁹⁵

You're the Tops \$19⁹⁵ & UP
Desktop Planter.....

Tabletop Plant \$32⁹⁵
Dressed for Fall.....

Great Boss Bouquet \$29⁹⁵
Done in Beautiful Fall Tones.....

Touch of Class \$22⁹⁵
Cool Modern Vase with Sunflower or Gerbera Daisy.....

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