

# 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 (entrance in the alley), Yankton. (605) 660-5612.  
**English as a Second Language classes**, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), 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.

## SECOND MONDAY

**Yankton School Board**, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998  
**Tri-State Old Iron Association**, 7 p.m., JoDeans Restaurant, 605-665-9785.  
**Yankton Area Writers Club**, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582  
**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street  
**NAMI**, 7 p.m., Avera Professional Pavilion, Room No. 2, Yankton. 605-661-3043.

## 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  
**Weight Watchers**, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Wii Bowling**, 1 p.m., The Center, 605-665-4685  
**Citizenship Class for Chinese students**, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.  
**English as a Second Language classes**, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.  
**Conversational English Class**, 6:30-8 p.m., Southeast Job Link, 1200 W. 21st St.  
**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)

## SECOND TUESDAY

**Caregiver Dementia Support Group**, 4 p.m., The Center, 900 Whiting Drive, Yankton.  
**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  
**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  
**Citizenship Class for Chinese students**, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.  
**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  
**English as a Second Language classes**, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.

## FCSLA Member Nominated

The First Catholic Slovak Ladies Association is proud to announce the selection of Sherlyn Povondra of Tabor, South Dakota as the 2015 National Fraternalist of the Year. FCSLA has sent her nomination to the American Fraternal Alliance to be considered for national recognition by them.



Povondra

of her life there with her husband Dennis and her son, Mark who also resides in Tabor.

FCSLA congratulates Sherlyn Povondra for receiving this well-deserved recognition.

Sherry is a member of the FCSLA Branch W093 in Tabor and has lived most

## BIRTHS

### ERICA LANGER

Dr. Michael and Lori (Jansen) Langer of Avon Lake, Ohio are pleased to announce the birth of their daughter, Erica Rose, on Thursday, July 30, 2015, at 5:17 p.m. She was born at MacDonal's Women's Hospital in Cleveland. Erica weighed 7 pounds, 11 ounces and was 19 inches long.

Erica's siblings are Vanessa, Sylvia and Christina. Grandparents are Tom and Mari Ann Langer of Lake City, Pennsylvania, and Art and Twila Jansen of Fordyce, Nebraska.

### TRYNLEE PLANTENBERG

Jeremy and Lexy Plantenberg (St. Pierre) Plantenberg of Yankton announce the birth of a daughter, Trynlee Mae Plantenberg, born July 8, 2015, at Avera Sacred Heart Hospital, Yankton. She weighed 8 pounds, 13.5 ounces.

Trynlee joins her big sister, Rylee, 2. Grandparents are George and Kelly Padrnos of Yankton, and Kenny and Patty Plantenberg of Crofton, Nebraska.

Great-grandparents are Robert and Donna Mae Curtis of Papillion, Nebraska, and Dan and Peggy Ping of Yankton.

### COWAN WOLF

Nick, Staci, Colt and Whitley Wolf of Winner announce the birth of their son and brother, Cowan Waive, born June 25, 2015. Cowan weighed 7 pounds, 12 ounces and was 19.75 inches long. Grandparents are Gary and Bonnie Wolf of Howard, and Dusty and Cindy Anderson of Yankton.

Great-grandparents are Bob and Bernice Ellsworth of Stephan.

# Could Your Shoes Be A Health Hazard?

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Could footwear that's too high, too tight or just too darned uncomfortable be hazardous to your overall health? We think the answer is "yes." Sore feet, often caused or made worse by bad shoes, keep 40 percent of guys and gals in chairs at one time or another.

There's been a tidal wave of recent medical research linking everything from heart disease to diabetes and cancer with prolonged daily sitting. Whether your sedentary time happens in the office in a desk chair or at home on a comfy couch, it's a health risk that packs extra fat around internal organs (which boosts inflammation), lowers your daily calorie burn and dials down an important muscle enzyme called lipoprotein lipase that helps keep cholesterol and blood-sugar levels within healthy ranges. While a daily exercise session, like a half-hour walk, might help counter the effects, you aren't going to do much standing or walking if your feet hurt!

Your shoes may be the saboteur that's preventing you from getting up and on your feet! Researchers tracked changes in ankle strength and balance over four years in women training to become flight attendants, most of whom were wearing high heels regularly for the first time. By the end of the study, their muscles were weaker and there were signs of nerve and ligament damage, leading to ankle instability and balance problems.

But guys, don't snicker just yet. Stilettos aren't the only problem. Other research shows that one in three men (and yes, one in two women) admit to buying uncomfortable shoes that don't

fit properly. That ups the chances for foot-pain woes like bunions, hammer toes, crowded toes and excess pressure on the soles of your feet.

Your feet house an amazing system of 26 bones, 33 joints and more than 100 muscles, tendons and ligaments – designed to work together to keep you balanced and on the move. When your shoes don't fit right, they strain your tendons and ligaments. Your feet hurt, and you might change your walking style in subtle ways that can throw off your ankles, knees, hips and back. This pain could lead to ... you guessed it ... even more sitting! Avoid footwear traps that keep you off your feet with these strategies:

Get your pups measured. Feet become longer and wider as we age, as connective tissue stretches. Don't assume you wear the same size shoe that you did in college! Also, go shoe shopping later in the day, when your feet contain more fluid and are a bit larger. Have both feet measured, and if one foot is larger than the other, buy the right size shoe for your bigger foot. Bring along the socks you'll be wearing,

and test-drive prospective shoes with those socks.

Add an insert, or have one custom-made. Drugstore shoe inserts can provide arch support or relieve mild foot pain with extra cushioning. But it's smart to see a podiatrist about severe pain and problems like plantar fasciitis, bursitis, tendinitis, foot ulcers or any foot issues if you have diabetes. Your doc can provide you with a custom orthotic device to keep your feet – as well as your legs, hips and back – dancing happily.

Can't resist heels or snazzy dress shoes? Keep wear time to a minimum. Bring along comfortable backup shoes to wear before and after a party or event. Stick to heels that are 2 inches or less (guys, that's for boots too). And do gentle calf raises after wearing heels to stretch tight muscles.

Flip off those flip-flops. Flip-flops mess with your stride in ways that can cause lots of lower-body problems. Swap them for a pair of supportive sandals with a back strap for everyday wear. Save your iconic summer footwear for the pool or the beach.

Now, when your feet feel great, make sure you get up off your backsides! Start using smartphone apps that sound a reminder alarm every 30 to 60 minutes to get you on your feet.

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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## Avera Sacred Heart Radiologic Technology Graduates



Avera Sacred Heart Hospital School of Radiologic Technology will hold graduation ceremonies for the Class of 2015 on Friday, Aug. 14. Pictured from left are (front) Emily Huston, Oscar Martinez and Kayla Wiese; (back) Larissa Bullington, Erin Dunklau and Morgan Frank.

## First Dakota Masters Scholarship



First Dakota National Bank's Larry Ness poses with Mount Marty College President, Marc Long, Vice President of Academic Affairs, Celia Miner, M.Ed. Program Director, Dr. Debbi McCuin and the 2015 recipients of the First Dakota Masters Scholarship benefiting teachers in Yankton as they pursue their master of education degrees at MMC. From left to right: Jessica Wolles, Jenny Kapla, Traci Peterson, Jill Muth, Hannah Zimmerman, Marisa Rueb, President Marc Long, Dean Celia Miner, Larry Ness, Dr. Debbi McCuin, Andrea Stanosheck, Leasa Woodward, Stacy Ryken, Dan Slowey, Scilla Huber, Carol Larrington.

## Board Of Regents Awards USD \$200,000 For Scientific Research Supercomputer

VERMILLION — The University of South Dakota has been awarded a \$200,000 Research and Development Innovation grant from the South Dakota Board of Regents. The award, along with institutional and federal funds, will support the acquisition of a new campus supercomputer for scientific research.

The National Science Foundation has recently identified supercomputing systems as necessary research instru-

ments, alongside equipment like DNA sequencers and electron microscopes.

USD's previous supercomputer was acquired in 2006 through an award from the National Institutes of Health and has supported over 100 students and faculty, contributing to scientific publications and courses.

Deputy CIO and Director of Information Technology Services Cheryl Tiaht and Research Computing Manager Doug Jennewein developed the proposal

after consulting with USD scientists and computer architects from industry. The new system will provide thousands of processing units, specially optimized software and more than 1,000 times the memory of a traditional laptop.

The \$200,000 was among \$700,000 the Regents approved for four of the state's public universities.

## Students Awarded Critical Teaching Needs Scholarships

VERMILLION — Seven University of South Dakota students have each been awarded \$8,763 scholarships toward their pursuit of a teaching degree and commitment to become teachers in high-need areas after graduating.

The South Dakota Legislature established the Critical Teaching Needs Scholarship in 2013 to encourage high school graduates in the state to pursue a college degree

in teaching and work in the profession in the state.

The USD students, their hometowns and area of study: Adriann Frankenhoff, Hayti, high school science; Katelyn Heisinger, Tripp, high school math; Kristin Pollema, Brandon, special education; Abby Roskam, Canton, high school math; Tucker Tornberg, Center-ville, high school science; Erin Tounslay, Pierre, special education; and Brooke

Vandersluis, Le Mars, Iowa, special education.

"The School of Education at USD is focused on preparing quality educators," said Donald Easton-Brooks, education dean and professor. "Today we are witnessing a shortage of teachers both across the state and across the country. By awarding high school graduates an op-

portunity to have a meaningful impact on South Dakota schools, we are looking to promote quality teaching and address the shortage in the field. The students that received this scholarship are those who have a compassion for education and are those who are invested in having a positive impact on South Dakota communities."

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