

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, 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

FIRST MONDAY

Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.

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
Pinochle, 12:45 p.m., The Center, 605-665-4685
Wii Bowling, 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, Yankton. (605) 660-5612.
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)
Weight Watchers, 10 a.m., 413 W. 15th Street. Weigh in 45 minutes before meeting. For more information, call 605-665-2987.

FIRST 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
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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Meditation Sessions, Christ Episcopal Church (lower level), 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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
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., 413 W. 15th Street. Weigh in 45 minutes before meeting. 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 605-665-8442
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

BIRTHS

SKYLAR ARENS

Jason and Jayne Arens of Crofton, Nebraska, announce the birth of their daughter Skylar Marie born March 31, 2015, at 4:46 a.m. weighing 8 pounds and 4 ounces, and is 20 1/2 inches long. She joins her siblings: Haley (15), Tanner (14), Con-

nor (12), Jordyn (9), Rylie (8), Kaden (6), Avery (4) and Myla (1).

Grandparents are Charles and Delores Arens of Crofton and Marlene and James Muddly of Fremont, Nebraska.

Great-grandparents are Laura Arens of Crofton and Helen Stehmer of Fremont.

BIRTHDAYS

ARNOLD ALBRECHT

Arnold Albrecht of Yankton will celebrate his 98th birthday on April 9. Cards can be sent to 1604 Walnut St., Yankton, S.D., 57078.



Albrecht

BETTY DAHLERUP

Betty Dahlerup will celebrate her 86th birthday Saturday, April 11, 2015. Birthday



Dahlerup

wishes may be sent to 2209 Burleigh Street, Apt. 310 Yankton, SD 57078.

JOAN STOCK

Joan Stock of Yankton will celebrate her 80th birthday on April 9, 2015. Her family requests a card shower. You can send cards to 906 E. 13th St. Apt. 24, Yankton, SD 57078. She has one grandchild and five great-grandchildren.



Stock

Getting Help For Chronic Fatigue

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

For more than 2.5 million North Americans, the exhaustion, pain and brain fog of chronic fatigue syndrome are an everyday challenge. Now, a new Institute of Medicine report suggests a new name and a better way to diagnose the condition, also known as myalgic encephalomyelitis.

The new designation, systemic exertion intolerance disease, or SEID, describes deep, lasting fatigue brought on by short periods of activity, a leading symptom. The IOM said that the new name might help this life-altering illness get the respect it deserves from medical professionals and from friends and family members of those with SEID. Doctors should take the illness seriously, and as one panel member told the media, "This is not a figment of [the patient's] imagination." (CFS once was dismissed as "yuppie flu.") The IOM then proposed new criteria for diagnosing the condition, starting with:

- Unrefreshing sleep, post-activity exhaustion and ongoing fatigue that has interfered with your job, family, social life or schooling for at least six months;
- Ongoing problems with memory and concentration;
- A worsening of symptoms when you stand up from lying down.

So here's how you can help yourself, or someone you love:

Do what it takes to get better sleep. Anything that improves sleep can recharge your batteries and help diminish other symptoms, such as pain. Start with the basics: a regular sleep schedule, a relaxing bedtime routine, no caffeine within two to three hours (or more) of sleep and a cool, dark bedroom. If your sleep is disrupted or con-



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

tinues to be unrefreshing, talk with a sleep specialist.

Be smart about activity. Recent British research suggests that a "graded" exercise program — one that slowly increases the intensity and length of workouts — can reduce fatigue and improve daily functioning for some people. Physical activity can help you out in other ways, too, by improving your sleep, mental focus, mood and balance. But don't overdo it. Exercising too long or just going to the supermarket or making dinner when you're not feeling well could trigger a relapse.

If you feel up for activity, start with just a few minutes of easy exercise (like a two- to five-minute walk). Follow up with plenty of rest (a couple of days if you need it) before you do it again. Build up very gradually ... but only if and when you're ready. You also could consider going to a rehabilitation specialist in your area who can set up a personalized graded exercise program.

Control pain. Pain in one part of your body — like a migraine headache or an arthritic joint — could make all-over muscle and joint pain worse. Work with your doctor or with a pain specialist to find the best, safest ways to ease

pain. Acupuncture, massage and yoga may help, too.

Find emotional support, within yourself and in your world. It's not all in your head, but it still can be an emotional rollercoaster. Friends and family might feel frustrated by your limitations or be less supportive than you'd like. You might feel frustrated, depressed or stressed-out. Try an online or in-person support group (www.dailystrength.org, part of our RealAge and Sharecare family of sites), can help you find what you need; short-term cognitive behavior therapy, such as learning a stress-reduction technique aimed at helping you solve problems and cope, may help; so may building a circle of reliable friends. They all can help you find a bit of serenity.

Be careful about alternative therapies. Could living in a mold-free environment, taking supplements or trying an experimental medication in a clinical trial improve your symptoms? Maybe and maybe not. The Internet and magazine articles are full of success stories from people whose symptoms cleared up thanks to unconventional approaches. SEID is a complex condition that has not yet been thoroughly researched. Examine all the evidence and make sure you understand the risks to your health and your wallet (that's a big red flag), as well as purported benefits, before considering something new; and always talk with your doctor first.

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.

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Eagle Ride Donation



Eagle Eye Ride donates \$100 to Thomas Rohakr, \$100 to Hannah Nelson, \$100 to Cory Bierle, \$100 Rita Stange's family and \$100 donation was made on behalf of the Eagle Eye to Dave Carda, Mayor of Yankton, towards the Rockin for Meals event. More than \$7,000 total was donated towards this great cause in the community of Yankton to help strike out Sr. hunger. Contact us if you have a need or know someone that we can help. Email to: EagleEyeRideMaryCardaSimek@hotmail.com or call 605-664-8001. Thanks again for all your support. Eagle Eye Ride is scheduled for Saturday, June 27, 2015.

SUBMITTED PHOTO

SCHOLARSHIPS

FARMERS UNION INSURANCE/SD FARMERS UNION FOUNDATION SCHOLARSHIPS

For the eighth year in a row, Farmers Union Insurance Agency, in cooperation with the South Dakota Farmers Union Foundation, is offering \$25,000 in scholarships to eligible high school seniors in South Dakota through the "Insuring a Brighter Tomorrow" scholarship program.

Twenty-five high school seniors from across the state who plan to continue post-secondary education at a college, university or technical school in the state of South Dakota will each receive \$1,000.

The scholarships are funded with support from Farmers Union Insurance agents in South Dakota and the South Dakota Farmers

Union Foundation. The application deadline is April 15, 2015. Scholarship recipients will be selected based on the applicant's academic records, school and community involvement and financial need. The applicant will also be required to submit a written essay entitled, "How do you hope to impact a Brighter Tomorrow in South Dakota?"

Applicants must meet one of the following requirements:

- South Dakota high school senior whose parent or parents are current policyholders of Farmers Union Insurance Agency
- Member of South Dakota Farmers Union
- A "Friend of the Farmers Union Foundation" (defined as those who have contributed \$25 or more to the Foundation in the past year)

• Participant in any South Dakota High School Activities Association (SDHSAA) sanctioned event

Applicants must:

- Complete application form
- Provide copy of high school transcript and ACT/SAT score
- Provide a letter of recommendation

• Submit written essay (less than 500 words)

- Provide billfold sized portrait picture

The application deadline is April 15. Send applications to: Farmers Union Insurance Agency, Wayne Bartscher, P.O. Box 1388, Huron, SD 57350

For more information, call Farmers Union Insurance at 1-800-933-2841.

Mary Dreesen - HAPPY 90th BIRTHDAY!

OPEN HOUSE will be held on Saturday, April 18, 2015 from 2:00-4:00PM

The Center, 900 Whiting Dr., Yankton
 The event will be hosted by Mary's nine children and their families. Please join us in this special celebration! No gifts please, but greetings may be sent to: 510 Pine St., #10 • Yankton, SD 57078



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