

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
Pinochle, 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.

FIRST MONDAY

Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., 232 Capital St., Yankton.

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.
Pinochle, 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.
Pinochle, 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.

BIRTHS

COLE GRIFFITH

Cole Anthony Griffith was born on Aug. 21, 2015, at Sanford Hospital in Sioux Falls. He weighed 5 pounds, 9 ounces and was 18 1/2 inches long. Proud parents are Michael and Laure Griffith, Sioux Falls.
 He joins sister Sadie Rose, 5 1/2, and brother Evan Michael, 3 1/2.
 Grandparents are Robert and Debra Ruppelt, Tyndall; and Walt and Karen Griffith, Sioux Falls.
 Great-grandparents are Clayton and Minnie Wittmeier, Avon; Leola Ruppelt (and the late George Ruppelt), Springfield; Frances "Pat" Winckler (and the late Alvin

Winckler), Tyndall; and Dixie Griffith (and the late Walt Griffith), Yankton.

BRYNN GEORGE

Aaron and Nicole George of Tea announce the birth of their daughter, Brynn Madelyn George, on Sept. 18, 2015. She weighed 8 pounds and was 21 inches long.
 She joins sister Ava (4). Grandparents are Bob and Marilyn Lyngstad of Volin and Mark and Kim George of Cherokee, Iowa.
 Great-grandparents are Colleen Slagle of Yankton and Dorothy Heine of Hartington, Nebraska, and Shirley Mesner of LeMars, Iowa.

The 'Water Wow!' Weight Loss

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

King Features Syndicate, Inc.

Ready to amp up your weight loss efforts? Sip a BIG glass of H2O before meals. A new study says drinking water 30 minutes before every meal could help you lose 9 1/2 pounds in 12 weeks. Wow! We love this study, because it cuts through a lot of the confusion buzzing in the media about Mother Nature's ultimate health drink.

Water makes up 60 percent of your body and keeps every system humming, supporting sharp thinking and a bright mood, preventing constipation, keeping the shock absorbers in your joints plump, delivering nutrients and hauling off waste products. It helps energize your muscles, cools you off and makes your skin glow. According to the Institute of Medicine, women need 11 cups every day (1 cup equals 8 ounces), and men closer to 16. But 40 percent of adults under age 50, and 50 to 80 percent of those 50, and over don't get that much.

The long-running water debate could be getting in the way. Experts disagree about how much water we really need, how much we get from food, whether tap or bottled is safer and how much is too much. So, here's how to figure what you need, every day.

No. 1: Find your target. To determine what you need, divide your weight by two and drink that amount in ounces every day. If you weigh 150 pounds, that's 72 ounces, equal to about 9 cups. But don't have fewer than about 8 cups a day. Tea, milk and juice count toward your total, and so does coffee (it



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

doesn't act as a diuretic unless you've had more water than your body needs). Water in fruit, veggies and even bread contributes an additional 20 percent to your total. But don't subtract that from the amount you sip unless you always eat enough veggies and fruit, which most folks don't. You also can look at your urine. If you're getting enough water, you could read a newspaper through it ... just don't try.

No. 2. Don't worry about overdoing it. You'd have to guzzle a gallon or more every hour to get in serious trouble with water. Hyponatremia, mostly a concern for endurance athletes, is the life-threatening condition in which levels of electrolytes in your blood become diluted and your body can't function normally. Those athletes sweat out needed salt while drinking large amounts of water over long periods of time.

No. 3. Have more if ... Your body needs extra fluids when the weather's hot and you've been exercising; you're pregnant or breastfeeding; you've got

a fever; have diarrhea; or have been vomiting. Then drink an extra 1 1/2 to 2 cups. Talk with your doc if you have heart failure, a kidney condition or another health issue. Make sure to ask, because in some circumstances less is better than more.

No. 4: Time it right for weight loss. In that fantastic new study, volunteers drank about 17 ounces of water (slightly more than two cups) a half-hour before breakfast, lunch and dinner. Thirty minutes before is key. Participants who consistently "preloaded" with H2O lost 9 1/2 pounds, while the control group lost 1 3/4 pounds. This seems to work by making you not thirsty and making you feel full before you eat. And that helps keep you from eating in order to satisfy your thirst (yup, you do that).

No. 5: Invest in a water bottle and a filter for your faucet. BYO can save money and the environment. It takes 17 million barrels of crude oil to create the 30 billion plastic bottles used each year, and each plastic bottle requires more than a gallon of water to produce. Then four out of five wind up in landfills! Often, bottled water just comes from a tap, so why not use your own? Get a "green" bottle, install a quality filter (read the label!) on your faucet, fill 'er up and don't leave home without it. Now, enjoy that sweet sip of success.

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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Local Activities In October Focus On Ending Domestic Violence

LINCOLN, Neb. — Every day about 120 calls are made in Nebraska to crisis lines from people affected by domestic violence. That's more than 43,000 calls a year, and reason for everyone to help stop violence in families, said Doug Weinberg, director of Nebraska's Children and Family Services (CFS) in the Department of Health and Human Services.

October is National Domestic Violence Awareness Month and Nebraska organizations are sponsoring activities to heighten awareness of the issue. CFS provides funding to the Nebraska Coalition to End Sexual and Domestic Violence, 20 Domestic Violence programs, and Nebraska's four Tribes to meet the needs of survivors in all 93 Nebraska counties.

"Unfortunately, domestic violence is all around us and we shouldn't look the other way," Weinberg said. "I hope all Nebraskans will join DHHS in supporting local domestic violence organizations and survivors to help stop the violence."

Lynne Lange, executive director of the Coalition, said everyone can help by:

- Holding the abuser accountable. Domestic violence is not caused by the person being abused. Rather than asking why a survivor doesn't leave, we need to ask why the abuser doesn't stop.
- Not looking the other

way when seeing a possible victim or abuser. Ask if the victim needs a safe number to call and explain there are people who can help. Call the police if someone is being abusive.

- Knowing where survivors can turn for help.
- Promoting healthy relationships.

"In just one day during the past year, Coalition member programs served 400 survivors," Lange said. "We need to stop the stigma that survivors face from others, end the silence when abuse occurs, and turn from feelings of shame that frequently accompanies domestic violence. It's never the survivor's fault."

She said the network of offices across the state offer seven core services for adults and children:

- 24-hour crisis line offering confidential support, information and access to services.

- Assistance obtaining a domestic abuse protection order, emotional support through the court process, and referrals to local attorneys.

- A safe place to stay to escape further violence.
- Ongoing support to survivors and children.
- Transportation to a safe place 24 hours a day, court proceedings, medical services and community agencies.

- Prevention programs for children and young adults on child sexual abuse, sexual assault, dating violence, sexual harassment and other forms of gender-based violence.

Weinberg said free and confidential information is also available 24 hours a day at the following national crisis phone lines so survivors of domestic violence can find support and assistance:

- National Domestic Violence Hotline - 1-800-799-7233

• National Dating Abuse Helpline - 1-866-331-9474

• National Sexual Assault Hotline - 1-800-656-4673

"When we are silent, domestic violence will only continue to hurt the vulnerable and defenceless," Weinberg said. "We are fortunate to have resources across the state to help survivors of domestic violence. I encourage survivors to seek that help, and urge anyone who suspects or knows of domestic violence to become a part of the solution to end it."

More information about the Nebraska Coalition to End Sexual and Domestic Violence can be found at www.nebraskacoalition.com. A map of the domestic violence program service areas is located at http://www.nebraskacoalition.org/get_help/.

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Indianeducation.sd.gov

Summit 2015
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