

COMMUNITY CALENDAR

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.
Bingo, 7-9 p.m., Yankton Moose Lodge, 310 Walnut (through summer)

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
SHINE, 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

THIRD THURSDAY

HSC Friendship Club, 5 p.m., August: Meridian Corner (junction of highways 81/18 north of Yankton), 605-665-5956.

Catholic Daughters (Court Willard 967), 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

Oz And Roizen

A Look At 'Green Prescriptions'

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

King Features Syndicate, Inc.

Getting up close and personal with Mother Nature yields big mind-body benefits. A walk in the park is a great lunchtime activity, but new reports reveal that even desk jockeys and folks with little time (or no great love for the great outdoors) can reap the rewards of a green environment with only a few plants around their workplace and in their home. But you can't pack all your green-time into a one-week vacation or a week-end excursion to the mountains; that's like having seven drinks on Saturday night. No way it's the same as having one glass of beer or wine per day! You need a little green-time every — or almost every — day to reap its amazing benefits for your brain and body.

Stronger immunity: In a Japanese study, levels of protective natural killer cells that battle viruses and some forms of cancer rose 40 percent when businessmen spent time walking in the woods. But you can get a similar immune boost from sniffing forest scents indoors. Who says you can't fool Mother Nature? (Well, really, your brain or your immune system!)

A break from worry: Getting outside when you're feeling stressed improves mood and boosts short-term memory. And if you're depressed, getting out and about makes it five times more likely you'll feel better than if you stay indoors. Combine natural scenery with exercise and you're really going to amp up your mood boosters.

More energy: Office workers feel more energetic with a green plant or two nearby, and they become more productive. Your smart move: Place some green-



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

ery where you can see it when you look up from your computer.

Higher creativity: Brain scans suggest immersing yourself in a natural scene, whether 3-D or in a picture, turns up brain activity in areas that govern pleasure and emotion. You'll feel more relaxed and balanced and improve your creativity by as much as 50 percent.

Ready to go green? Here's how:

Got a minute? Stand under a tree. Or park yourself next to one. Even better, walk around a bush or beside a blooming garden. The more greenery you're exposed to, the better the brain benefits.

Don't feel like exercising outdoors? Go anyway. Compared with slogging on that treadmill in the basement, doing the same stroll or jog under blue skies and leafy, green tree boughs can add a 12 percent mood boost to your exercise. And don't let rain stop you: Even getting outside in bad weather boosts mood more than an indoor workout.

Stuck at your desk? Call up images of nature on your computer. Simply looking at pictures of the outdoors can make you

feel friendlier. While you're at it, listening to soothing water and tweeting birds helps you rebound from a stressful experience 33 percent faster. (Check out archive.org's free "Sounds of Nature Collection.")

Take time to smell the pine trees. Japanese scientists say sniffing scents like pine and cypress is one reason nature walks strengthen immunity — a new reason to enjoy these smells. If you're a fan of aromatherapy, you know what we're talking about.

Create an indoor nature retreat. Although we are big fans of the benefits of outdoor physical activity, you can reap green benefits if you get on a treadmill with a view out the gym window! And position your home exercise equipment and a comfy chair so you have a view of outdoor greenery. There's plenty of evidence that simply seeing greenery reduces stress, increases mental focus, and fuels good moods. But don't stop there. Invite beneficial houseplants into your home. Live plants can help keep your home humidified, remove carbon dioxide from the air and send out revitalizing oxygen. Most do this by day, as they convert sunlight into energy. But orchids, "air plants" (a type of bromeliad), and many types of succulents exchange oxygen for carbon dioxide at night, making them perfect for your bedroom or your work station if you're on the night shift.

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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MMC Building Blessing Thursday

Work is slated to begin on the highly anticipated Mount Marty College Science Center Project later next week. Phase one of the project, the Avera Science Laboratory Complex, is a renovation of the Old Library building into six state-of-the-art science laboratories including the Otto Ulrich Botanical Laboratory.

On Thursday, Aug. 15, at 3:30 p.m., the college will hold a ground "blessing" ceremony in the Old Library building to kick off the work that will begin to transform the building into the new complex.

Renovation of the Old Library and former Mount Marty High School building into the Avera Science and Nursing Complex will strengthen Mount Marty's exceptional academic programs in the science and health care fields, as nearly half of all Mount Marty

College graduates have degrees in these fields. Every student attending Mount Marty College will have the opportunity to utilize the state-of-the-art labs and renovated space.

The \$3 million building renovation project will happen in two phases. Phase One — Avera Science Laboratory Complex, a renovation of the Old Library building into laboratory spaces. Phase Two — Avera Nursing Laboratory Complex, a renovation of the second floor of the high school building to include a state-of-the-art simulation laboratory, classrooms, and office space for the expanding nursing program.

For more information on the Science Center Project, contact Chief Advancement Officer Barb Rezac at barbara.rezac@mtmc.edu or at 605-668-1292.

Parks

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Last year's surge in entrance-permit sales came in the face of a fee increase approved by state lawmakers.

The cost of an annual permit for Nebraska residents rose from \$20 to \$25, non-resident annual permits increased from \$25 to \$30, and the cost of a daily park pass jumped from \$4 to \$5. The increases were approved to help pay for garbage service at the parks, tree-trimming, lawn maintenance, building and vehicle repairs and other upkeep.

Supporters of the increase noted that the state Game and Parks Commission

had already reduced costs through staff cuts and by privatizing some park services. They also argued that, even with the increase, Nebraska's park fees are among the most affordable nationwide. Of the 36 states that sell permits to help pay for their parks, Nebraska's \$25 annual fee is the lowest, along with Kansas, Minnesota, North Dakota and Wisconsin.

This year, lawmakers approved Gov. Dave Heineman's budget request for \$1.7 million in direct state aid for improvements at Mahoney State Park, near the eastern Nebraska city of Ashland, and Lake McConaughy, near the western city of Ogallala. The state aid was designated for new cabins, enhanced campgrounds with water, electricity and sewer

services, and horse-friendly campsites to boost tourism at the two state parks.

Nebraska has also relied on private donations to pay for parks in recent years. The Nebraska Parks Foundation has financed various projects, including \$539,000 to buy 425 acres of land to develop Mahoney State Park between Lincoln and Omaha.

This year's summer tourism season has stayed busy at Fort Robinson State Park in northwest Nebraska, said park superintendent Mike Morava. Morava said summer 2012 wildfires and drought cut into last year's attendance numbers, but the park has recovered.

"Our numbers usually don't vary up or down that much," Morava said. "But it seems like we're always busy through June and July."

Jail

From Page 1

facility currently aren't of a sufficient size to handle (the volume). That's what causes the smell a lot of times. These grinders quit working. When you have that many prisoners in there, it's just like a motel. Except in a motel, you normally don't have people trying to shove things through, like sheets. In jails, you end up with that. It's something that really needs to be looked at."

Vlahakis said he is uncertain what the cost would be to upgrade the sewage grinders. The commission agreed it's something that needs to be addressed.

The sheriff's office has also been doing a lot of court-ordered inmate transports, according to Vlahakis. With the increased fuel prices this year, 80 percent of the money budgeted for those expenses has already been used.

Vlahakis said he would produce some projections for fuel, supply and salary costs through the end of the year. Given the circumstances, the commission indicated it would have no problem approving budget supplements to address the increased needs.

You can follow Nathan Johnson on Twitter at twitter.com/AnInlandVoyage

BIRTHDAYS

DON ANDERSON



Anderson

Don W. Anderson of Yankton will celebrate his 90th birthday on Aug. 14 with a family dinner. A card shower has been requested by the family, and greetings may be sent to 1000 Karen Dr., Yankton, SD 57078.

LLOYD KUCHTA



Kuchta

Lloyd Kuchta of Yankton will celebrate his 85th birthday on Aug. 17, 2013, and a card shower is requested by his family, Kenny and Marlene. Send your well-wishes to 3501 Deer Boulevard, Yankton, SD 57078.

BEA LARSEN

The family of Bea Larsen invites you to join in celebrating her 85th birthday on Aug. 12, 2013, with a card shower in her honor!

Birthday greetings may be sent to her at: Majestic Bluffs, 2111 West 11th St., Cabin #217, Yankton, SD 57078.



Micah M. Likness, M.D.
Otolaryngologist



David J. Abbott, M.D.
Board Certified
Otolaryngologist



Catherine A. Wright, M.D.
Board Certified
Otolaryngologist



Beth J. Beeman,
Au.D., CCC-A



Todd A. Farnham,
Au.D., CCC-A



We're H"ear" For You!

EAR, NOSE & THROAT

ASSOCIATES, P.C.

2525 Fox Run Parkway, Suite 101, Yankton • 605-665-0062 • 1-866-665-0062

Please Help Us Welcome Micah M. Likness, MD To Our Community

Dr. Likness completed his bachelors degree at the University of South Dakota and his medical degree from the Sanford School of Medicine of the University of South Dakota. He completed his residency with the State University of New York. As an Otolaryngologist, Dr. Likness is seeing patients in the Ear, Nose, & Throat Associates, PC. office. Along with Dr. David Abbott and Dr. Catherine A. Wright, Board Certified Otolaryngologists, and Audiologists Dr. Beth Beeman and Dr. Todd Farnham, Dr. Likness joins our health care team to provide Yankton area residents with the highest quality of health care for the head and neck region.

Dr. Likness and his wife, Tabitha and son Grady, are eager to meet the people of our area. With the addition of Dr. Likness, patients of Ear, Nose & Throat Associates, PC. will experience shorter wait times for appointments with a Doctor of Otolaryngology in the Yankton office Monday through Friday.

If you suffer from sinus problems, balance disorders, hearing difficulties, sleep apnea, snoring, or any other ailment in the ear, nose or throat area, please call **605-665-0062** to make an appointment with Dr. Likness.

*Help is H"ear" with
the addition of the
Dr. Micah M. Likness*