

## 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  
**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.

### SECOND MONDAY

**Yankton School Board**, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998  
**Tri-State Old Iron Association**, 7 p.m., JoDeans Restaurant, 605-665-9785.  
**Yankton Area Writers Club**, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582  
**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street  
**NAMI**, 7 p.m., Avera Professional Pavilion, Room No. 2, Yankton. 605-661-3043.

### 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)

### THIRD 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  
**Runmikub**, 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 #217**, 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.

### THIRD THURSDAY

**HSC Friendship Club**, 5 p.m., September: Delmonico's, Fordyce, Neb. 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, 509 Capitol, Yankton, 605-665-4485. (September through June).

## Before You Pop That Little Pink Pill ...

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

The first prescription drug for women with low sexual desire was recently approved by the U.S. Food and Drug Administration (there are 26 FDA-approved treatments for men). It's for the estimated one in 12 American women with hypoactive sexual desire disorder, a troubling drop in interest in sex that can strain relationships and cancel out one of life's great joys. The medication is called Addyi (pronounced ADD-ee) from Sprout Pharmaceuticals, and it's controversial. Here are five things you should know about the "Pink Pill" and low sexual desire before asking for a prescription.

No. 1: It's not like Viagra. Addyi (flibanserin) doesn't work like ED drugs for men (Viagra and Cialis). You don't pop one right before you slide between the sheets and – presto – your sex organ is functional. A woman would have to take Addyi every day. And while studies suggest that it can increase the amount of satisfying sex a woman has, it's not designed specifically to help women have an orgasm. Things that increase blood flow – like exercise; more fruits and veggies, especially watermelon; fewer toxins such as tobacco; and better stress management – do that. (They also help men overcome ED.)

No. 2: Nobody's sure how Addyi works ... and the benefits are modest. The drug, developed originally as an antidepressant, increases levels of the brain chemical serotonin. But researchers aren't sure how this stirs desire, an elusive urge governed by emotions, hormones, state of mind, time and place. In a trio of studies, women with low sexual desire who took Addyi for six months reported that the number of satisfying sexual experiences they had



### OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

per month increased from about two to three per month to two and half to four per month. And while 51 percent of Addyi users reported an increase in desire, so did 38 percent of those who had received a placebo.

No. 3: It's got side effects and one big risk. Common side effects include dizziness, sleepiness, nausea, fatigue, insomnia and dry mouth. Also, women cannot drink alcohol while using it. A boxed warning – the FDA's strongest type of drug warning – cautions that the combination can cause low blood pressure and fainting. And doctors will be expected to screen women for alcohol use before prescribing Addyi.

No. 4: It's not "magic." Low sexual desire has many causes and deserves a frank conversation with your doctor, not just a prescription. An estimated 8.3 percent of women have hypoactive sexual desire disorder. Hormonal shifts around menopause play a role for some women. Widely used medications, like antidepressants and beta-blockers for high blood pressure, also can torpedo female libido. So can common medical conditions like diabetes

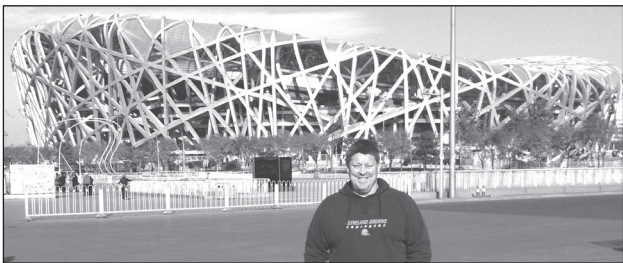
## Coach Rozy Speaks At Strength And Conditioning Symposium In Beijing

Performance Coach Mark "Coach Rozy" Roozen will discuss speed and agility training at a symposium hosted at Capital University of Physical Education and Sports in Beijing, China.

The Chinese Sports Council has translated "Developing Agility and Quickness," a book Roozen co-edited with Jay Dawes. As a result, the organization has asked Roozen to be a presenter at the Strength & Conditioning Symposium set for Sept. 11-13.

"It's an honor to have the book translated into Chinese," Roozen said. "It's another huge thrill to be asked to travel to Beijing and be on the agenda to share my knowledge with the Chinese coaches."

"Developing Agility and Quickness" was published by



SUBMITTED PHOTO

Mark "Coach Rozy" Roozen is seen here at the **National Stadium (also referred to as Bird's Nest) in Beijing in October 2014 during a trip to work with Chinese volleyball, soccer and pole vault athletes. The National Stadium was the main venue of the 2008 Olympic Games.**

Human Kinetics and features more than 100 drills. The book combines research and in-the-trenches knowledge.

"To help athletes be the best they can, today's coaches need to have the latest

advice on training agility and quickness, which this book provides," Eleanor Frankel, editor-in-chief of Training & Conditioning Magazine, said of the book.

Roozen, who travels to

China on a regular basis to work with Chinese athletes and coaches, will be presenting to high-level coaches who work with Olympic teams, as well as coaches who are in developmental programs that work with young Chinese Olympic athletes.

Coach Rozy Performance is located in the Avera Sacred Heart Hospital Professional Office Pavilion, and Roozen partners with Avera Sports Yankton to provide year-round training programs for athletes of all ages, sports and activities.

For more information on these athletic programs or to register, call the Avera Wellness Center at (605) 668-8357, or Coach Rozy at (817) 219-2811.

© 2015 MICHAEL ROIZEN, M.D.  
AND MEHMET OZ, M.D.

## You're News! The Press and Dakotan

### MYOB (Mind Your Own Business) Lunch & Learn

**A program designed for women who would like to start OR who currently own their own business**



**Friday, September 25, 2015  
10:00am - 1:00pm  
Minervas • 1607 E. Hwy 50  
Cost: \$25**

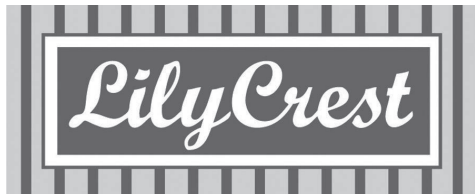
**10am** - Welcome  
**11am** - Panel Discussion  
**Noon** - Luncheon/Table Discussions  
**1pm** - One-on-One consultations with panelists

**Yankton!**  
WHAT A  
DISCOVERY  
CHAMBER OF COMMERCE  
803 E. 4th St. Yankton, SD  
(605) 665-3636

Contact: Carmen Bodden at [chamber@yanktonsd.com](mailto:chamber@yanktonsd.com) or call (605) 665-3636 [www.yanktonsd.com](http://www.yanktonsd.com)

# friends2follow<sup>LLC</sup>

Participating Businesses Are...



Want your **REAL-TIME MESSAGE** on the most visited media website in the Yankton area?

Join our 'Friends2Follow' program!

Contact your Yankton Media Representative today!

**605-665-7811**