

# 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.

## FOURTH MONDAY

**NARFE (National Active and Retired Federal Employees Association) Chapter 1053**, 10 a.m. at The Center, 900 Whiting Drive. (2014: Meetings in April, August and November.)

## 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

## 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

## LAST THURSDAY

**Yankton Connecting Artists**, 7 p.m., GAR Hall Gallery, 508 Douglas, Yankton. For more information, call 605-857-0896.

## BIRTHDAYS

### ART GIGGEE

Art Giggie will celebrate his 95th birthday with an Open House on Sunday, Aug. 31. Please help him celebrate from 2-4 p.m. at his home, 3405 Alumax Road, Yankton.



Giggie

### BIRTHS

#### HOPE TUCKER

Aaron and Jana (Nohr) Tucker of Crofton, Nebraska, announce the birth of a daughter, Hope Ann Tucker, born July 21, 2014, at Avera McKennan Hospital, Sioux Falls. She weighed 2 pounds, 5 ounces. She joins sisters Brooklyn Grace (4) and Paige Elizabeth (2). Grandparents are Kathy Nohr and Doug Steffen of Crofton; Kim Stahly and Glen Zupfer of Utica; and Daune and Karla Tucker of Yankton. Great-grandparents are Janice Nohr of Crofton; Grace and Dean Tucker of Strawberry Point, Iowa; and Donna and Bill Grovjahn of Yankton.

## Labor Day Ride Slated Aug. 31

WAGNER — A Veterans Labor Day Ride will be held Sunday, Aug. 31, in Wagner. Registration begins at 11 a.m. at the American Legion Post 11. The ride, which will be held in conjunction with the Wagner Labor Day Celebration (Aug. 30-Sept. 1), begins at 1 p.m. The ride will travel along the Missouri River. There will be a Civil War era demonstration by the 1st U.S. Infantry at Fort Randall near Pickstown. The ride will finish at McCormick Field, with a barbecue, bean bag tournament and car and motorcycle show to follow. On Monday, Sept. 1, riders take part in the annual Labor Day parade. To register or for more information, visit www.cityofwagner.org and click on "Labor Day Celebration."

# Putting Your Finger On Dementia Protection

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

You don't have to be a genius to understand that as your brain goes, so go your health and happiness. If you can keep your cognitive powers humming through middle and later years, chances are you'll also improve everything from your cardiovascular system to your social life. That's why, today, we want you to start thinking — and discover just how to help protect your mind and body from dementia, whether it's caused by atherosclerosis, mini strokes or Alzheimer's disease.

A groundbreaking study recently revealed the simple steps that should be the cornerstones of your personal dementia-prevention plan. The FINGER Study (Finnish Geriatric Intervention Study) followed 1,260 folks ages 60 to 77 with modifiable risk factors for dementia (diabetes, obesity, poor nutrition, etc.). Researchers found that a lifestyle makeover — adding more physical activity, better nutrition, increased social support, brain-stimulating activities and fun to your life, plus taking care of any heart-health issues you may have — delivers big brain benefits. After just two years, people on this "demolish dementia" regimen scored significantly higher on tests of memory, thinking skills and mental processing speed than a control group who got only good advice.

This study will have a seven-year follow-up to track participants' development of dementia and to look for biomarkers using MRIs and PET scans. And around the world, there's plenty of other ongoing medical research that we're rooting for: Some will improve diagnosis (they're experimenting with smell, eye and blood tests that can detect super-early signs of brain changes),



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

and others are focusing on medications that might stall or prevent dementia's onset. There's even research on brain-tissue transplants (no Dr. Frankenstein involved!) that may be able to reverse the ravages of this progressive disease. But we think the FINGER Study's recent results show that you don't have to wait for a revolutionary medical treatment to help protect your brain from cognitive decline.

So, here's how to lower your risk of dementia, even if you're one of the 25 percent of American adults with a gene mutation called APOE4 that increases your risk for Alzheimer's disease.

Manage stress. This is key. Learn to meditate (sharecare.com has step-by-step instructions), do progressive muscle relaxation, yoga or whatever tames your keyed-up feelings. It's also relaxing and good for the brain to spend time with friends and family, and to pursue your passions, too.

Move it! People who are physically fit in their middle years are up to 35 percent less likely to develop Alzheimer's later on. But it's never too late to boost your brainpower; regular walking can increase growth in the brain's hippocampus and prefrontal cortex, which is important for building

and protecting memory, even if you're in your 60s, 70s or 80s.

Eat like you live along the Mediterranean. Good fats found in olive oil, salmon, sea trout and nuts, along with plenty of fruits and veggies, lean protein, 100 percent whole grains and a smidge of low- or no-fat dairy is the way to go. This diet could cut your risk by 15 percent to 40 percent. Bump up your intake of brain-pampering omega-3 fatty acids by taking a daily supplement containing 900 milligrams of DHA, too.

Control known brain-damagers. Stop smoking (everything) and avoid second- and thirdhand smoke or fumes from tobacco, marijuana and vaping! Take high blood pressure, high LDL cholesterol and diabetes very seriously: All three damage blood vessels that carry oxygen-rich blood to your brain. Ignoring these conditions could boost your risk for vascular dementia (caused by clogged vessels or mini strokes) by as much as 46 percent!

Challenge your brain in new ways. Dust off your guitar, break out the Scrabble board or learn a complicated new card game. Doing brain-stimulating activities just three days a week in midlife and beyond can fend off dementia by three to eight years or longer. The key: New thought patterns encourage your brain to grow new neural connections. Hint: If you're already a crossword puzzle ace, try a math game like Sudoku.

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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# Farmers Union Campers Learn About Agriculture And Cooperation

The United Nations named 2014 the International Year of Family Farming. During Yankton County's Farmers Union annual day camp, youth learned about our state's number one industry of agriculture as well as the impact cooperatives have on their daily lives.

Developed around the theme, "It's a Bird, It's a Plane, It's Cooperation," activities taught youth how cooperatives work, and the many different aspects of agriculture in South Dakota. Throughout the day camp, held at Lincoln Elementary School in Yankton on August 6, youth participated in interactive activities and hands-on crafts which also taught them about the importance of working together and team building.

"Agriculture and cooperatives play such valuable roles in our rural communities, we developed our camp curriculum to teach youth about the impact they have on their own lives in a fun



SUBMITTED PHOTO

**1st Row (L to R):** Jazzlyn Tschetter, Aleya Ruzicka, Teddy Fargo, Carly Cap, Samantha Kotrous, Steven Neth, Brock Kotalik  
**2nd Row (L to R):** Tyler Neth, Seth Fargo, Shad Tschetter, Megan Cap, Lance Kotrous, Brandon Cap, Keanna Lee  
**3rd Row (L to R):** Denise Mushitz, Natalie Nayokpuk, Nicolas Nayokpuk, Mason Ruzicka, Quinn Fargo, ReAnna Kotalik, Amber Hoff, Baylee Boese, Carson Haak, Tyler Novak

and interactive way," said Denise Mushitz District I Farmers Union Education Director.

Along with activities, games and singing, each child made a balloon farm bracelet to teach them about the many different aspects of agriculture in South Dakota.

Each child received a free T-shirt, courtesy of Farmers Union Insurance Agency.

Participants at this year's Yankton County Farmers Union camp were: from Yankton, Carson Haak, Mason and Aleya Ruzicka, Samantha and Lance Kotrous, Brandon, Carly and

Megan Cap; from Scotland, Tyler and Steven Neth; from Gayville, KeAnna Lee, Natalie and Nicholas Nayokpuk, Quinn, Seth and Teddy Fargo; from Freeman, Shad and Jazzlyn Tschetter; from Tabor, Brock and ReAnna Kotalik; from Viborg, Baylee Boese; from Tripp, Amber Hoff.

Helping at this year's Yankton County Farmers Union Camp were District 1 Farmers Union Education Director, Denise Mushitz, senior youth Tyler Novak, Yankton and Farmers Union Summer Interns Anna Ohlwin and Kelli Garry.

For more information on South Dakota Farmers Union and how you and your children can get involved in the organization's youth activities, visit the education page at www.sdfu.org <http://www.sdfu.org> or call Bonnie Geyer, State Education Director at 605-352-6761 ext. 125.

## MILITARY

### ALEXIS HORSTMAN

U.S. Air National Guard Airman 1st Class Alexis Horstman graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Horstman earned distinction as an honor graduate. She is a 2013 graduate of Parkston High School, Parkston.



**MORNING COFFEE WEEKDAYS 7:40AM MONDAY THRU FRIDAY**  
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