

## C O M M U N I T Y

## 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

## RYOT KUCHTA

Tyler Kuchta and Sara Schenk, Wynot, Neb., announce the birth of their son, Ryot Weston Kuchta, born March, 18, 2013 at 12:51 p.m. Ryot weighed 7 pounds, 6 ounces and was 20 1/3 inches long.  
 He joins siblings Timothy, 7 and Killian, 5.

Grandparents are Alan and Karen Kuchta, Wynot, Neb., Susan Anderson, Phoenix, and Gerard Schenk, Phoenix.

Great-Grandparents are Betty Foxhoven, Wynot, Neb.

## BROOKS HEINE

Scott and Jennifer Heine of Hartington, Neb., announce the birth of their son Brooks Ludwig Heine, born February 7, 2013 at 8:42 a.m. He weighed 6 pounds and was 18 1/4 inches long.

Brooks joins siblings: Weston, age 7, Maverick, age 5 and Shayla, age 1.

Grandparents are Roxanne Lammers of Spearfish, Mark Lammers of Hartington, Neb., Del Rae Heine of Sioux Falls and Jerry and Deb Heine of Hartington, Neb.

Great grandmothers are Dorothy Heine of Hartington, Neb. and Fern Schaefer of Yankton.

## DREUX MAULE

Jamie Maule and Teddy Smith of Yankton announce the birth of their son Dreux Jordan Maule, born January 31, 2013 at 8:18 p.m. He weighed 9 pounds 12 1/2 ounces and was 22 inches long.

Grandparents are Writta Maule and Brian Maule Fort Worth, Texas and Dugan and Lori Smith of Yankton.

Great grandparents are Dean and Linda Maule of Bloomfield, Neb. and Marjorie Campbell of Niobrara, Neb.

## Relief From Arthritis Without Drugs

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

King Features Syndicate

If you're one of the 50 million North Americans living with nagging arthritis pain, don't be discouraged by recent news about treatment duds and dangers. Plenty of safe, proven ache-easers can keep you off the sidelines and may eliminate or reduce your dependence on painkillers and postpone the need for a joint replacement.

First, some alerts and advice about well-known arthritis pain-relief treatments:

—Diclofenac is the most popular NSAID (nonsteroidal anti-inflammatory drug) in the world. But a new report says these pills could boost your risk for a heart attack or stroke by 91 percent, if taken regularly. Experts in Canada have called for a global ban. However, topical (cream) diclofenac could serve as a safer form of the drug for people looking to relieve their arthritis pain.

—Over-the-counter pain relievers (ibuprofen and acetaminophen) were once considered super-safe, but they now are known to increase the risk of heart and liver problems by 29 percent.

—Viscosupplementation, the injection of a layer of synthetic or natural hyaluronic acid into painful knee joints, can offer remarkable relief for some people. But if you are obese, inactive and don't have good leg strength, it may not make a measurable difference in your comfort level. Even if you're young or athletic, for no known reason there's sometimes little benefit. And the new 3-in-1 injections are more likely to cause swelling and joint inflammation right after treatment than the original 1-a-week-for-3-weeks routine (which you can still ask for). For



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

most people, the greatest pain relief comes eight to 12 weeks after beginning treatment and can last for six months or longer.

Second, here's what you can do to safely and effectively handle your arthritic pain. Check out this list of top, research-proven relievers, many of which haven't gotten the attention they deserve:

—Pain-relieving gels and creams. Over-the-counter ointments containing capsaicin — an extract of red chili peppers — can reduce pain by 40 percent if used daily for at least a month. Capsaicin works by depleting your body's supply of substance P, a chemical messenger that transmits pain signals to the brain. The capsaicin ointment may burn when you first apply it, but stick with it. After a few days of use, you will feel the full effects.

Need more relief? Ask your doctor about getting a prescription for a NSAID cream or gel. These are applied to your skin over sore joints,

so not as much of this potentially harmful medication enters your bloodstream. These may provide relief for up to 60 percent of people with arthritis.

—Stretching and exercise. Stretching increases blood flow to the joints. Warm-water aerobics, a stroll around the block or pedaling an exercise bike can improve ease of motion, and build muscles to take pressure off troubled joints. Yet only one in five people with arthritis is taking advantage of this natural pain-relief prescription! So talk with your doctor to determine what's the best exercise routine for you, and get going!

—A little weight loss. Every pound you lose takes four pounds of pressure off your aching joints. If you are overweight, losing 10 pounds reduces compression on each knee by a total of 48,000 pounds for every mile you walk. Whew! That's a lot of relief.

—A colorful diet. Foods that ease inflammation lend a hand to joint-pain relief, so load up on a colorful array of vegetables and fruits, such as strawberries, leafy greens, carrots, blueberries and cherries. And opt for fatty fish like omega-3 DHA-loaded salmon and trout; then drizzle salads with olive oil; add some omega-3 rich walnuts, and wash it all down with green tea. At the same time, go easy on foods that ramp up inflammation, such as refined grains, and sunflower and soybean oils, which may tip the fatty-acid balance in your body in the wrong direction (they load you up with omega-6).

*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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## Daugaard Declares April As Child Abuse Prevention Month

PIERRE — Gov. Dennis Daugaard has declared April as Child Abuse Prevention Month in South Dakota, encouraging people in communities across the state to work together to keep children safe and offer the support families need to stay together.

The governor said all children in South Dakota have the right to live quality lives that are free from abuse and neglect.

"I've seen firsthand the effects of child abuse and neglect during my experience at Children's Home Society," Daugaard said. "The South Dakota Department of Social Services is committed to helping future generations succeed. It is focused on ensuring the safety and well-being of all families and improving the lives of children in our state."

Individuals can be a part of the prevention process by:

- Learning about the signs of child abuse and neglect. Educate yourself on the signs of child abuse and neglect, and be prepared to recognize them. Learn more about the common signs of abuse and neglect at [www.dss.sd.gov/cps/protective](http://www.dss.sd.gov/cps/protective).
- Asking for help if you need it. As a caregiver, there are many resources available to provide support. Common Sense Parenting classes are held throughout the state and cover topics ranging from reducing family stress to enriching relationships with

young children. For more information on this program, visit [www.dss.sd.gov/cps/parenting-program](http://www.dss.sd.gov/cps/parenting-program).

- Offering a helping hand to friends and neighbors. Let parents know you are available and willing to talk, or offer to give parents a rest by taking care of the children. Volunteer your time to local community programs that provide support for families, such as after-school programs, athletic or church activities.

- Reporting suspected child abuse and neglect. If you have reason to believe a child has been harmed or may be in danger, report it by contacting your local Department of Social Services office or local law enforcement agency.

- Wearing a blue ribbon. Throughout the month of April, citizens are asked to wear blue ribbons or tie them to their vehicle antennas to spread the message of child-abuse prevention.

The Department of Social Services' Division of Child Protection Services has 20 offices across the state and serves every county. In addition to receiving and assessing reports of child abuse and/or neglect, the division connects parents with the needed resources to help increase their ability to keep children safe. For more information, visit <http://dss.sd.gov/cps/>.

## BIRTHDAYS

## LAURA MERKWAN

Laura Merkwan of Yankton will celebrate her 90th birthday on April 13, 2013, with an open house from 2-4 p.m. at Senior Citizens Center. The event will be hosted by children, Millard and Laurel Merkwan, Carole and Larry Wynia, Gary and Linda Merkwan, Terry and Sally Stucky.

The family requests a card shower, cards may be sent to Laura at 816 East 8th, Yankton, SD 57078.

## ELIZABETH FOSS

Elizabeth Foss of Scotland will celebrate her 95th birthday April 10. There will be a family dinner with daughter and family from Minneapolis. The family requests a card shower.

Greetings can be sent to: 1140 Washington Street, Scotland, SD 57059.

## DOROTHY GOBEL

Dorothy Gobel of Yankton will be celebrating her 75th birthday on Tuesday, April 9, 2013. Her family has requested a card shower. Cards can reach her at 1705 Walnut Street, Yankton, SD 57078 or call 605-664-3907 to wish her a happy birthday.

## LUCILLA (GOERHRING) DEWALD

The children and grandchildren of LuCilla (Goerhring) Dewald invite you to her 90th Birthday Celebration. An Open House will be held on Sunday, April 14, 2013, from 2-4 p.m. at the Emmaus Lutheran Church, 400 S Dobson St. Tripp, SD. No gifts please, your presence is gift enough! To send a card to LuCilla, mail it in care of: Tripp Good Samaritan Center, 300 N. Dobson Street, Tripp, SD 57376.

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