

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
Quilting, 9:30 a.m.-3 p.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, 605-660-8849.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinocle, 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
Divorce Care, 7 p.m., Calvary Baptist Church
Divorce Care For Kids, 7 p.m., Calvary Baptist Church
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.
Divorced, Separated, Widowed, 7-9 p.m., Roncalli Center, Mount Marty College (Sept. 16-Nov. 18)

FIRST MONDAY

Yankton Republican Party Executive Meeting, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605
Yankton Lions Club, 11:30 a.m. lunch, noon 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

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
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.
Yankton Alanon, noon, non-smoking session, 1019 W 9th Street
Nurse, 12:30-3:30 p.m., The Center, 605-665-4685
Pinocle, 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

SECOND TUESDAY

Alzheimer's Care Givers Support Group, 5 p.m., The Center, 605-665-4685. (NOTE: This group in on temporary hold until further notice.)
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
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 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
SHIINE, 1-4 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

SECOND WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685
Antique Auto Club, 7 p.m., The Center, 605-665-4685

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
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
Pinocle, 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

Free Paper Shredding Oct. 16

The Services Center Federal Credit Union of Yankton is offering community paper shredding on Wednesday, Oct. 16. Bring all your personal papers, tax papers, cancelled checks, old account statements and pre-approved card offers to the back parking lot of Services Center Federal Credit Union, 609 W. 21st, from 1-6 p.m. and have your papers shredded and recycled. Anything that has your signature, account numbers or personal information is subject to theft and needs

to be disposed of properly and safely. Services Center Federal Credit Union asks that you donate non-perishable items in return for the free shredding. All items will be donated to the local food pantry. This free shredding event sponsored by the Credit Union helps the community by putting a stop to identity theft, donating to the local food pantry & sending shredded paper to a recycling center. For more information, call 665-4309.

Countdown To Healthier Blood Pressure

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

King Features Syndicate, Inc.

Invisible and virtually impossible to feel, high blood pressure is quietly ravaging the blood vessels, heart muscles and kidneys of more than 80 million North Americans. Another 70 million of you are at high risk for developing HBP because of your weight, diet or blood sugar (prediabetes). But there's a lot you can do to control or prevent HBP and all that it can trigger. And many of you are already taking smart steps. In fact, a new report reveals that healthier blood pressure is a big reason preventable deaths from heart attacks and strokes in North America fell by a whopping 29 percent between 2001 and 2010.

If you're still trying to get your blood pressure under control or you want to keep it there, five smart steps can help you do it. And if you're taking blood-pressure meds, adding these strategies can help them work better, allow your doctor to adjust your dose and definitely add new levels of protection for your heart, brain, eyes, kidneys, bones and — especially for guys — your reproductive organs. We recommend aiming for a blood pressure reading of 115/75.

1. Do daily home pressure checks (more if your doc says so). Using a home blood-pressure monitor regularly can keep you motivated, lower your blood pressure, ID problems quickly and help your doctor keep medication levels right. That's enough to cut your risk for an HBP-related fatal heart attack and stroke. So, keep track of daily readings (print out a handy chart or use online tools at the American Heart



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Association's website, www.heart.org) so you can share the numbers with your doctor.

2. Take three 10-minute walks a day. We have long advocated walking 10,000 steps a day for overall great health. Physical activity helps keep arteries flexible, a natural route to lower pressure. But new reports show that for people at risk for high blood pressure, striding out for three 10-minute walks (right after meals is the best if your doc agrees) keeps arteries just as flexible and blood pressure just as low as one 30-minute walk. Brief daily stints also offer protection against blood-pressure spikes, which can damage arteries. So mix it up, and make sure that even if you're pressed for time, you get in multiple 10-15 minute walks. If you already have HBP, work with your doctor to determine your safe level of activity.

3. Control your waist size, too. Staying waist-trim means you're carting around less deep abdominal fat, which boosts blood pressure. A waist measuring more than 34 1/2 inches doubles a woman's odds for high blood pressure; for guys, a middle over 40 inches

boosts the risk of HBP five-fold! Already have HBP? Shrinking your waist size also means you've reduced fat inside your kidney capsule (that fat goes first), which helps normalize blood pressure.

4. Aim for a healthy intake of potassium to sodium. Most of us take in about one-third more salt than we should. That pulls more fluid into the bloodstream and interferes with your blood pressure's daily rhythms. It reduces your normal, nighttime BP dip that gives your heart a breather and pumps up the normal BP rise that happens before you wake up, boosting odds for early a.m. heart attack or stroke. We suggest you aim for a cap of 1,500 mg of salt a day, or 1/2 to 3/4 teaspoon. Cut out salty processed, packaged and restaurant foods. At the same time, boost potassium with plenty of greens and fruits, like bananas, peaches and berries. This mineral helps your body excrete excess sodium and relaxes arteries, too. Aim for 3,500 mg of potassium a day.

5. Give yourself at least 10 minutes of stress control daily. Try progressive muscle relaxation, a breathing routine, meditation, yoga or other serene strategy. When stress turns on your body's fight-or-flight response, adrenal hormones boost your heart rate and blood pressure. When you say, "Ommm," you'll feel better all over.

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, visit sharecare.com.

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RB Days Donation



SUBMITTED PHOTO
The Riverboat Days Board of Directors made a \$1,000 donation to the Yankton Area Ice Association for their work handling garbage and recycling during this year's festival. On the left, accepting on behalf of the Ice Association is Bryan Schoenfelder, on the right is Mike Gullikson representing Riverboat Days.

SDHDA Grants Available

PIERRE — South Dakota Housing Development Authority (SDHDA) is now accepting applications for approximately \$125,000 of Emergency Solutions Grants Program funds.

The Emergency Solutions Grants Program (ESG) is a federal block grant authorized by Subtitle B of the McKinney Vento Homelessness Assistance Act and is administered by the U.S. Department of Housing and Urban Development. The available ESG funds are to be used for services for homeless and near homeless individuals and families in three major categories:

- 1) Provision of Rapid Re-Housing assistance;
- 2) Development and im-

plementation of homelessness prevention activities; and

- 3) Participating in the Homeless Management Information System.

Applicants must be non-profits or units of local government. More information on the ESG program and the application form are available on SDHDA's website, <http://www.sdhda.org>. Questions on the ESG Program can be addressed to Lisa Bondy at lisab@sdhda.org or 605.773.3181.

Applications must be received by SDHDA no later than Oct. 18, 2013 at 5 p.m. CDT. Project selection will be made on or before Nov. 1, 2013.

Yankton Community Garden Says Thank You

The Healthy Yankton Community Garden thanks everyone involved for making the 2013 growing season another successful year. Healthy Yankton reminds gardeners the Community Garden will close for the season on Tuesday, Oct. 15.

Gardeners agreed to take responsibility for full garden cleanup and everything in each garden needs to be removed prior to Oct.

15. Any items left in the garden will be removed and disposed of by Healthy Yankton, possibly resulting in those gardeners being restricted from future Community Garden participation.

For more information, call Angie O'Connor at 605-668-8590, or email healthyankton@gmail.com, or go to www.healthyankton.org/.

Hazard Mitigation Plan Available For Comment

PIERRE — South Dakota's Office of Emergency Management is seeking public comments on its updated State Hazard Mitigation Plan, a document that identifies strategies to reduce or eliminate risk of damage from natural disasters.

States must have a hazard mitigation plan in place to qualify for presidential disaster declarations. The plan must be updated every three years to maintain eligibility for federal hazard mitigation assistance.

"South Dakota residents face natural hazard events such as winter storms and flooding each year," said Jason Bauder, mitigation and recovery manager for OEM. "In the past five years, the State Hazard Mitigation Plan has enabled South Dakota to receive 13 presidential disaster declarations. That has resulted in financial assistance for projects that reduce future risk, such as establishing storm shelters, making drainage improvements, burying power lines and installing flood control measures."

A draft of the updated plan is available at www.oem.sd.gov/. Public

comments on the draft plan are being received through Oct. 18. Those comments will be considered as OEM develops a final plan. Comments may be submitted directly to the state's consultant in the process: Corinne Bartshire, cbartshire@dewberry.com, or by calling 916-380-3776.

The State Hazard Mitigation Plan is developed and maintained through leadership of the Office of Emergency Management with ongoing collaboration and input by the State Hazard Mitigation Team and the South Dakota Silver Jackets, a state-federal program involved in planning and implementing measures to reduce risks of flooding and other natural hazards.

Those groups assess the state's risk from agricultural pests and diseases, floods, winter storms, wildfire, drought, tornadoes, hazardous material spills and geologic hazards.

The plan summarizes risk reduction progress and identifies ongoing and potential future activities necessary to continue mitigation efforts that reduce risks of damage due to disasters.

'Clay County Barns' Coming Oct. 16

VERMILLION — Jim Stone will be presenting "Clay County Barns" at the Preservation Wednesday session at 7 p.m. on Wednesday, Oct. 16, at the Edith B. Stegrist Vermillion Public Library. The program will be held in the Kozak Community Room in the Library, which is located at 18 Church

Street in Vermillion. Preservation Wednesday is co-sponsored by the Clay County Historic Preservation Commission and the Edith B. Stegrist Vermillion Public Library. For more information, call 605-677-7060.

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We want to know the worst gift you ever received from your man. Was it a soup pot when you wanted a diamond bracelet? How about a wrench instead of the sweater you had "hinted" you wanted? We've all received the "not so ideal" gift and thought it would be fun to share them with other *Her Voice* readers.

Send us your brief story of the "less than ideal" gift you received for the upcoming November/December issue of *Her Voice*. We hope to share as many as possible!

Created for women...inspiration for all!
her-voice

Send To: Press & Dakotan HerVoice Gifts
Attn: Kathy Larson
319 Walnut, Yankton SD 57078
or email to: kathy.larson@yankton.net
DEADLINE: Wednesday, October 16