

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
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.

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.

Kindergarten Sneak Peek To Be Held At MVCA

A Kindergarten Sneak Peek will be held at Yankton's Missouri Valley Christian Academy on Thursday, May 2, running from 9-11 a.m. Upcoming kindergarteners (age 5 by Sept. 1) can spend the morning with Mrs. Frederick, MVCA's kindergarten teacher, to experience the difference MVCA can make with its Christ-centered curriculum, small class size, and

hands on approach.

This event is free, but RSVP by calling 665-4470 by April 30. For more information, visit www.mvca-mustangs.org. A breakfast for Sneak Peek families will be served at 8:30 a.m.

Breathing Easy During Pollen Season

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

King Features Syndicate

If you're among the 27 million North Americans with asthma, chances are it's triggered by allergies to airborne irritants in your environment (a whopping 75 percent of adults with sensitive airways have allergic asthma). Unfortunately, only 25 percent of people with asthma know what they're allergic to and how to avoid the triggers that make their airways constrict, swell and clog up with mucus. That may be why more than half of all PWA (people with asthma) have at least one asthma attack each year — and why that scary "I can't breathe" feeling sends a half-million folks to the emergency room annually (and, we hate to add, needlessly kills thousands).

Clearly, if you have allergic asthma, identifying and avoiding your triggers — and setting up a smart asthma treatment plan — could be a lifesaver.

The allergens that are the most common wheezemakers include pollen (especially grass pollen), dust mites, mold, household pests like cockroaches and pets of all kinds. So you want to get hip to the asthma triggers and start hunting for your hazards.

Here's how to become an allergy sleuth.

No. 1: Write down the facts, and nuthin' but the facts. Your doc can give you an allergy scratch test to ID some culprits, and then you can keep a daily diary recording where you've been, what you've done and how your breathing feels. You'll see patterns that might surprise you. Ask yourself: Was I outdoors on a high-pollen day? Did I change bed linens (dust mites thrive in bedding)? Did I vacuum the rug my dog sleeps on, or



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

visit a friend who has cats? Did I repot plants or work around damp, wet areas? Look for trends, and discover situations that seem to consistently trigger an attack. One tip: Even if you have allergic asthma, non-allergy triggers like cigarette smoke, cold air and exercise also can cause you trouble.

No. 2: Update (or set up) your asthma action plan. This asthma action and control plan, designed by you and your doctor, includes specifics on using a peak flow meter to check lung function, sets up a routine for taking your controller medications, outlines when to use a quick-relief (rescue) medicine such as an inhaler, and explains how to recognize signs of worsening asthma quickly and when it's time to get to a hospital or call 911! A good plan also covers the best ways to sidestep triggers.

No. 3: Reduce your allergic reactions: Ask your doctor if you need allergy medications or immunotherapy treatment to lessen allergic reactions. A new study in JAMA, The Journal of the American Medical Association, says

you don't necessarily need to get allergy shots to lessen allergic reactions. Self-administered daily drops under the tongue, also called sublingual therapy, work just as well! (Their case hasn't been proven to the U.S. Food and Drug Administration yet, but they've been doing it in Europe for years.)

No. 4: Sidestep triggers: Pay attention to local pollen reports (find yours on TV or online at pollen.com), and stay indoors when counts are highest early morning to midday. Run the air conditioner during high-pollen periods, and shower when you come indoors to remove sticky pollen from skin and hair.

Keep animal friends out of the bedroom. Wash your pet weekly — or have someone else do it. Put impermeable, allergen-proof covers (the best have a pore size of 1 micron) on mattresses, box springs and pillows so you're not exposed to dust mite droppings (that's what the trigger is, not the mites themselves). Wash sheets and bedding weekly in hot water of at least 130-140 degrees Fahrenheit. Remove all rugs from your bedroom (pet dander and those dead skin cells that dust mites love to munch stay in rugs). And use washable window treatments.

Fix leaky faucets and moisture problems in and around your house. Use dehumidifiers. Get help keeping mold-prone areas like bathrooms clean and disinfected. Cover trash and keep counters and floors free of food and grease to minimize the chance of cockroaches and other pests.

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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BIRTHDAYS

MARGE WENIGER

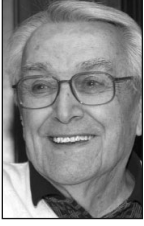
Marge Weniger will be celebrating her 80th birthday on May 5. Her children are sponsoring a card shower for her. Please send greetings to: Marge Weniger, 909 memory lane #11, Yankton, SD 57078.



Weniger

W.K. SCHILLER

W.K. Schiller will be celebrating his 97th birthday on Thursday, May 2. To join his celebration, feel free to send birthday greetings to: W.K. Schiller, Autumn Winds #21, 2905 Douglas Ave., Yankton, SD, 57078



Schiller

LEE DUTCHER

Lee Dutcher will be celebrating her 91st birthday on May 1. Her family is requesting a card shower in her honor. Please send cards to 914 W. 10th St., Yankton, SD 57078.



Dutcher

BIRTHS

HATTIE LUCILLE

Ryan and Paige Elwood of Yankton announce the birth of their daughter, Hattie Lucille, born April 9, 2013 at 5:44 a.m. He weighed 7 pounds, 6 ounces. He joins siblings: Josslyn, 4 1/2; and Brenna, 2 1/2. Grandparents are Wayne and Marge Kindle of Yankton, and Steve and Celeste Elwood of Yankton.

OXFORD OLSON

Justin and Heather (Nelson) Olson of Yankton announce the birth of their son, Oxford Douglas Olson, born April 16, 2013, in Yankton. He weighed 8 pounds, 15 ounces. He joins siblings: Kiela, 15; Treyson, 8; Burkley, 5; and Mathea, 2. Grandparents are Doug and Lynne Nelson, Yankton; and Doug

and Dawn Olson, Spooner, Wis.

Great-grandparents are Fran and the late Dee Horacek, Yankton, and Sam and Eleanor Nelson, St. Helena, Neb.

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AM 1450

MORNING COFFEE

WEEKDAYS

7:40 AM

MONDAY THRU FRIDAY

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MORNING SESSION

"Improve Your Customer Service Impact"

9:00 AM - 12:30 PM
(with 30 minute break)

Simple Steps Workshop Geared for Sales People

AFTERNOON SESSION

"Improve Your Leadership Impact"

1:30 PM - 5:00 PM
(with 30 minute break)

Simple Steps Workshop Geared for Managers




Only \$55 Per Workshop

To Register, Call the Yankton Area Chamber of Commerce at (605) 665-3636 or visit:
www.yanktonsd.com/seminars

MANAGERS – ALSO SAVE THIS DATE!


Glenn Shepard will be returning July 11th with his seminar "How To Manage Problem Employees"



WHAT A DISCOVERY

CHAMBER OF COMMERCE


803 E. 4th St. Yankton, SD



With Fondest Memories

We remember those who have passed away and are especially dear to us.

On Saturday, May 25th we will publish in print and online at Yankton.net a Memorial Day section devoted to those who are gone but not forgotten.



Aneta Burrows

Dec. 30, 1960-Nov. 8, 2002

Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.

Dan, Ann & Sarah

Select one of the verses below to accompany your tribute.

1. We hold you in our thoughts and memories forever.
2. May God cradle you in his arms, now and forever.
3. Forever missed, never forgotten. May God hold you in the palm of His hand.
4. Thank you for the wonderful days we shared together.
My prayers will be with you until we meet again.
5. The days we shared were sweet. I long to see you again in Gods heavenly glory.
6. Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.
7. Though out of sight, you'll forever be in my heart and mind.
8. May the light of peace shine on your face for eternity.
9. May God's angels guide you and protect you throughout time.
10. You were a light in our life that burns forever in our hearts.
11. May God's graces shine over you for all time.
12. You are in our thoughts and prayers from morning to night and from year to year.
13. We send this message with a loving kiss for eternal rest and happiness.
14. May the Lord bless you with His graces and warm, loving heart.
15. I have written my own message and it is included.

To remember your loved one in this special way, send \$12.00 per listing, up to 25 word verse and \$5 for photo.

Fill out the form below and mail to:

Yankton Daily Press & Dakotan/With Fondest Memories

319 Walnut Street, Yankton, SD 57078

Deadline: Tuesday, May 21, 2013

Name of deceased _____

Date of birth _____ Date of passing _____

Number of selected verse _____ OR Personal message (25 word limit) _____

Print your name here _____

Phone Number _____ Address/City/State/Zip _____