

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.
Sweet Adelines, First United Methodist Church, 207 W. 11th, Yankton. Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

FIRST MONDAY

Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.

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.

FIRST 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
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
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 #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
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

SCHOLASTICS

BELLEVUE UNIVERSITY

BELLEVUE, Neb. — Over 800 students were awarded degrees at Bellevue University over the first six months of the year. Since the end of January, the school has conferred 807 degrees including 571 undergraduate and 263 graduate degrees.

Bellevue University offers more than 50 undergraduate degree programs and 25 graduate degree programs, with more programs in development. Those programs apply the University's unique active learning approach which allows students to attend class in a classroom or online, and meet with fellow students,

discuss lessons with instructors, complete assignments and conduct research.

Bellevue University is a recognized national leader in providing post-secondary education opportunities for working adults. A private, non-profit institution, Bellevue University serves students at learning sites in three states, as well as worldwide through its award-winning online learning platform. Bellevue University is accredited by The Higher Learning Commission of the North Central Association of Colleges and Schools.

• Abby Homandberg, MA in Management — Alcester

BIRTHDAYS

TILLIE TUCEK

Tillie Tucek of Tripp will celebrate her 100th birthday with an open house from 1:30 to 4:00 p.m. Sunday, August 9th at the Tripp Fire Hall. The event will be hosted by her children. She requests no gifts. Greetings may be sent to 300 N. Dobson, Tripp, SD 57376.



Tucek

ROBERT BEILBY

The family of Dr. Robert Beilby requests a card shower to celebrate his birthday on August 10th. Birthday wishes may be sent to Corvallis Caring Place 750 NW 23rd St., Corvallis, OR 97330.



Beilby

SHARON EGGE

Happy 60th Birthday, Sharon Egge! Sharon turns 60 on Monday, August 10. Her family requests a Card Shower in her honor. Cards may be sent to: Sharon Egge, 44021 303rd Street, Yankton, SD 57078. Please join us in wishing Sharon a Happy Birthday!

MAX LARSON

Come to Larson's Land-ing August 29, 3-5 p.m. and celebrate Max Larson's 100th birthday.

SHIRLEY MUEHLBEIER

Shirley Muehlbeier of Scotland will celebrate her 80th birthday on Friday, Aug. 7, 2015. Her family is requesting a card shower in her honor. Birthday wishes may be sent to Shirley Muehlbeier, PO Box 473, Scotland, SD 57059.



Muehlbeier

BIRTHS

OWEN HOCHSTEIN

Kari and Jeff Hochstein of Hartington, Neb., announce the birth of their son, Owen Michael Hochstein, on July 13, 2015 at Avera Sacred Heart Hospital in Yankton. He

weighed 9 pounds, 9 ounces. He joins 2-year old sister Emma.

Grandparents are Mel and Jane Kruse of Hartington, Neb. and Joe and Linda Hochstein of St. Helena, Neb.

Toxic Workout Clothes

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

King Features Syndicate, Inc.

Beware! Your favorite antimicrobial workout shirt or water-repellent hiking jacket may contain some surprising and potentially toxic chemicals. A recent Swedish report found that 10 percent of the 2,400 chemicals found in an analysis of fabrics could pose a risk to human health – and less than 1 percent is regulated in the U.S.

While a single piece of clothing may contain tiny amounts, exposure could add up, researchers note. Workout gear poses a special risk, because sweat and movement may release more bad-acting substances. Troubling compounds found in activewear include phthalates, perfluorinated compounds, triclosan and silver nanoparticles. In many cases, these chemicals also might pose a risk for wildlife as they're laundered out of clothes and wind up in streams, rivers and lakes. One 2012 European report even found cancer-causing chemicals and lead in soccer jerseys!

Perfluorinated compounds. PFCs repel water, oil and dirt, and are used in some waterproof jackets, pants and shoes. But they're also associated with health problems like low birth weight and prostate cancer. Many companies have stopped using them, including H&M, Levis and Puma. Others are phasing them out.

Phthalates. These plasticizing chemicals are found in vinyl clothing and some printed fabrics. According to the Centers for Disease Control and Prevention, reproductive problems have been found in lab animals exposed to these chemicals. And in a 2011 review, University of Pennsylvania scientists noted that phthalates act as endocrine disruptors, interfering with hormonal systems in the body.

Alkylphenol ethoxylates. APEs are sometimes found in detergents used by



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

textile manufacturers to wash fabrics. They don't break down easily, and instead hang around for long periods of time. Some get washed out at home and go into local waterways. According to the Environmental Working Group, they accumulate in the bodies of fish and people. Some research links these chemicals with reproductive problems in fish.

Triclosan. Used in some antibacterial and antimicrobial fabrics, triclosan is better known as an ingredient in antibacterial soaps and body washes, kitchenware and even toys. The U.S. Food and Drug Administration is conducting a review of the chemical, shown to affect hormone regulation in animals. It may be a hormone disruptor for humans as well, and it doesn't remove any more germs than washing with regular soap. And once it's washed down the drain, triclosan can morph into the chemical dioxin, which is showing up in the mud at the bottom of American lakes.

Silver nanoparticles. These tiny, bacteria-battling orbs are used to make workout clothes and even hospital gowns resistant to smelly or infectious germs. They can be absorbed into your skin when you sweat, recent research shows. It's unclear whether silver

nanoparticles pose a threat to people, but the little metal balls do break down when clothing is washed with strong detergents containing bleach or bleach alternatives. That releases silver nanoparticles into water, where they may be toxic to aquatic organisms and beneficial bacteria living in soil. (Microparticles are OK, though. They're too big to be absorbed.)

Three ways to reduce your exposure:

Wear clothes from companies that are phasing out toxins. According to Greenpeace, some companies – including Adidas and Puma – are taking significant steps to eliminate 11 toxic chemicals from clothing, including APES, phthalates and PFCs. Others, the group says, have eliminated some but not all. Get the current lineup of Greenpeace's Detox Leaders, Greenwashers and Detox Losers at www.greepeace.org.

Slip an old cotton T-shirt under your workout shirt. Not sure what's in your favorite athletic wear? Add a barrier. A nontoxic layer between your skin and your workout shirt will help protect you.

Wash before you wear. It's a good rule to follow with all new clothing. New fabrics may contain dyes and formaldehyde resins, which prevent wrinkling and discourage mildew but also can trigger a rash, even at safe levels. Sometimes, levels exceed safe limits according to a 2010 U.S. Government Accountability Office study.

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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USDA Offers Crop Insurance Coverage For Winter Wheat

PIERRE — The U.S. Department of Agriculture's Risk Management Agency (RMA) recently decided it would offer crop insurance coverage for winter wheat in all South Dakota counties for the 2016 crop. Producers wishing to insure their 2016 crop should sign up before Sept. 30, 2015.

"Producers across South Dakota rely on an effective and affordable crop insurance program to manage risk. RMA's recent decision to expand crop insurance coverage for winter wheat to all South Dakota counties gives producers an additional tool when making planting decisions. Not only is there economic benefit to producers choosing to plant winter wheat as a crop, winter wheat fields can provide essential habitat for many species in our state," said Lucas Lentsch, Secretary of the South Dakota Department of Agriculture.

"This is great news for the agriculture

and hunting communities. Private landowners serve as the primary stewards of land in South Dakota and have the most influence over habitat conditions for a variety of wildlife populations across our state," said Kelly Hepler, Secretary of the South Dakota Department of Game, Fish and Parks. "Since approximately 80 percent of the state's land base is under private ownership, much of the abundant wildlife habitat we have in South Dakota would not exist were it not for tools, like crop insurance coverage for winter wheat, that make the decision to plant more economically feasible."

Previously, RMA had offered crop insurance coverage for winter wheat in 47 of 66 counties in South Dakota. In 2014, Gov. Dennis Daugaard formed the Pheasant Habitat Work Group to develop strategies to increase critical habitat for South Dakota's wildlife population; primarily that of pheasants. Expanding crop

insurance coverage to all South Dakota counties was a recommendation made by the group, as winter wheat fields offer important nesting habitat across the state. In response to the work group's recommendation, a collaborative effort was made by industry, academia and the state, including the South Dakota Department of Agriculture, to petition RMA to expand coverage to all counties, a request RMA recently granted.

The Pheasant Habitat Work Group was made up of 13 members including representatives from the South Dakota Departments of Agriculture and Game, Fish and Parks as well as South Dakota State University, legislators and landowners. Their collaborative efforts led to eight recommendations to identify ways to improve habitat compatible with agriculture production across the state. For more information, visit www.gfp.sd.gov/pheasantsummit/.

Webinar To Focus On People Who Have Disabilities

PIERRE — South Dakota's low unemployment rate can make it difficult for employers to find an adequate number of employees.

The South Dakota Department of Human Services/Division of Rehabilitation Services is partnering with the South Dakota Retailers Association to shine a spotlight on one untapped labor pool. The two groups will host a webinar on August 11 to guide employers through the process of finding and hiring people with disabilities.

The webinar will provide information on what diagnoses are considered disabilities, where employers can reach out to hire people who have disabilities, basics on the Americans with Disabilities Act (ADA), examples of ADA compliance for businesses including what are consid-

ered "reasonable accommodations", and examples employers should avoid in job interviews.

The webinar is part of ongoing educational efforts resulting from an Employment Works Task Force established by Governor Dennis Daugaard in 2013. The group brought private and public sectors together to study the issue of employment problems and opportunities for people with disabilities.

"We appreciate the collaboration we've developed with the Retailers Association," said Eric Weiss, Director of the Division of Rehabilitation Services. "This webinar is part of our effort to provide resources and information to employers across the state."

Shawn Lyons, Executive Director of the South Dakota Retailers Association

(SDRA), says the webinar is one way to show employers the benefits of expanding their labor pool to include people with disabilities.

"We support the Governor's efforts to look for ways to improve competitive employment opportunities for people with disabilities while simultaneously meeting the needs of employers," he said. "Hopefully, this webinar will help employers look for opportunities rather than looking for barriers when a person with a disability applies for a job."

The "Disability 101: Disability Inclusion and the Americans with Disabilities Act Essential Building Blocks" webinar will be held at 10:00 a.m. CST on Tuesday, August 11. Participants may register on the SDRA website at www.sdra.org or email donna@sdra.org.

MASABA And Scholarship Program Partner Up

VERMILLION — A Vermillion man will get a jump start on his career thanks to the Build Dakota Scholarship program and the willingness of a Vermillion company to invest in the education of its future skilled workforce.

MASABA, a manufacturer of bulk handling equipment for the mining, aggregate, and agriculture industries, is partnering with Build Dakota and Mitchell Technical Institute (MTI) to address its projected need for welders through participation in MTT's Double Edge program. The Double Edge is a hybrid of the Build Dakota and MTT's Workforce Recruitment Program (WRP). Under the program, a student's education is jointly funded by Build Dakota and the sponsoring company. The student must maintain an academic standard to remain eligible, and commit three years of post-grad service to the company.

Lofton Covington will enroll in MTT's Welding & Manufacturing Technology program this fall. It is one of thirteen MTT courses of study that are designated as high-

need workforce programs by the Build Dakota Scholarship board, and students entering those fields are eligible to apply for funding under the program. Covington is a 2015 graduate of Vermillion High School.

"The rigors of the industries we serve, and the varied and high-tech nature of our manufacturing processes require that we have a highly-skilled workforce to meet the demands of our customers," said Jerad Higman, president of MASABA. "In a tight labor market, quality people are hard to come by, so when the Double Edge opportunity presented itself, it was an easy decision to make this investment in Lofton and in our company."

Build Dakota was created earlier this year out of a \$25 million gift to South Dakota's four technical institutes by philanthropist T. Denny Sanford. Over the first five years of the program, the equivalent of approximately 1,200 full-ride scholarships will be awarded to qualifying students in eligible academic programs. The state of South

Dakota matched the Sanford gift, and those funds were placed in an endowment, which will continue to fund the Build Dakota program

after the initial funds are invested in South Dakota's future technical workforce.

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