

# 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.

## 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

## 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  
**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

## BIRTHS

### MYLA ARENS

Jason and Jayne Arens of Crofton, Neb., announce the birth of their daughter Myla Agnes, born Sept. 3, 2013, at 4:21 a.m. She weighed 7 pounds 11 ounces and was 20 1/2 inches long. Myla joins siblings: Haley, 14, Tanner, 12, Connor, 10,

Jordyn, 8, Rylie, 6, Kaden, 4, and Avery, 2.  
Grandparents are Charles and Delores Arens of Crofton, Neb. and James and Marlene Mullolly of Fremont, Neb.  
Great-grandparents are Laura Arens of Crofton, Neb. and Helen Stuehmer of Fremont, Neb.

# 3 Ways To Reverse Prediabetes

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

King Features Syndicate, Inc.

There's a hidden sugar crisis that's sweeping the country, and we're not talking about what's lurking in the nearest vending machine (although it does contribute to the problem). We're talking about the 80 million North Americans with prediabetes; a condition that is characterized by higher-than-normal blood sugar levels.

Prediabetes is a risky condition: It doesn't just put you in line for diabetes and all of its complications (which, of course, it does), but even before you develop full-blown diabetes, having slightly elevated blood glucose levels puts you at increased risk for heart disease and stroke, leg pain due to circulation problems, reduced kidney function and blood-vessel changes that can lead to vision loss and neuropathy (nerve damage), as well as sexual dysfunction and depression.

Unfortunately, only one in 10 people with prediabetes even knows they have it. And just a quarter of those folks are taking advantage of their big opportunity (knock, knock) to launch their own health rescue initiative before it's too late.

Scary statistic: Once you've got prediabetes (find out by asking your doctor for a fasting blood sugar test or the A1c test that measures average glucose levels over a three-month period), odds are you'll develop full-blown diabetes within nine to 10 years.

Amazing fact: While more than 65 percent of North Americans have genes that predispose them to type 2 diabetes, it's almost 100 percent preventable at the prediabetes stage and doesn't have to happen.



**OZ AND ROIZEN**

Dr. Mehmet Oz and Dr. Michael Roizen

Here's how to move your blood sugar back into the healthy zone and sidestep the health risks of prediabetes:

**Eat less beef.** Simple, but it's true: More beef on your plate equals more diabetes risk. Eating an extra three to four servings of red meat per week boosts your risk for developing diabetes by about 50 percent. A big, new study uncovered the connection by tracking the diets and health of 149,000 women and men for four years. The good news? Less beef equals less diabetes. Those who cut back even a little reduced their risk by 14 percent. What's the connection? Could be the saturated fat, a Food Felon that blunts your body's ability to absorb blood sugar, or simply that big servings of meat leave less room on your plate and in your stomach for diabetes-fighting goodies like whole grains, produce, fish and nuts.

Say "yes" to flavor, "no" to the Food Felons. One of the most powerful ways to increase the health power of food is to give your diet a taste of the old one-two: Knock out refined flour and added sugars and syrups, and then fill in the gaps with naturally tasty stuff such as

spices and seasonal fruit. It's a great time for blueberries, blackberries and peaches. And indulge in the harvest of veggies like sun-ripened tomatoes and green beans. For good measure, add flavorful, fiber- and nutrient-filled whole grains like quinoa and quick-cooking barley.

What's so bad about sugars and refined carbohydrates? Another powerful new report spotlights the connection: In countries where people consume more sugary foods, diabetes rates are higher. For every extra 150 calories' worth of sweetener (the amount in a 12-ounce soda) consumed daily, diabetes prevalence jumped by 1 percent. Turns out these empty calories increase your diabetes risk even if you don't overeat, by firing up inflammation and insulin resistance so that your body can't easily use blood sugar.

Take a short walk after breakfast, lunch and dinner. Think you don't have time for a daily walk? Turns out that fitting in a short stroll (about 15 minutes) soon after you eat keeps blood sugar levels low and steady for the next three hours. The movement encourages your muscles to use more sugar from your bloodstream. Try taking your partner, kids and/or pooch out for some foot-powered fun after dinner. Plenty of traditional cultures go for a walk after eating—like the Italian *passaggiata*. Get out there, and start livin' the real *dolce vita!*

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](http://sharecare.com).

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## Guards

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Bohac said some members have already deployed once or twice and may not want to risk another tour. Some of the decline is due to normal attrition, but Bohac said others may be leaving because the Guard doesn't have many new opportunities for deployment. The Guard now has only one unit, a transportation company, that is slated to deploy to Afghanistan in summer 2015.

"Some of these folks joined because they wanted to be operationally engaged — serving and going and doing," Bohac said in an interview. "If they aren't seeing that opportunity, they may decide to move on to other things."

The departures are part of a wave of new members who signed up six to eight years ago with aspirations to serve overseas, said Lt. Col. Shane Martin, commander of the Army Guard's recruitment and retention efforts. More than 10,000 Nebraska National Guard members deployed to active duty between 2002 through the end of December, with majority in Iraq, Afghanistan or the Balkans. The deployments peaked at more than 1,500 in 2006.

Soldiers usually enlist between the ages of 18 and 20. With service terms expiring in their mid-20s, Martin said many want to move to new phases of their lives.

The Guard also requires members to meet ongoing physical and educational requirements, which can pose a challenge to members as they age and need to devote more time to spouses and children. Some members also want to focus more on their civilian careers.

"It's a little challenging when they're competing with families and careers," Martin said. "As people get older, their lifestyles change."

The improving economy also plays a role in the retention rates, because members grow more confident that they don't need the Guard's pay for supplemental income, said Maj. Ken Boatman, who oversees recruiting and retention for the Nebraska Army National Guard.

Martin said the Guard has taken several steps to keep more of its members. The Guard has recruited two non-commissioned officers to speak one-on-one with soldiers, to find out why they might leave and try to address their concerns. The retention sergeants also talk about family support groups, tuition assistance and medical benefits for soldiers who have deployed.

A "battle buddy" program partners soldiers to keep up one another's morale. The Guard also is advertising \$10,000 signing bonuses for a six-year extension and \$5,000 for an additional three years.

Bohac said the Guard is also emphasizing its work within Nebraska, so members are kept busy when they report for duty. One transportation company was recently sent to South Dakota's Black Hills, where members helped clear timber out of the forests and hauled firewood to impoverished American Indian reservations.

Bohac said the Guard also plays an important role in helping with local disasters, including tornadoes, the 2011 floods and wildfires that swept through western and central Nebraska. Last year, the Guard used its Chinook, Lakota and Black Hawk helicopters to help fight the blazes that overwhelmed local fire crews.

"What I don't want to have happen — and I'm not seeing this — is for our traditional force to report for weekend duty and end up pulling vine weeds out of a chain-link fence," Bohac said. "We all have a responsibility to keep our area neat and squared away. But if that's your primary focus, how often do you think people will show up for that?"

## Farmers And Ranchers Have Until Oct. 1 To Remove Hay From State Hwy. Right-Of-Ways

PIERRE — The South Dakota Department of Transportation requests the cooperation of all farmers and ranchers in removing processed hay from the highway right of way.

State regulations require that hay be removed from the right of way within 30 days of being processed, but no later than Oct. 1.

Removing hay bales from the highway right of way is an important safety consideration for motorists. The bales or stacks can be a safety hazard for vehicles forced to leave the road and, in some cases, can restrict a driver's sight distance. Hay left in the road ditches late in the year can also cause snowdrifts across the highway.

For more information, contact Jason Humphrey at 605-773-3571.

## BIRTHDAYS

### ROMAINE WIESELER

Every Birthday is a blessing. Help us celebrate Romaine Wieseler's 75th Birthday at a surprise open house, on Saturday September 14th from 2-4pm. Please arrive early for the surprise. Located at The Center 900 Whiting Drive, Yankton SD. Refreshments served. We look forward to celebrating with you.



Wieseler

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**Awana**  
**Program To Begin at Calvary Baptist Church**  
Registration: Wednesday, 9/11 • 6:30-7:15pm  
(No Regular Awana)  
Program Begins: Wednesday, 9/18 • 6:30-8:10pm  
Mandatory Parent Meeting: Wednesday, 9/18 • 6:30pm

**Club dues**  
\$15 1st Child  
\$10 Additional Child  
Scholarships Available

**All children ages 3 - 6th grade invited!**

Parent(s) must accompany child for check-in and check-out  
**Calvary Baptist Church**  
2407 Broadway, Yankton • (605) 665-5594

MOUNT MARTY COLLEGE FALL BENEDICTINE LECTURE:  
**HEALTHCARE REFORM & THE POOR**  
Presented by **S. Simone Campbell**  
Thursday, September 12, 2013  
Marian Auditorium | MMC Campus  
7:30 PM | Free & Open to Public  
Doors Open at 6:30 pm

Sponsored by the Mount Marty College Benedictine Institute of Leadership, Ethics, and Social Justice.

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