

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
Pinochle, 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)

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456
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., Fry'n Pan Restaurant, 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

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
Pinochle, 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

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
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
SHINE, 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

THIRD WEDNESDAY

NAIFA-Lewis and Clark, noon-1 p.m., Minerva's.
Partnership Bridge, 1 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
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: Wiebelhaus Recreation, Crofton. 605-665-5956.
Catholic Daughters (Court Willard 967), 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

YHS Indoor Marching Show Set For Oct. 24

The Yankton High School Indoor Marching Show will be held at 7 p.m. Thursday, Oct. 24, at the YHS/Summit Activities Center main gym.

This year's show is called "KYOTO." Tickets will be sold at the door. Kids preschool and under can enter free.



Sinclair-Prunty

Jennifer Carol Sinclair and William Joseph Prunty, both of Portland, OR, announce their engagement and upcoming marriage.

Parents of the couple are Roger and Mary Prunty of

Tabor, SD, and Kenneth and Patsy Sinclair of Livonia, MI.

Jenni received a Doctorate in Optometry from the Michigan College of Optometry in 2010. She is currently employed as an optometrist and clinical director at LasikPlus in Tigard, OR.

Bill received his Doctorate in Optometry from the Houston College of Optometry in 2003. He is currently employed as an optometrist at the Portland Veterans Affairs Medical Center.

The couple is planning a February 22, 2014, wedding at Fort Zachary Taylor Beach in Key West, FL.

Inspiration To Kick The Habit

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

Remember those hard-hitting anti-smoking commercials that aired on TV last spring? There was Terrie, a former smoker who developed oral and throat cancer, donning her wig and artificial voice box, and Brandon, who lost both legs below the knees and several fingers, putting on his prosthetic legs. Now, a new report's tallied this graphic campaign's successes: An estimated 100,000 Americans quit for good, and a whopping 1.6 million smokers were inspired to try.

This \$54 million blitz by the Centers for Disease Control and Prevention works out to spending \$540 per successful quitter, an investment that'll save every taxpayer a bundle. Right now, smoking costs the U.S. \$96 billion a year in public and private health-care costs and another \$97 million in lost productivity on the job. A \$6 pack of cigarettes carries with it \$35 in health costs. We estimate that every quitter ultimately saves taxpayers \$2,000 a year in public health and disability expenses.

A new round of ads in the CDC's Tips from Former Smokers campaign is set to air next spring. But don't wait until then to kick your habit. Not when another new smoking report reveals just how fast the health benefits roll in. In a study that looked at the heart health of 13,372 current, former and non-smokers, researchers from Dr. Oz's New York-Presbyterian Hospital found a quitter's odds for a heart attack or fatal heart disease drops to that of a non-smoker within two years. Considering that smoking is behind one in three



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

heart-disease deaths in North America, that's a powerful motivation for saying "no thanks," even if you've tried unsuccessfully to kick this habit in the past.

The fact is, it takes an average of six quit attempts to get it done. And going cold turkey is only a winning strategy for 2 percent to 5 percent of smokers. Swapping your cigarettes for nicotine patches, sprays or gum only helps 5 percent to 10 percent. But adding group support rockets the success rate up to 25 percent to 50 percent. (You can boost your odds for success to 80 percent by adding daily coaching; Dr. Mike sees the power of that in his program at the Cleveland Clinic's Wellness Center.) Here are some other effective strategies:

Step 1: Set a quit date a month from today. Nope, you're not gonna swear off cigarettes or cigars for the first 30 days. Use this month to establish a healthy new behavior: walking. Stroll for a half-hour every day, rain or shine, on lazy Saturdays and on your busiest workday. During this prep period, see your doc-

tor and ask about prescriptions for the nicotine patch and for the anti-crave drug bupropion. Get them both filled. And find a support person you can report to daily about your progress — now with walking, and later with quitting, too.

Step 2: Two days before your quit date, start taking the bupropion as directed. Keep on walking and checking in with your support person.

Step 3: On your quit date, toss all tobacco products and accessories (lighters, ashtrays) and attach your nicotine patch as directed by your doctor. Keep walking and taking your anti-crave drug (ask your doctor about the best dose); keep talking to your support person. Days three, four and five will be your toughest, but clear skies are ahead. Make it to day seven, you're well on your way to staying nicotine-free for good. You'll be able to reduce your nicotine patch dose after two months, and be finished with patches and pills after six.

Step 4: And keep on walking. The average former smoker gains 10 to 13 pounds in his or her first smoke-free year, most of it in the first three months. But this won't be you if you keep putting one foot in front of the other. Plenty of people in Dr. Mike's program lose a few pounds while shaking off tobacco. Now that's a good deal!

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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SCHOLASTICS

CIARA ANDRUS

BROOKINGS — Ciara Andrus of Yankton was awarded the Orena Cooper Scholarship for the 2013-2014 academic year at South Dakota State University.

Andrus is a junior majoring in nursing at SDSU, the daughter of John and Twyla Andrus and is a 2011 graduate of the Yankton High School.

The Orena Cooper Scholarship endowment was created by gifts from Miss Cooper's estate.

Cooper was a long-time local librarian of Brookings. As a youth, she developed polio. Later in her life, she received visits from students in the public health nursing course and the nursing communication course at SDSU. Cooper's contact with the nursing profession inspired her to leave an endowment to the University.

LINDSEY BODENSTEDT

BROOKINGS — Lindsay Bodendstedt of Yankton was awarded the Sister Janice Iverson Scholarship in Nursing and the Ruth and Don Kenefick Scholarship in Nursing for the 2013-2014 academic year at South Dakota State University. Bodendstedt is a senior majoring in

nursing at SDSU, where she is active in the Nursing Student Association. She is the daughter of Holly and Steve Bodendstedt and is a 2010 graduate of the Yankton High School.

The Sister Janice Iverson Scholarship Program was created through the personal contributions and efforts of Sister Janice Iverson on behalf of the participants in the Cardiac Rehabilitation program of which she was coordinator for six years. She was born in the Village of Miranda, but she and her family then moved to Brookings, where she completed her elementary and secondary education. She holds her bachelor's degree in education from Mount Marty College, her master's degree in health, physical education, and recreation from SDSU, and another master's degree in physiology/cardiac rehabilitation from Virginia Polytechnic Institute-SU. She began her work in the field of education in 1962. She taught in the HPER department at SDSU and was the coordinator of the Brookings Cardiac Rehabilitation program. She celebrated her silver jubilee as a Benedictine Sister of the Mother of God Priory in 1986.

Ruth M. Haines was born on the family farm near Arcadia, Wis. and graduated from Arcadia High School in 1946.

BIRTHS

OWEN DOOLEY

John and Katrina Dooley of Yankton announce the birth of their son Owen Thomas Dooley, born Sept. 30, 2013, at 6:40 a.m. He weighed 8 pounds, and 20 3/4 inches long.

He joins sibling Kelby Kruse, 12.

Grandparents are Dan and Bobbie Trimble, Yankton, and Michael and Barb Dooley, Yankton.

Great-grandparents are Jim Scissons, Gregory, and Margaret Dooley, Gregory.

RIAN MENTELE

Adam Mentele and Marla-nia VanWinsen of Yankton announce the birth of their daughter, Rian Jo, born Sept. 12, 2013, at 6:02 p.m. She weighed 7 pounds, 15 ounces and was 20 inches long.

Rian joins siblings Grace-lyn, 9, Hanna, 5 and Addison, 3.

Grandparents are Marcia Mentele, Sioux Falls; and Brad and Deb VanWinsen, Pierre.

Great-Grandparents are Agnus Deal, Pierre, and El-nora Luttrell, Pierre.

Long-Term Care Edu. Session Set For Oct. 21

A Long-Term Care Educational Session will be held at 2 p.m. Monday, Oct. 21, at the Yankton Community Library, 515 Walnut St.

Sessions will include basic information on long-term care, the costs related to it, how to plan for long-term care needs, what

Medicare and Medicaid will cover and how the Long-Term Care Partnership Program can help.

For more information, contact Kristin Kellar at (605) 773-3165 or kristin.kellar@state.sd.us, or visit <http://www.ltccpartnership.sd.gov/>.

BIRTHDAYS

HILDA LANE

Mrs. Hilda Lane will celebrate her 100th birthday on Oct. 22. She was born Hilda Nohr in Aten, Neb., in 1913.

Greetings sent to: Majestic Bluffs, 2111 W. 11th Street, Yankton, SD, 57078



Lane

ALVIN ZIMMERMAN

Alvin Zimmerman will be celebrating his 90th birthday with a "Surprise" Open House on Saturday Oct. 19, 2-13, from 2-5 p.m. at the Crofton City Auditorium. Please, no gifts.



Zimmerman



Lyngstad-George

Nicole Lyngstad and Aaron George were married July 26, 2013 at Zion Lutheran Church in Sioux Falls, SD.

Parents of the couple are Robert and Marilyn Lyngstad

of Volin, SD and Mark and Kimberly George of Cherokee, IA.

Matrons of Honor were Melissa Mead and Laura Kessler. Bridesmaids were Heather Viergutz and Nicole St. Pierre.

Flower girl was Ava George. Best man was Cylas Hall and groomsmen were Terry Keller, Reed Johnson and Troy Covrig. Ushers were Matthew Lyngstad, Wes Lyngstad and Karl George.

Ring bearer was Jack Kessler.

The bride is a registered nurse at Sanford Children's Clinic in Sioux Falls, SD.

The groom is the business manager at Jerry' Auto Sales in Lennox, SD and owns George Properties in Sioux Falls, SD.

The couple resides in Tea, SD.

Bosses Day is Oct. 16th



• **THANKS BOSS**
1/2 lb. candy & balloon.....\$14.95

• **YOU'RE THE TOPS...
DESKTOP PLANTER.....\$22.95**

We have terrariums too! \$25 & up

• **THE BIG CHEESE
GIFT BASKET.....\$33.95**

• **BEST BOSS**
Artfully arranged fresh flowers...cool choice.....\$34.95

Aspen Cider Spices & Egg Nog Mixes Are Here!
You can bake with them too!

Ask for some recipe ideas...Beer Bread & Dip Mixes Too!

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