

## 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](mailto: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)

### FOURTH MONDAY

**NARFE (National Active and Retired Federal Employees Association) Chapter 1053**, 10 a.m. at The Center, 900 Whiting Drive.

### 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

### 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

### 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

## Not-So-Sweet News About Sweeteners

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

King Features Syndicate, Inc.

Why are diet-soda sales tumbling two to three times faster than sales of sugary fizzy drinks in America? Could be thanks to a supersize helping of negative news, as more and more reports uncap the facts that no-calorie sweeteners may not help your diet and instead could boost your risk for diabetes, heart disease and extra pounds.

No wonder one major soda maker has gone on the defensive, recently airing new ads touting calorie-free cola as an ally in the battle of the bulge. If your enthusiasm for artificial sweeteners has gone flat or if you're worried about mounting evidence that this phony sweet has downsides, you're not alone. (And BTW, you can quit. Dr. Mike quit his huge diet-cola habit cold turkey three years ago, switching to coffee, caffeinated water and plain water to wet his whistle.)

On the surface, diet sodas look like a dream come true. Flavor and fizz, without all that high fructose corn syrup and calories. The Food and Drug Administration has approved six non-nutritive sweeteners for use in foods and drinks — aspartame (NutraSweet, Equal), acesulfame potassium (Sunett, Sweet One), neotame (used in commercial food products), saccharin (Sweet'N Low, Sugar Twin), a stevia extract called rebaudioside A (Truvia, PureVia) and sucralose (Splenda, Nevella).

Yet even with FDA approval, conflicting and often bothersome research about calorie-free sweeteners keeps bubbling to the surface. The latest? Evidence from human studies shows that artificially sweetened drinks are associated with weight gain in adults and teens, and raise risk for diabetes, high



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

blood pressure and heart disease. Some data even suggest that these zero-calorie sips could double the risk for metabolic syndrome, a huge risk factor for diabetes and heart disease. Other recent reports show consumption is linked to higher rates of depression. And in one study, people who drank diet sodas had a 70 percent greater increase in waist circumference over a few years compared to those who skipped soft drinks.

### BEYOND 'LET'S MAKE A DEAL' THINKING

One reason diet sodas may backfire in an overall diet is that it's easy to justify rewarding yourself with a cookie or fries or a second slice of pizza because you've eliminated hundreds of calories by choosing diet beverages over regular drinks. That's called compensation. And to be fair, it doesn't always happen. For some people, switching from regular soda to diet soda does save hundreds of calories. Keep everything else equal, and you could lose weight. (Read on for an even better choice!) But newer research says diet drinks and foods may mess with your brain and your metabolism. It turns out that artificial sweeteners flood your taste buds with sweet

flavors but don't light up satisfaction centers in your brain the way real sweets do. So cravings build. Artificial sweeteners also may ramp up your body's response to real sugars and carbohydrates — spiking levels of blood sugar. This is where the frightening news of their link to metabolic syndrome, pre-diabetes and diabetes comes from.

### FOUR WAYS TO BREAK AN ARTIFICIAL SWEETENER HABIT

Want to cut down or cut out diet drinks? These strategies can help:

- Opt for water and fruit. Switching from regular soda to water can help you lose weight. Munch a juicy peach, pear, apple or orange when you crave something sweet. Your taste buds will be satisfied, and you'll get a burst of important nutrients.

- Make a zero-calorie tea in 60 seconds. Stash fruit-flavored herbal tea in your cabinet or desk; add one or two bags to a bottle of plain water. Shake gently; wait a minute or two and — voila! — you've got a delicious drink.
- Sprinkle sweet seasonings. Cinnamon, nutmeg, ginger, allspice and vanilla give cereal, coffee and whole-grain bread a sweet taste with no downside.

- Slash your diet soda consumption in half. Then halve it again next week. Keep going until you're close enough to zero to stop entirely. Replace with water, unsweetened tea, caffeinated water or coffee — just like Dr. Mike!

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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### USD

## Students Finalists In Competition

VERMILLION — When it comes to developing a viable business solution for renewable energy, four University of South Dakota students fueled their idea into an award-winning proposal for the Department of Energy's 2013 National Geothermal Student Competition.

With the project, "LTEC: Expanding the Viability of Geothermal Energy," Chris Barkl of Yankton; Nathan Bedoya of Tustin, Calif.; Kyle Poss of Dakota Dunes and Jordan Schumacher of Aberdeen were named one of four finalists in the competition, awarded \$5,500 and a paid trip to Reno, Nev., this summer where they presented their proposal to a panel of geothermal experts. The U.S. Department of Energy's Geothermal Technologies Office coordinates this

annual competition through the Oak Ridge Institute for Science and Education. Other finalists included teams from Oregon Institute of Technology, Cal Poly-Pomona and Rochester University.

According to Meghann Jarchow, Ph.D., assistant professor of sustainability at USD, the competition was designed to include students from multiple academic departments. USD's team featured a general studies major (Poss), two students in the Beacom School of Business (Barkl, an accounting major, and Schumacher, a finance major) and a sustainability major (Bedoya). Poss, Barkl and Schumacher were also part of the Southeast Entrepreneurial Resource Program under the direction of Wade Druin, assistant professor of entrepre-

neurship at the Beacom School of Business. Druin also served as the team's adviser.

The proposal submitted, "LTEC: Expanding the Viability of Geothermal Energy," utilizes both traditional geothermal energy conversion and ocean thermal energy conversion for a clean and economically viable result. The USD team used Lake Francis Case, which sits behind Fort Randall Dam near Pickstown as the proposed location for their LTEC (Land Thermal Energy Conversion) geothermal plant.

"In the Lake Francis Case area, there is a good source of geothermal energy which is relatively close to the surface and would work well in conjunction with the relatively cool water from the lake," explained Druin, who also co-owns a geothermal

business in Sioux Falls.

Geothermal energy uses the heat from beneath the earth's surface as a fuel source. It's clean and sustainable, which is appropriate now that sustainability is the newest major in the College of Arts & Sciences. Jarchow, who oversees the program, said interest in sustainability has increased in just three semesters at USD with 12 declared majors at the end of last year.

"All of the other schools have a geothermal program dedicated to investigating these resources and opportunities," Jarchow noted. "I think this competition was an invaluable experience for our students because they were going up against students who were getting graduate degrees in geothermal energy."

## Scams Continue To Target S.D. Citizens

PIERRE — Attorney General Marty Jackley is warning South Dakota consumers and business owners about transient vendors who continue to target the state. Recent hail storms in both Rapid City and Sioux Falls areas have left many damaged neighborhoods in need of repair. In addition, the Attorney General's Consumer Protection Division is still seeing a large number of out-of-state transients targeting consumers for paving jobs. Consumers and business owners are still reporting poor quality jobs at exaggerated prices, often double or triple what was originally quoted.

"Every single year our Consumer Protection Division receives numerous

complaints against transient contractors and this year has been no exception," said Jackley. "Unfortunately, some scammers will try to cash in on the misfortune of those affected by storm damage by providing low quality services or in some instances taking consumer monies and providing no service."

Here are a few precautions that may help prevent becoming a victim:

- Do not be pressured into a quick agreement.
- Request a written contract specifying in detail the work to be done and the agreed upon price.
- Be cautious if cash-only terms are required.
- Do not make full payment before the job is

satisfactorily completed.

- Ask for local references and call these references to make sure they were satisfied.
- Get bids from local companies to compare prices.
- Consumers have a three day right-to-cancel, which should be stated on the receipt of contract.
- Sellers must provide the consumer with a copy of the contract or receipt at the time of the sale. This receipt must show the date of the sale, the name and address of the merchant, and a statement to the buyer of his or her right to cancel the contact within three days. After proper cancellation, the seller has 10 days to refund your money.
- Remember that a legitimate offer does not require you to have the work done immediately. Do not get pressured into sale.
- Ask to see their current South Dakota tax license. State law requires all persons selling products or services to have a current South Dakota sales or contractors' excise tax license. But remember that even though they may have this license it does not mean that you will be able to locate them once the work is complete.

Contact the Attorney General's Consumer Protection Division at 1-800-300-1986 or [consumerhelp@state.sd.us](mailto:consumerhelp@state.sd.us) with questions or concerns regarding transient vendors.

## Park Licences Available Beginning Oct. 1

PIERRE — The 2014 annual park entrance license for South Dakota's state parks and recreation areas will be available for purchase Oct. 1.

The 2014 park entrance license is valid from Oct. 1, 2013, through May 17, 2015. An annual park entrance license is \$30. Purchasers of one license can also buy a second at half price.

The license is required for entrance into designated state parks, recreation areas and lakeside use areas, although it does not cover camping costs or additional fees. Entrance licenses can be purchased online at [www.campsd.com/](http://www.campsd.com/), at local state park offices or by calling the SD Division of Parks and Recreation at 605-773-3391.

## SENIOR-DAY'S Monday-Wednesday at Schweser's Seniors take an

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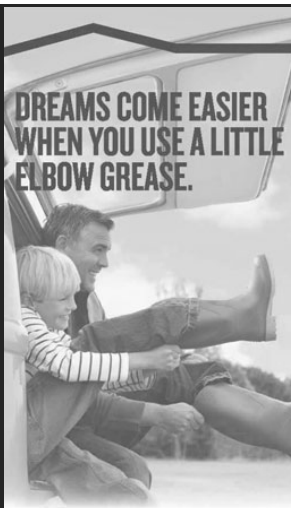
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### MARCUS (JIM) HANS

Marcus Hans will celebrate his 90th birthday on Thursday, Sept. 26, 2013. Greetings may be sent to PO Box 64, Wynot, NE 68792.



Hans

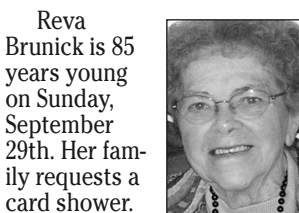
### BIRTHDAYS

#### LORRAINE STERNHAGEN



Sternhagen

#### REVA BRUNICK



Brunick

Reva Brunick is 85 years young on Sunday, September 29th. Her family requests a card shower. Greetings may be sent to: 2024 Cedar, YN SD 57078. Brunick has 4 sons, 1 daughter, 15 grandchildren, 20 great grandchildren, with 2 more on the way.

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