

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
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.

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
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, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.

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
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, 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
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. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.
Take Off Pounds Sensibly (TOPS #5D 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

FOURTH THURSDAY

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

New Way To Pay At License Exam Stations

PIERRE — Citizens now have another way to pay for services offered at South Dakota driver license exam stations. Mastercard, Visa, American Express and Discover credit and debit cards are now being accepted at all of the state exam stations. "It is another way we can provide customer-friendly service to people," said Jane Schrank, director of the state Driver Licensing Program. "While the stations still will accept cash, checks and money orders, we also know many people like to use credit or debit cards for payment."
 Schrank says there is a \$2 fee per debit card transaction. For credit card transactions, there is a fee of \$2 or 2.95 percent, whichever is greater.
 All state exam stations will accept credit or debit cards. The service may not be available at the city or county sites that issue driver licenses on behalf of the state.
 For information on what documents are needed to obtain or renew a driver license, click onto http://dps.sd.gov/licensing/driver_licensing/obtain_a_license.aspx.

BIRTHDAYS

MARY JANE MOUNT

Please join us in the celebration of Mary Jane Mount's 90th Birthday at an open house hosted by her family at Minerva's Bar and Grill, 1607 E. Highway 50, Yankton, on Saturday April 25, from 1:30-4 p.m.



Mount

Birthday celebration wishes can also be sent to Mary Jane Mount, 608 E. 15th St., Yankton, SD 57078.

69th Anniversary Celebration



Mr. & Mrs. Kuestermeyer
 Congratulations, Mom and Dad on your 69th wedding anniversary!
 Still going strong!
 ~All our love, your kids and grandkids~
 If you would like to send LeRoy and DeLaine a card for their anniversary, their address is:
 1313 W. 30th Street, Apt. F, Yankton, SD 57078

The Medical Research Revolution: It's In Your Hands!

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Take note: 2015 marks the year when medical research was potentially changed forever — thanks to a device that 72 million Americans carry in their pocket, purse, briefcase or backpack. We're talking about Apple's iPhone and the company's recent introduction of ResearchKit, a brilliant, economically beneficial leap forward for medical science and your everyday health. Dr. Mike was at the March launch (same time that the Apple Watch was announced; we think it's even more exciting than that!)

Look at your iPhone. If you see an app with a beating heart, that's the amazing, innovative toolbox we're talking about.

ResearchKit is a game changer: Usually it takes docs months, sometimes years, and huge bucks, to recruit 200 patients for a study. And pharmaceutical companies spend millions of dollars to find out if drug A fights infection B. With ResearchKit, recruitment can be done in a day (see the example below of recruitment for a Parkinson's disease study), and a study might be done at a tenth of the former cost.

ResearchKit automates delivery of health data from volunteers to researchers by using the iPhone's accelerometers, gyroscopes, GPS sensors and other capabilities. That's what takes the tough work out of finding and retaining study participants. It also will help solve the tantalizing mystery of "lost" data — the daily details of study participants' lives that often go unnoted, because traditional studies may check in on volunteers only sporadically. For example, it could let researchers discover (this is just hypothetical) that walking 9,720 steps a day helps control Parkinson's symptoms, but getting 200

steps less doesn't have the same benefits!

Finally, doctors and researchers from around the world can remotely track the health of thousands, if not millions, of people with chronic conditions (only with their permission, of course). Less expensive, faster and better data ... WOW!

If you want to help out by joining a study, download the app from the App Store. As Apple's website says, "You choose what studies you want to join, you are in control of what information you provide to which apps, and you can see the data you're sharing." That means you learn about your health in real time!

What about privacy? Apple never touches the data; it goes directly to researchers. They create the apps, set up studies and recruit volunteers. And for iPhone users who agree to join a study — more than 19,000 people have already signed up — privacy is further protected by Apple via data encryption and cloud-based storage.

ResearchKit is just getting off the ground, but four research projects are up and running.

Better Heart Health: A collaboration between Stanford University and the

University of Oxford, the MyHeartCounts app uses surveys and tasks (like walking as fast as you can for six minutes) to help researchers assess how lifestyle changes affect heart disease risk. In the first 24 hours after the project was announced, 11,000 people signed up. "To get 10,000 people enrolled in a medical study, it would normally take a year and 50 medical centers around the country," Alan Yeung, medical director of Stanford Cardiovascular Health, told Bloomberg News.

Understanding Parkinson's Symptoms: The University of Rochester and Sage Bionetworks created the mPower app to measure links between Parkinson's disease severity and symptoms related to dexterity, balance, memory and gait. This information could help researchers better understand how various symptoms are connected to Parkinson's disease. Within a day of the announcement, 5,589 volunteers signed up. What's in it for them? A better understanding of their symptoms and their health.

Breathing Easier with Asthma and Better Blood Sugar for People with Diabetes are two other studies moving ahead thanks to ResearchKit. We're thrilled that this data-driven research reinforces our message that YOU and YOU and YOU can make a difference in your own health and in the health of the nation by paying attention to what you do and how it affects you.

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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 AND MEHMET OZ, M.D.

Homesteader's Letters Available On South Dakota Digital Archives

PIERRE — The South Dakota State Historical Society-Archives recently added a collection of 186 letters written by early South Dakota female homesteader Elizabeth "Bachelor Bess" Corey to the South Dakota Digital Archives.

Corey moved from Marne, Iowa, to South Dakota in 1909. She was young, single and never married, but she successfully homesteaded in an era where many others failed. The letters, dated from 1909 to 1919, were written by Elizabeth to her family in Iowa and were often signed "Bachelor Bess" or "B.B."

"The Corey letters offer a unique glimpse into the experiences of a single woman homesteading on the prairies of western South Dakota in the 1910s," said State Archivist Chelle Somsen.

The Elizabeth Corey Letters are accessible by visiting the State Archives website at history.sd.gov/archives and finding the link to "Elizabeth Corey," or by searching directly at the South Dakota Digital Archives.

By working as a schoolteacher each winter and occasionally working during the summers as a cook or house cleaner, Corey was able to earn enough money to finance needed improvements on her claim.

The letters detail her day-to-day encounters from the 10-year period on her homestead west of Fort Pierre along the Bad River in Stanley County. She eventually "proved up" by 1919 and the 160-acre claim was hers.

One of Corey's early letters, dated June 6, 1909, relates her first dance at Hayes. "There was a big Hop at the hall in Hayes on Friday evening. The claim hold-



PHOTO COURTESY SOUTH DAKOTA STATE HISTORICAL SOCIETY

Elizabeth Corey drew the attached map in her Oct. 2, 1910, letter, which included her location, "I am here," at bottom left. Other identified items include the Bad River "B.R.," railroad track "R.R.T.," and railroad bridge "R.R.B.," in the upper left corner.

ers both men and women for miles around rode in and they had a fine time. People in a new country get acquainted rather quickly and in twenty four hours I found myself somewhat acquainted in Hayes..."

She also related various events connected to her school students. Her December 28, 1909, letter notes, "Wednesday evening I came home after school and made candy till half after eleven—am getting to be a ginsnuffer at making candy—can make four kinds...Took a syrup pail of candy to school Thursday—it didn't take the youngsters long to make it look tired." Corey also writes to her mother concerning a mid-March storm in 1913.

"Last Monday and Tuesday were very warm and Wednesday was misty. Thursday it was mist, rain and snow by spells. By five o'clock it was storming to beat seven of a kind. It grew worse and worse and by Friday morning it was the worst blizzard I ever saw and I never expect to see a worse one."

The South Dakota Digital Archives, an online resource launched in January 2012 by the South Dakota State Archives at the Cultural Heritage Center in Pierre, provides researchers digital access to unique historical records.

Our lab passes the test.



Yankton Medical Clinic, P.C. is proud to salute our laboratory staff during National Medical Laboratory Week, April 19 – 25.

Our fully accredited lab maintains the highest standards for all laboratory staff, from technologists to reception, to assure patients and physicians accurate and dependable results.



YANKTON MEDICAL CLINIC, P.C.
 1104 West 8th Street • Yankton, SD 57078
www.YanktonMedicalClinic.com