

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
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
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
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, ASHH, 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
Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
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.
Explore the Bible, 10:30 a.m., The Center, 605-665-4685
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.

SECOND TUESDAY

Alzheimer's Care Givers Support Group, 5 p.m., The Center, 605-665-4685. (NOTE: This group is 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
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

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
Quilting, 9:30 a.m.-3 p.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: Legacy Bar and Grill, Newcastle, Neb. 605-665-5956.
Catholic Daughters (Court Willard 967), 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton (September

Breast Cancer Facts That Can Save Your Life

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

When it comes to diagnosing and treating breast cancer, enormous strides have been made in the past two decades. Earlier detection plus better therapies and gene-typing of cancers allow much more directed and effective therapies. As a result, breast cancer deaths have been slashed by 30 percent. But there's still a lot of misinformation out there about how to control your risk.

For example, there are claims bouncing around the Internet that wearing a bra can lead to breast cancer. Nope! A definitive new study of 1,044 women with breast cancer found no link between use of a bra and their cancer risk. The type of bra, when they started wearing a bra and how many hours a day they wore one didn't matter either.

So if you're one of the almost 300,000 North American women who will be diagnosed with breast cancer this year, here are the latest facts that actually might save your life.

Women Over 40 Do Need Mammograms: We've read headline-grabbing studies suggesting that mammograms aren't worth it before age 50. But we and groups like the American Cancer Society and the National Comprehensive Cancer Network believe yearly screening should begin at age 40. (Younger if you're at high risk.) Some research shows this check can cut cancer deaths by 15 percent in 40-something women.

Bottom line: Don't opt out if you're in your 40s (one in five women with breast cancer is younger than 50). And make sure to get regular mammograms in your 50s and beyond. Women of all ages also need regular clinical breast

exams, performed by their health-care provider. Self-checks are smart, too. Up to 40 percent of cancers are discovered by women themselves.

Cancer-Preventing Tamoxifen Needs Dark Nights: If you have hormone-receptor-positive breast cancer and take tamoxifen, a selective estrogen response modifier, you know that this drug can cut your relative risk for repeat breast cancer by as much as 50 percent. Now, a Tulane University lab study suggests that your sleep environment might impact this medication's effectiveness. Seems even dim light at night reduces your body's melatonin levels, making breast cancer cells resistant to tamoxifen.

Bottom line: The researchers suggest taking tamoxifen an hour or so before bedtime to take advantage of the natural increase in melatonin at night. Also, wear an eye mask or only have red-wavelength light in your bedroom and bathroom to block out blue-wavelength light during sleep.

Know Your Risk: We salute Angelina Jolie for going public with news that she carries the BRCA-1 gene mutation, which boosts breast-cancer risk — by 87 percent, in her case. She then chose to have both breasts removed to

protect herself from her enormous genetic risk. About 15 percent of women who get breast cancer have a family history, and one in 300-500 women in the general population carries one of the breast-cancer genes, BRCA-1 or BRCA-2 (rates are higher in some groups, such as Ashkenazi Jews).

Look at your family tree for warning signs: Did anyone have cancer before age 50, breast cancer in both breasts, ovarian cancer or male breast cancer? Knowing the answers can help you and your doctor decide if you would benefit from genetic testing.

Bottom line: Determine if you have a familial risk. But remember, 85 percent of breast cancers are not caused by an inherited gene. That's why regular mammograms are so important!

You May Not Need a Double Mastectomy:

In many situations, removing a healthy breast might not be necessary. A new Cancer Prevention Institute of California study found that for many women with early-stage breast cancer in one breast, removing both might not be the smart move. Less-invasive treatments turn out to produce the same survival rates, and risk for cancer in the healthy breast is low.

Bottom line: If you have cancer in one breast and are thinking about a double mastectomy, talk with your doctor so you can weigh your risks and benefits.

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.

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 AND MEHMET OZ, M.D.

Riverboat Days Donation



Yankton Riverboat Days recently donated \$500 to the Yankton Fury Xtreme 16U Girls Softball Team to thank them for their help at this year's Riverboat Days. Shown in the photo are: Back row (l-r) John Kraft, Riverboat Days Board Member, Maddie Cordell, Merlye Mason, Coach Kim Velk and Traia Hubbard. Front row (l-r) Bailey Peterka, Lexie McCorkell and Alex Peterka.

BIRTHDAYS

IRENE HOVORKA

Irene Hovorka of Tabor will be celebrating her 85th birthday Friday, Oct. 17. Her children and grandchildren are requesting a card shower. Birthday greetings may be sent to PO Box 103, Tabor, SD 57063.

MARJORIE PETERSON

Marjorie (Danielsen) Peterson of Irene will be celebrating her 80th birthday on Friday, Oct. 17. Cards may be sent to: PO Box 3, Irene, SD 57037.

GOED, Communities To Promote South Dakota At MD&M Expo

PIERRE — For the seventh consecutive year, the South Dakota Governor's Office of Economic Development (GOED) is partnering with communities in an effort to grow South Dakota's bioscience sector and help companies create jobs. Representatives from North Sioux City, Sioux Falls, Vermillion and Yankton will join the GOED in attending the Medical Design and Manufacturing (MD&M) Exposition in Minneapolis Oct. 29-30.

"Our medical device industry has grown over the years and the MD&M Expo in Minneapolis is a great opportunity for us and our communities to promote South Dakota's premier business climate," said Gov. Dennis Daugaard.

South Dakota's medical device sector has enjoyed steady growth over the last decade, increasing employment by 16.4 percent, while national growth has slowed to 9.5 percent in the same time period.

"The number of bio-tech, medical research and medical manufacturing companies in Sioux Falls has grown significantly during the past

decade," said Dean Dziedzic, vice president of the Sioux Falls Development Foundation. "Because of this growing bio-medical sector, we know that Sioux Falls offers Minnesota medical device manufacturers the business, technical and supply chain advantages they need to prosper."

"Participation in events like the MD&M allows North Sioux City a unique opportunity to showcase our community and the many benefits of doing business in our area," said North Sioux City Economic Development director, Kory Menken. "We sincerely appreciate GOED for spearheading these efforts, and for allowing us to partner with them."

South Dakota currently has 13 businesses engaged in the Medical Devices & Equipment sector. Those companies employ more than 30 percent of the Bioscience workforce.

For more information about South Dakota's medical device and manufacturing industry, visit the GOED website at www.sready-towork.com/Med_Dev_Manual.aspx/.

BIRTHS

ASHTYN DOOLEY

John and Katrina Dooley of Yankton announce the birth of their daughter, Ashtyn Grace Dooley, born Sept. 22, 2014, at 12:33 p.m. She weighed 9 pounds and 11 ounces, and was 20 1/2 inches long.

She joins her family including older brother Owen Dooley (1) and Kelsey Kruse (13) as well as grandparents Mike and Barb Dooley and Dan and Bobbie Trimble, all from Yankton. Great-grandparents include the late Myrin and Margret Dooley, and Jim and the late Jean Scissons, all from Gregory.



MORNING COFFEE WEEKDAYS MONDAY-FRIDAY

Monday, October 13
 7:40 am Yankton City Manager (Amy Nelson)
 8:20 am Yankton School Board (Kathy Greenaway)
Tuesday, October 14
 7:40 am The Center (Christy Hauer)
 8:20 am Simply D'Vine (Sheila Kuchta)
 8:45 am Dakota Museum (Crystal Nelson)

2014 Women's HEALTH FORUM

Linda Zimmerman

"Some Days are Diamonds, Some Days are Stones: Dealing with Metastatic Breast Cancer"

Linda was employed by HyVee for 16 years, with 14 of those years at the Customer Service Desk. She is the mother of 7 children. Born and raised in Gayville, SD. She lives with her husband Ron in Yankton.

Also speaking: Mary Lee Villanueva, MD

Yankton Medical Clinic, P.C. Board Certified Oncologist/Hematologist

Our Emcee, Mary J. Milroy, M.D., FACS

Yankton Medical Clinic, P.C. Board Certified Surgeon, Specializing in Breast Surgery

Monday, October 20

Doors open at 11:30am – Lunch will be served at noon – Forum begins at noon

Avera Sacred Heart Hospital Professional Office Pavilion, Yankton, SD

Tickets \$20.00
 (includes lunch and program)

Proceeds benefit:
 SD All Women Count

All tickets must be purchased in advance or by mail by October 15th

Make checks payable to:

Women's Health Forum
 c/o Avera Sacred Heart Cancer Center
 1115 W. 9th St. • Yankton, SD 57078
 Phone: (605) 668-8850

TICKETS ALSO AVAILABLE AT:

First Dakota National Bank
 Downtown & North
 Rexall Drug
 Avera Sacred Heart Cancer Center
 Yankton Medical Clinic, P.C.

SPONSORED BY:

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