

COMMUNITY  
**CALENDAR**

**MONDAY**

**Line Dancing**, 9:30 a.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  
**Daily Reprieve**, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

**FIRST MONDAY**

**Yankton Lions Club**, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694  
**Heartland Humane Society Board Meeting**, 6:30 p.m., 601 1/2 Burleigh  
**Yankton Parks Advisory Board Meeting**, 5:30 p.m., RTEC, 1200 W. 21st Street

**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  
**Quilting**, 10 a.m.-3 p.m., The Center, 605-665-4685  
**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.  
**Explore the Bible**, 10:30 a.m., The Center, 605-665-4685  
**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

**FIRST TUESDAY**

**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  
**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  
**Quilting**, 9:30 a.m.-3 p.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

**SHIINE Now Seeking Local Volunteers**

PIERRE — The South Dakota Senior Health Information and Insurance Education (SHIINE) program is currently seeking local volunteers to help seniors with their Medicare questions. Volunteers will receive training for all parts of Medicare and learn how to provide one-on-one Medicare counseling. Administered by the South Dakota Department of Social Services, SHIINE is a federally-funded program that advocates for consumers and educates them on Medicare and related health information, to allow consumers to make timely and informed decisions and access resources that best fit their needs. The program is free for eligible seniors. Volunteer counselors are vital to the success of the program, as they provide opportunities for seniors to discuss their Medicare

questions and concerns in person. All services are unbiased and confidential. Volunteers are most active during the Open Enrollment Period for Part D, Oct. 15-Dec. 7. Initial training will take place in Pierre on Aug. 12-13 and in Sioux Falls on Aug. 26-27, with additional training taking place on Sept. 30 in Aberdeen; Oct. 7 in Sioux Falls, and Oct. 14 in Mitchell prior to the Open Enrollment Period. Volunteers may not hold a current license to sell Medicare-related health insurance. For more information on SHIINE or becoming a volunteer counselor, contact Tom Hoy at the Eastern SHIINE office by phone: (800) 536-8197 or email: shine@cfag.org. Eastern South Dakota: Tom Hoy; Phone: 605-333-3314 or 1-800-536-8197; E-mail: shine@cfag.org/.

**8 Ways To Save Your Hearing**

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.  
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**OZ AND ROIZEN**  
Dr. Mehmet Oz and Dr. Michael Roizen

Can't hear the TV, a quiet conversation or your best friend on the phone? You're not alone. Up to 52 percent of adults over age 50 may have hearing loss — half of it severe enough to interfere with everyday life. And the long-term complexities of hearing loss are far-reaching: New reports show that it triples the risk for dementia. That's because not hearing what others say can cut you off from the world and deprive you of stimulation. That's bad news for your mood and your mind. Isolation can lead to depression, anxiety, foggy memory, slowed-down thinking and even brain shrinkage. Compromised hearing can make walking more difficult (you miss tiny clues that help you stay balanced), and falls become more likely.

Some of the things that can damage the delicate, sound-sensing machinery in your inner ear include everything from aging and genetics to autoimmune disorders, ear infections, head injuries and loud noises. Some factors are beyond your control, but not all. Here are eight ways to save your hearing today.

**No. 1:** Keep ear plugs in your pocket, purse, car and toolbox. Exposure to sounds louder than 85 decibels — that's common cacophony for lawn mowers, rock concerts, video arcades and even noisy health clubs — damages the tiny hairs in your inner ear that convert sound waves into electrical signals. Dr. Mike pops his earplugs in on airplanes before take-off. Wear them when running yard equipment, at sporting events and during loud movies. You'll still hear the dialogue.

**No. 2:** Dial down the volume when you wear earbuds. One in three adults and three in five teens who use

portable music devices crank 'em up too high, endangering their hearing. Keep the volume set at 50 percent or less so that you can hear other sounds around you. Give your ears frequent bud-breaks.

**No. 3:** Put down the cotton swabs. Earwax, a common cause of temporary hearing loss, forms on the outer third of the ear, but when you twirl cotton swabs in your ear canal, wax can get stuck deep inside. An earache, fullness, muffled hearing, even itching can be signs of wax blockage. Follow directions on wax-removal products or call your doctor.

**No. 4:** Aim for healthy blood sugar. People with diabetes are twice as likely to have hearing loss as people with normal blood sugar levels. Prediabetes? Your risk is 30 percent higher. The connection could be glucose-related damage to the inner ear.

**No. 5:** Lower your blood pressure. High blood pressure can speed up age-related hearing loss by reducing the flow of blood to your inner ear or even to brain areas involved with hearing.

**No. 6:** Recognize early signs. Don't wait! If you notice you're saying "What?" a lot, need the TV turned up

louder or have trouble hearing on the phone, ask your doctor if you need to be referred to a hearing specialist for tests. One survey of more than 3,000 people with hearing loss found that hearing aid users had less depression and worry, and were more socially active. In another, hearing aid use even improved cognitive function. Yet hearing aid users wait, on average, 10 years before getting help.

Getting tested will pinpoint the source of your hearing difficulties so that you can select the right hearing aid. Some states and insurance plans help cover the cost (which can run from \$1,500 to \$5,000 per ear), and more lower-priced choices are available than ever before.

**No. 7:** Check your meds. Some 130 prescription and over-the-counter drugs, from ibuprofen and diuretics to certain antibiotics, can muffle hearing. Most of the time, hearing returns when you stop taking the med. Talk with your doc.

**No. 8:** Watch your weight. If you're more than a few pounds over your ideal weight, your risk for hearing loss could be 17 percent to 25 percent higher than normal. Add walking to your stay-slim program; two hours per week can significantly lower your risk for missing out on the beautiful sounds of the world.

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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**Archery**

From Page 1

missed the next two connecting flights, which meant 10 hours in the airport.

Once in Minneapolis, their flight to Sioux Falls had already taken off. And so in all, Hair estimates that what should have been 20 hours of travel ended up being closer to 36-38 hours.

"I guess I wasn't meant to leave Australia," Hair joked. Though he has only been in Yankton for a couple of days, Hair was complimentary of the local people.

"It's been very enjoyable so far," he said. "I'm still recovering from jet lag, but

hopefully we can explore locally."

Jolien Els, a 16-year-old from Namibia, Africa, had her own travel adventures — she said her luggage got lost, but eventually got to her.

"It's been tiring but amazing," she said Sunday of the travel. "The people have been really friendly."

Els, like Hearne and Hair, has never previously been to the United States. She admits to being "extremely nervous."

"But now I'm anxious to meet new people," she said. "I'm hoping to at least get a place (in the competition). Third would even be OK."

While some archers are new to Yankton, the IFAA is not.

The organization held its World Indoor Champi-

onships in Yankton in April 2013, and IFAA president Loet Smit said he fondly remembers the hospitality.

"The facilities here really are the best," Smit said. "We haven't had any mishaps yet."

"That's already a step in the right direction." On the idea of direction, Michels credited the National Field Archery Association for relocating its national headquarters to Yankton back in 2008 — that it opened the door for archery expansion in South Dakota.

Joking that South Dakota is the 64th largest city in the United States by population, Michels said the state boasts a tight-knit, friendly lifestyle.

"The governor and I come from humble backgrounds, we didn't come from a lot of

money," Michels said. "We live in a state where people care about each other."

Also part of Sunday night's opening ceremonies was a performance by the Many Moccasins Dance Troupe of Winnebago, Nebraska. The group performed many of its traditional songs, including one that required audience participation — a number of archers spanning many countries gathered together in a circle for the "friendship dance."

You can follow Jeremy Hoeck on Twitter at twitter.com/jhoeck. Discuss this story at www.yankton.net.

**BIRTHDAYS**

**BETTY RIGO BENDER**

An open house to celebrate Betty Rigo Bender's 90th birthday will be held on Sunday, Aug. 10, 2014 from 2-4 p.m. at Riverview Reformed Church at 1700 Burleigh, Yankton. Please come help celebrate Betty's 90 years of blessings! No gifts please.



Bender

**DALE HAUG**

Dale O. Haug will celebrate his 90th birthday on Saturday, Aug. 9, 2014. An Open House will be held from 2 p.m. to 4 p.m. at Riverside Park, Yankton, at the Dakota Territorial Capitol Building. No gifts please. Cards may be sent to Dale at: 803 Dakota St., Apt #19, Yankton, SD 57078.



Haug

**CHRISTINE VELLEK**

The family of Christine Vellek wishes her a happy 85th birthday. Her birthday is on Aug. 6. From, Nancy, MaryAnn, Aaron, Trent, Pat, Jamaica and Sly.



Vallek

**UNMC Offering Free Webinars To Families, Individuals With Disabilities**

LINCOLN, Neb. — The University of Nebraska Medical Center's Munroe-Meyer Institute (MMI) is launching a series of free webinars to provide assistance to families and individuals with disabilities across Nebraska.

Geared to people across the lifespan, the webinars also are an excellent learning tool for health professionals involved in the care of individuals with disabilities.

The Resources, Education and Disability Information (REDI) Project can be accessed from a standard computer or iPad.

To register or for more details about the REDI Project, click the link: https://events-na8.adobeconnect.com/content/connect/cl/1089784797/en/events/catalog.html/.

Upcoming webinars over the next three months include:

- "Caring for the Caregiver and Respite," Aug. 7, 2 p.m. and 7 p.m. (CDT) — If you have ever wished you could "take a break" or "get away" from your caregiving responsibilities, you need to listen. In this webinar, you will learn about specific programs, funding sources and provider resources that are available

to support family caregivers across the state and across the lifespan.

Presenter: Sharon Johnson, statewide respite network program coordinator, Nebraska Department Health and Human Services

• "Social Opportunities," Aug. 26, 1 p.m. and 7 p.m. (CDT) — In this webinar, you will learn about specific programs that are available

across the state that provide recreational opportunities for individuals with disabilities across the lifespan. Special Olympics will present on their statewide programs. Participants will be presented a resource list of recreational opportunities available in their area.

Presenters: Alisa Hoffman, family resource manager; Hannah Ries, youth and schools program manager; and Katie Novicki, healthy athletics manager, Special Olympics Nebraska

• "Challenging Behaviors," Sept. 23, 10 a.m. and 12 p.m. (CDT) — How can families address challenging behavior? What resources are available in our state to help? Learn the answers to these questions and more.

Presenter: Joe Evans,

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