

# 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.

## THIRD MONDAY

**Yankton Golf Advisory Board Meeting**, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205  
**Friends Of The Yankton Community Library**, 5:15 p.m., Yankton Library, 515 Walnut  
**Yankton Lions Club**, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.  
**Yankton American Legion Auxiliary**, 7:30 p.m., VFW Building, 209 Cedar 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

## 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  
**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  
**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

## THIRD THURSDAY

**HSC Friendship Club**, 5 p.m., September: Whimp's in Burbank. 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

## BIRTHDAYS

### BETTY DROTZMAN

Betty Drotzman will turn 80 on September 18, 2013. Her family requests a card shower. Greetings may be sent to:



Drotzman

801 E 15th St #16  
 Yankton, SD 57078

### GEORGE BROZ

George Broz will be celebrating his 85th birthday Saturday, Sept. 21, 2013, at an open house from 2-5 p.m. at the Methodist Church Parish Hall in Tyndall. Come and wish him a Happy Birthday.



Broz

### KENNETH PETERSEN

Kenneth A. Petersen will celebrate his 90th birthday on Sept. 29, 2013, from 2-5 p.m. at the Gayville Lutheran Church in Gayville. All are invited to attend or send a birthday greeting to him at Box 156, Gayville, SD 57031.



Petersen

### SHIRLEY LARSON

Shirley (Modereger) Larson will be celebrating her 90th birthday. Her family requests a card shower in her honor. Greetings may be sent to her at 304 East 26th Street.



Larson

A celebration reception will also be held at 11:30 a.m. Sept. 22, 2013, in the undercroft of Christ Episcopal Church, Yankton.

**MORNING COFFEE**  
**WEEKDAYS 7:40AM MONDAY THRU FRIDAY**  
 Yankton's Home Team!

www.yankton.net

# Don't Let Your Debt Impact Your Health

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

King Features Syndicate, Inc.

As of August 2013, the average American's credit-card debt totaled \$15,263; mortgage debt averaged \$147,591; and student loan debt hit \$31,646. And many households have all three! No wonder you report that you're more stressed than you were 10 years ago. Twenty percent of you now say you live with extreme stress daily, and we think the real number is even higher than that.

It's not news that financial woes fuel tension, sleepless nights, relationship problems and depression. But a new report reveals that debt is also linked with higher diastolic blood pressure — that's the second number in a blood pressure reading that tells you the pressure level BETWEEN beats. We say you should aim for 115/75.

High diastolic pressure signals high-blood-pressure problems. And that can double your risk for heart attack and weaker recovery post-heart-attack; triple the odds for digestive problems and ulcers; and lead to a 10 times higher chance for headaches and migraines.

But you don't have to inflict physical damage on your body because you are under financial pressure — and that's great news, since stress-related health problems can cost a lot in lost work time, doctor and hospital expenses (even with health insurance) and family happiness. And a great bonus: When you have less stress, you think more clearly, and solutions to many of life's challenges, including financial ones, become more controllable.

Step 1: Stay social. Counteract stress



Dr. Mehmet Oz and Dr. Michael Roizen

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by investing in your social network, and we don't mean digitally. Study after study shows that people with strong relationships deal better with stress, reduce their risk of heart disease, cancer, accidents and all causes of death. So make an effort to stay in touch with friends and family, organize get-togethers, plan day trips. And reach out to help others through volunteering — acts of generosity and altruism are good for the heart and the spirit (not to mention the brain!).

Step 2: Make your health a priority. Financial stress doubles the chances that you'll skip on prescription drugs, medical tests and doctor visits. Ask your doc about lower-cost ways to get the care you need. You'll find free tips at sharecare.com and doctoroz.com to keep your health and weight on track!

Step 3: Face facts. Avoiding tough situations or difficult decisions doesn't make the stress they evoke go away — it amplifies it in the long run! So, identify at least one debt you'd like to stop stressing about, grab the most recent bill and do a little math. Determine what you can do to chip away at it

more effectively. And then tell one friend or family member what you're doing. In one study, half of the people who tried this approach were able to stay on track.

Step 4: Eat out less often. It's great for your budget, your waistline and your health! And clearly, if you stay healthy you'll have less stress, because you won't be worrying about illnesses AND you'll feel more in control of your future (a feeling that chronic debt can steal from you).

Step 5: Don't use shopping as stress relief. Lots of you may hit the mall or outlets when you're feeling down. But that's a recipe for overspending! Dancing with your honey and friends in your living room to your favorite oldies is free. Reading aloud with your spouse or kids is fun and relaxing, and how about a family board-game night?

Step 6: Adopt stress-busting habits. Financial stress increases your risk for obesity by 20 percent and ups the odds for smoking and excess alcohol use. Dodge those risks with exercise, meditation, breathing exercises, hobbies and making time for fun. They all can reduce levels of stress hormones and dial back anxiety. If your thoughts keep circling around to your bank balance or the latest unopened bills, try writing down your worries. Sometimes they don't look so large when you get them down on paper, where you can evaluate them and make an action plan.

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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## Conference On West Nile Set For Sept. 25

PIERRE — The annual South Dakota Mosquito Control and West Nile Virus Conference will be held Sept. 25 at the AmericInn Conference Center in Ft. Pierre. Registration starts at 9:30 a.m. CDT and the event begins at 10 a.m. The event was moved from its typical spring time slot due to a blizzard

In 2012, South Dakota experienced its worst West Nile season since 2007 with WNV detections in 48 counties and 203 human cases, including three deaths. To date in 2013, South Dakota has reported 71 human cases and one death. Surveillance updates and prevention information can be found on the department's website at

http://westnile.sd.gov/.

Although West Nile activity is difficult to predict, it is expected to threaten South Dakota for the foreseeable future.

Janet McAllister, CDC entomologist, Division of Vector-Borne Diseases, is the keynote speaker. Dr. McAllister is one of the country's leading experts on mosquito control. Conference topics will include practical operations, source reduction, larviciding, surveillance, adulticiding and an update of the current season.

The conference is open to anyone involved in community mosquito control or in municipal, tribal, county or state governmental leadership. There is no registration fee.

## BIRTHS

### LIAM VILLALOBOS

Ian and Courtney Villalobos of Yankton announce the birth of their son, Liam Israel Villalobos, born Sept. 7, 2013, at 2:15 p.m. Liam weighed 7 pounds, 14 ounces and was 21 inches long. He joins siblings Taylor, 6

and Jaydon, 2.

Grandparents are Steph Bouska, Yankton; Jose and Ida Villalobos, Ponce, Puerto Rico; and Henry and Terri Martin, New Castle, Wyo.

Great-grandparents are Shirley Bouska, Yankton; and Bonnie and Albert Martin, St. Onge.

### TY LYNSTAD

Matt and Laura Lyngstad of Irene announce the birth of their son, Ty Wesley, born on September 6, 2013. He weighed 8 pounds 14 1/2 ounces and was 21 inches long. Ty joins siblings Brenna, 7, Maryn, 4 and Lane, 2. Grandparents are Paul

and Shari Gustad and Bob and Marilyn Lyngstad of Volin.

Great-grandparents are Ordell and Jeannie Gustad of Mission Hill, Robert and Norma Ojen of Volin, Colleen Slagle of Yankton and Dorothy Heine of Hartington, Neb.

Great-Great grandmother is Delores Vellek of Yankton.

## Join us

Thursday, September 19th at 2 p.m. for **Music with the McNeils** at the Avera Majestic Bluffs Gathering Place.



Following the entertainment, refreshments will be served in the Assisted Living Dining Room. Tours of the facility and information on Adult Day Services will be provided from 3-4 p.m.

Avera Sacred Heart Adult Day Services provides coordinated services for adults in a Christian community-based group setting. Services are designed to provide social interaction and supervised care in a safe place outside the home to afford caregivers respite.

**Celebrate National Adult Day Services Week**  
 September 15-21, 2013

605-668-8625  
 2109 West 11th Street  
 Yankton, SD 57078



## State-Tribal Relations Meeting Sept. 26

PIERRE — The South Dakota Legislature's State-Tribal Relations Committee will meet on Thursday, Sept. 26, in Rapid City at the Ramkota Hotel, beginning at 9 a.m. The committee will hear informational presentations by the Rapid City Public Schools, Oglala Lakota College, United Tribes Technical College, the South Dakota Unified Judicial System, and the South Dakota Housing Development Authority, and other agencies. Public testimony will be taken and the public is invited to attend.

The State-Tribal Relations Committee was created by statute in 1993 (SDCL 2-6-20). The committee consists of ten state

legislators appointed to two-year terms and is directed to make a continuing study of relations between state and local governments and the tribes and their tribal governments and to serve as a forum for the discussion of issues of mutual concern.

Committee members for the 2013-2014 term are Sen. Jim Bradford, Chair (D-Pine Ridge); Sen. Stan Adelstein, Vice Chair (R-Rapid City); Sens. Russell Olson (R-Madison), Billie Sutton (D-Burke), and Craig Tieszen (R-Rapid City); and Reps. Troy Heinert (D-Mission), Kevin Killer (D-Pine Ridge), Elizabeth May (R-Kyle), Lee Qualm (R-Platte), and Mike Verchio (R-Hill City).

**FREE GIFT!**  
**ESTÉE LAUDER BOLD NEW FREE GIFT**  
 Choose Your Gift Our Best Sellers  
 Choose Your Lip and Eye Shades  
 Free with any Estee Lauder purchase of \$35 or more. **Worth over \$100.00**  
**Get More! FREE!**  
 Choose your Deluxe Gift Size Moisturizer plus Eye Crème and travel case. FREE!  
 Add them to your gift with any Estee Lauder purchase of \$70 or more  
 Both Gifts Together Worth over \$165.00  
**GOING ON NOW! Hurry in while supplies last! Ends on September 28**  
 or when the last gift is gone.  
**Schwesers**  
 Yankton Mall