

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
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.

THIRD MONDAY

Yankton Golf Advisory Board Meeting, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205
Friends Of The Yankton Community Library, 5:15 p.m., Yankton Library, 515 Walnut
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
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

THIRD 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

THIRD WEDNESDAY

NAIFA-Lewis and Clark, noon-1 p.m., Minerva's.
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Partnership Bridge, 1 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
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

THIRD THURSDAY

HSC Friendship Club, 5 p.m., August: Joe's Substation, rural Lesterville, 605-665-5956.
Catholic Daughters (Court Willard 967), 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton.

BIRTHDAYS

SYLVIA FRICK

Sylvia "Sue" Frick of Yankton will celebrate her 80th birthday on Aug. 31 with an open house from 2-5 p.m. at Wesley Hall (First United Methodist Church) 207 W. 11th St. Yankton. The event will be hosted by daughter: Vicky Frick-Eaves, son: Terry Frick, spouses and grandkids. Friends and relatives are allowed to attend and



Frick

57078. Sylvia's actual birthday was on Aug. 27, 1934.

gifts are not required. A card shower will be held and cards may be mailed to 2126 Douglas Ave. Apt. 1 Yankton, S.D. 57078.

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

Everyday events can cause you to feel stressed — and that's not all bad. Brief blasts of stress can focus your attention, motivate you to strive harder, even delight you with the joy of competition. And there's some research that shows that those super-charged, fleeting moments may improve your memory and strengthen your immune system.

But chronic stress that cranks up your tension without relief? That's a whole other ballgame. And, according to a new study from Ohio State's Institute for Behavioral Medicine Research, when you combine chronic tension (that you cannot or do not dispel) with even one high-fat, high-calorie, comfort-food meal a week ... screech! ... you slow your metabolism enough to cause an 11-pound weight gain in just one year. (This study looked at women, but we think the phenomenon is worth watching regardless of your gender.)

Turns out having a stressful day, then overeating or downing comfort food (36 percent of you say that's your stress response) sends a "make more insulin" message to your pancreas. Researchers say these insulin spikes slow down fat-burning in the body and send excess calories into fat cells for storage!

So if you've had to deal with a major high-anxiety event in the past year or you find that chronic stress is interfering with your life, listen up! You can change how stress affects your health, happiness — and waistline.

Step No. 1: Remind yourself that stress is trying to help you. A growing stack of scientific research (in humans, not lab mice!) reveals that how you



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

think about stress plays a role in how harmful it is, or isn't. In several studies, people who saw stress as their body's way to gear them up for a difficult task, and not as a health threat, had lower levels of the stress hormone cortisol, and that's good, because cortisol makes you want to eat high-fat, high-carb, high-calorie food.

Step No. 2: Use stress as fuel for physical activity. Exercise is one of the best ways we know to help you manage your response to a stressful event. Whether you've got five minutes for a brisk walk or 30 minutes for some strength-training moves, take advantage of these opportunities to release tension. You'll burn calories, feel energized, calm food cravings and avoid a metabolic slowdown.

Step No. 3: Practice profound relaxation. Find a quiet place to meditate at least once a day. Just 25 minutes of easy mindfulness is all it takes to tame tension, says a new report from Pittsburgh's Carnegie Mellon University. Sit comfortably or lie down; close your eyes and gently breathe in and out. Focus on your inhalations and exhalations. When your mind wanders (it

does for everyone), refocus on your breath. Start by practicing this technique for three days in a row. In the study, that was enough to keep levels of cortisol lower even when you encounter stressors later.

Step No. 4: Go for a stress- and waist-reducing diet. Instead of reaching for a food felon (any sugary, fatty food) when you feel tense, pull out fresh veggies — just like Dr. Mike does. Chop them into medium-size, equal pieces, toss with a little olive oil mixed with seasonings (we recommend garlic, oregano and rosemary, but any spices you love would work). Spread on a lightly oiled cookie sheet or in a roasting pan; then roast in a 275-degree oven for 45 minutes. Flip the veggies over halfway through cooking. Dr. Mike's favorite: Fresh asparagus. Great idea: Exercise, meditate or both while your favorite veggies are cooking.

Step No. 5: Tackle your NUTs — that's Nagging Unfinished Tasks! Don't underestimate how NUTS they can make you. A month's worth of unfiled paperwork; the lawn that's gone to weeds; the thank-you notes unwritten — as they pile up, chronic stress rises and rises. Do what we do: After steps 1 through 4, make a personal list of what's driving you NUTS. Tackle them one at a time. You'll feel serene instead of stressed.

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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Neb. Wind And Solar Conference Slated Oct. 29-30

LINCOLN, Neb. — Headlining the agenda for the seventh annual Nebraska Wind and Solar Conference and Exhibition are four keynote speakers who will help lay the foundation of the theme for this year's conference "Turning Challenges into Nebraska Opportunities." The conference is planned for Oct. 29-30, in La Vista, Nebraska, at the La Vista Conference Center.

Tom Keirnan, president of the American Wind Energy Association (AWEA), will open the conference Wednesday morning and address the "Current State of Wind Development." Kiernan joined AWEA in May 2013 and spent the previous 15 years as President of the National Parks Conservation Association. Prior to that, he worked for the Environmental Protection Agency (EPA) and was instrumental in President George H.W. Bush's administrations efforts to implement the 1990 Clean Air Act Amendments.

Commissioner John R. Norris of the Federal Energy Regulatory Commission (FERC) will speak later in the morning. Commissioner Norris, an attorney, has years of experience in energy policy and regulatory affairs. Prior to being nominated by President Barack Obama to FERC, he served as Chief of Staff for Tom Vilsack of the U.S. Department of Agriculture and served as Chairman of the Iowa Utilities Board.

Wednesday's luncheon speaker will be Dr. Karen Wayland of the U.S. Department of Energy (USDOE). Dr. Wayland is the Deputy Director for State and Local Cooperation in the Office of Energy Policy and Systems Analysis at DOE. She is a recognized expert in national energy and environmental policy and comes to DOE after two years of providing strategic consulting to business and nonprofit clients.

The luncheon speaker on Thursday will be Bob Dixon, mayor of Greensburg, Kansas. On May 4, 2007, a tornado swept through Greensburg razing 95 percent of the town. Mayor Dixon and other community leaders led the town's charge to become a model for other rural towns who wanted to be green. The town is powered by 100 percent renewable power, and large commercial buildings must meet LEED platinum standards.

For participant registration, and to view the program, go to www.NebraskaWindandSolarConference.com. For hotel reservations, contact Embassy Suites Omaha-La Vista/Hotel & Conference Center, 12520 Westport Pkwy, La Vista, NE 68128 (add phone number). To view last year's presentations, go to <http://www.neo.ne.gov/renew/wind-working-group/2012conference.htm>.

Music Camp



SUBMITTED PHOTO

YHS Students Go To Mount Rushmore Music Camp

Four students from Yankton High School participated in the Rushmore Music Camp on at Camp Judson near Keystone, South Dakota from Aug. 3-8.

The Band, Choir and Jazz Band performed on the stage of the Mount Rushmore National Memorial. Ashlynn Schwarz, Amanda Haas, Sophie Drotzmann and Josh

Carr represented Yankton High School. The Junior High Camp was held the week prior beginning on Sunday, July 27-Aug. 1. Nine students attended the Junior High Camp from Yankton. All the students received tuition assistance through a new scholarship fund provided by the Yankton Band Boosters.

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APPLIANCE

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INVEST IN WIND ENERGY



DAKOTA
POWER
COMMUNITY WIND

Dakota Power Community wind is hosting a series of investment meetings for South Dakota investors to learn more about a South Dakota wind farm development opportunity. The plateau that extends east of Interstate 29 northeast of Beresford to south of Canton, shows GREAT PROMISE for wind energy production. The opportunities for an eastern South Dakota wind farm are enhanced by a proposed major transmission line from northwestern Iowa to Joliet, IL that would provide marketing opportunities for the power all the way to the East Coast. The investment opportunity is structured to provide for South Dakota residents to become investors for as little as \$4,000.

Meetings will be held in your area on:

• Tuesday, August 19th

at the Holiday Inn Express in Vermillion at 7:00 PM
and

• Monday, August 25th

and Wednesday, August 27th

at the Best Western Ramkota in Sioux Falls at 7:00 PM

The information provided is not an offer to sell securities. Investors who wish to purchase securities in Dakota Power Community Wind must be a resident of South Dakota and may only invest after receiving and reviewing a prospectus.

Yankton School District hosts...

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

Annual Elementary School
Open Houses

Parents and students are invited to tour their school building: Beadle, Lincoln, Stewart, or Webster. Visit your classrooms and meet your teacher.

Monday, August 18th
4:30-6:00 p.m.
See where the action is!