

## 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.

### THIRD MONDAY

**Servant Hearts Clinic**, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.  
**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  
**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)

### 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.

### FOURTH THURSDAY

**Yankton County Farmers Union**, 7 p.m., Sunrise Apartments, 2015 Green St., Yankton. 661-7667.

### BIRTHDAYS

#### JANICE AUNE

Janice Aune of Mission Hill turns 90 on Sept. 28. Her family is having a gathering on Saturday, Sept. 26. Birthday wishes may be sent to: 44425 303rd Street, Mission Hill, SD 57046.



Aune

#### VERLYN NOHR

Verlyn Nohr will celebrate her 85th birthday on Sept. 22. Her family requests a card shower. Greetings may be sent to 55496 898 Road, Crofton, NE 68730. Happy birthday, Grammy!



Nohr

### BIRTHS

#### LOGAN NEUARTH

Glen and Kari (Swensen) Neuarth of Menno announce the birth of a son, Logan Darrell Neuarth, who arrive Sept. 2, 2015, at Sanford Hospital in Sioux Falls. He weighed 8 pounds, 5 ounces.

He joins an older sibling, Kylie, age 2.  
Grandparents are Yvonne and the late Darrell Swensen, Irene, and Harlin and Joan Neuarth, Freeman.  
Great-grandmother is Marie Swensen, Viborg.

### Oz And Roizen

# Try Giving Your Diet Willpower A Little Help

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

King Features Syndicate, Inc.

D-I-E-T. It's a deceptive word. But you probably already know that if you're like the estimated 45 million North Americans on a diet right now and it's the third, fourth or fifth time you've tried to lose weight and keep it off.

Wanna know why that happens, over and over and over? A new study of 14,000 people reveals that when you go on a diet, it piles on added stress, triggering overeating and weight gain.

Researchers from the U.K.'s University of Liverpool reviewed the weight and eating habits of thousands of Americans and Brits. They discovered that people who thought of themselves as overweight were more likely to feel tense and anxious — and to eat to soothe those feelings. As a result, they were more likely to gain weight than those who weren't focused on the number on their bathroom scale.

Well, we've got a more effective way to achieve a healthy weight, and there's no better time for you to try it. The season's abundance of mouthwatering, sun-ripened fruits and vegetables make creating deliciously healthy meals fun and easy.

**Mind shift No. 1:** Focus on healthy food, not on the bathroom scale. Weigh yourself only once a week, or less. Instead, say "good-bye" to the Five Food Felons: Ditch added sweeteners and syrups, trans fats (often called "partially hydrogenated" fat or oil on ingredients lists), most saturated fats and white-flour foods like white bread, white crackers and white pasta. They boost risk for heart disease, diabetes and inflammation-boosting abdominal fat. Go for 100 percent whole grains.



### OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

At the same time, aim for 2-3 servings of fresh or frozen, no-sugar-added fruit and 5-9 of veggies every day. Make sure veggies fill half your plate. And sneak extras into soups, sauces, casseroles. Grate carrots, onions and red peppers into chicken burgers, slide spinach leaves and thick tomato slices into your sandwiches, start every dinner with a big garden salad. You'll flood your body with vitamins, minerals and super-healthy phytonutrients that help prevent cancer, too. The bonus: Chunky, fiber-packed produce fills you up.

**Mindshift No. 2:** Put breakfast and lunch on automatic pilot. The less you have to think about, the easier it'll be to eat more healthfully. That's why we've "automated" our breakfast and lunch routine and think you should, too. Pick two to three healthy breakfasts and lunches you love, stock your kitchen with the ingredients and you're good to go. You'll never feel tempted by unhealthy foods at these mealtimes, or reach for less-than-stellar snacks to stop hunger pangs while you figure out what the heck you're going to eat. Research suggests that it takes two

to three weeks to install a new habit into your routine; new habits get easier as you practice them. By automating two meals a day, you're establishing healthy new habits, and new habits are also something the brain really likes. Now you're giving your willpower a break. Studies suggest that most of us have a limited willpower supply, and it dwindles as the day goes on. Save yours for more important things than deciding what you'll have for breakfast or lunch!

**Auto-Breakfast Suggestions:** Oatmeal; scrambled egg whites with lots of veggies (cook extra veggies at dinner for a fast morning scramble), plus whole-grain toast; a smoothie with nonfat no-sugar-added yogurt and fresh or frozen fruit; or a slice of whole-grain toast with a tablespoon or two of nut butter.

**Awesome Lunch Options:** A big veggie salad with skinless, broiled chicken and a little olive oil and vinegar; vegetable soup plus a salad or half a sandwich; or a veggie burger on a whole-grain roll with lots of mustard, lettuce and tomato.

For dinner, choose a lean protein, a whole grain and two veggies that you love. Finish the meal with fresh fruit and tea, followed by an evening stroll. You're living the good life! These tips all come from our bestseller, "YOU: On A Diet Revised, The Owner's Manual to Losing Waist."

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](http://www.sharecare.com).

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## Prescription Drug Take-Back Day Sept. 25

OMAHA, Neb. – The Drug Enforcement Administration (DEA) has announced that the National Prescription Take-Back Day will be Saturday, Sept. 26, from 10 a.m.-2 p.m. There will be more than 5,000 collection sites in communities across the nation so local residents can return their unused, unwanted, unneeded or expired prescription drugs for safe disposal. During the past 10 years Americans have turned in more than 4.8 million pounds of prescription medications at these events.

Of the 2.2 million expo-

sures managed by poison centers in 2013, about half were medication exposures, and the vast majority of fatalities reported to poison centers were attributable to the misuse and/or abuse of medications. In fact, 16 percent of pediatric (<6 years) fatalities reported to poison centers were attributable at least in part to pain relievers. In 2013, more than 16,000 Americans died from prescription opioid overdoses.

It is important to get rid of old and outdated medications as soon as you don't

need them anymore. Some medications can become dangerous or ineffective over time. Other medicines can be abused by someone looking through your medicine stock.

On the National Prescription Take-Back Day commu-

nities will be sponsoring take back sites. There are also sites that will take medications all year round. Call 1-800-222-1222 and poison center nurses will be able to answer all your questions and help you quickly locate the nearest take-back site.

## Lincoln Man To Speak At Mayor's Prayer Breakfast

Lincoln Man To Speak At Mayor's Prayer Breakfast  
Nat Crawford of Lincoln, Nebraska, is the featured speaker at the 2015 Yankton Area Mayor's Prayer Breakfast, set for Friday, Oct. 2, at JoDean's, 2809 Broadway. Yankton Mayor Dave Carda extends an invitation to the public to the buffet breakfast, which will be held from 6:30 a.m. to 8 a.m. Reservations are required and can be made by calling 605-660-0378 or by sending a check to Mayor's Prayer Breakfast, PO Box 569, Yankton, SD 57078. Include the number of requested tickets and name and address where the tickets should be mailed. The reservation deadline is Tuesday, Sept. 29.

"I believe this is an appropriate way to express our recognition of the fact that God plays a vital and necessary role in Yankton community activities," Carda says.

Crawford – a speaker, pastor, coach and apologist – will address the topic, "Is the

Bible a Myth?" He earned his Bachelor's degrees in Business Leadership and Biblical Studies at Omaha's Grace University. He completed his M.A. in Christian Apologetics at Biola University in Los Angeles.

"Apologetics appealed to me because it helps Christians search for answers to some important questions, such as why is there so much suffering in the world," Crawford says. "I use what I've learned in writing articles, blogging and speaking. I also teach apologetics classes at my church."

Crawford describes his Christian faith as "reasonable faith," built on evidence that helps him share the Gospel message of Jesus Christ. He believes knowledge of apologetics often helps remove stumbling blocks for those seeking truth in their life.

Additional information about the breakfast is available by calling 605-660-0378. More details about Crawford can be found at [www.natcrawford.com](http://www.natcrawford.com).

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