

# 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.

## FOURTH MONDAY

**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street

## 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)

## 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.

## FOURTH THURSDAY

**Yankton County Farmers Union**, 7 p.m., Sunrise Apartments, 2015 Green St., Yankton. 661-7667.

## BIRTHDAYS

Clarence Simonsen will celebrate his 100th birthday on September 17, 2015. An open house in celebration of this momentous occasion will be held on Sunday, September 13 from 2-4 p.m. at the Rames-Bender American Legion Post 152, 301 S 4th St., Menno, SD. The event



Simonsen

will be hosted by his family. Your presence is the only gift necessary. Greetings may be sent to PO Box 472, Menno, SD 57045.

# Cutting Through The NSAID Confusion

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

News about the Food and Drug Administration warning that NSAIDs (nonsteroidal anti-inflammatory drugs) can be heart-risky has made lots of you worried about taking those pain-relieving pills for everything from a once-in-awhile headache or sore muscles to chronic arthritis pain. Here's the detailed scoop you've been asking for, so you can stay safe and pain-free.

It's true. NSAIDs – those ache-reducing drugs that include over-the-counter ibuprofen and naproxen as well as prescription versions like celecoxib (Celebrex), oxaprozin (Daypro) and diclofenac (Cataflam, Voltaren etc.) – can increase your risk for heart attack, stroke or heart failure. Studies actually have been shining a light on this serious side effect for about 15 years now.

There seem to be two reasons why these meds are risky: First, they reduce painful inflammation by inhibiting an enzyme called COX-2. But COX-2 also is beneficial; it relaxes arteries and discourages blood platelets from forming clots. So dialing down this enzyme's activities can increase blood pressure and the risk for clots. Second, NSAIDs interfere with the heart-and brain-protecting action of daily, low-dose aspirin. NSAIDs block aspirin's ability to reduce the risk of blood clots that can lead to heart attacks and strokes.

We'll know more about the safest NSAID doses when results are released next year from a study of 24,000 people taking NSAIDs regularly. In the meantime, these strategies can keep you comfortable while keeping your risks low:

Try aspirin. If your doctor says you're not at risk for gastrointestinal bleeding or



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

ulcers, try taking the dose recommended on the package with a half-glass of warm water before and after. (Warm water helps dissolve the pills faster, decreasing chances for damage to your stomach lining and intestines.) That's how we take daily, low-dose aspirin (two 81-mg aspirin, a total of 162 mg per day). Having your aspirin with a meal also may help.

Studies show that if you're at high risk, low-dose aspirin can cut your chances for a first heart attack by at least 22 percent and at the same time lower risk for blood-clot triggered strokes (the most common kind) and for the leg pain associated with peripheral artery disease. Aspirin also reduces by up to 40 percent the risk and severity of cancer of the bladder, colon, breast, esophagus, kidneys, lungs, pancreas, prostate and stomach. If you need to take another nonsteroidal anti-inflammatory pain reliever (like ibuprofen), do it 24 hours before or after your aspirin.

Think low-dose/shortest time. If you really need an NSAID, go with the smallest dose for the shortest period of time. We think that means the occasional dose may be OK for most people ... but read on for

an important warning.

At risk for a heart attack or stroke? Think twice about NSAIDs. The FDA says risk for problems is higher in people who already have heart disease or those who have high LDL cholesterol, high blood pressure or other issues, like diabetes. It's also risky if you have already had a cardiovascular "event" – say, a heart attack. In one study, heart-attack survivors who took NSAIDs were more likely to die in the next year than those who didn't.

Find ways to ease arthritis pain, headaches and sore muscles without taking NSAIDs. Research shows that physical activity can slash aches and prevent worsening problems for many people. So try the Arthritis Foundation's "Arthritis Self Help" program (at www.arthritis.org), proven to reduce pain by 20 percent. Practice stress reduction with mindful meditation; it really does work. Rely on warm Epsom salt baths for sore muscles. Eat an anti-inflammatory diet that includes lots of fruits, veggies and good fats.

Try a topical pain-reliever or acupuncture. Creams and gels that contain capsaicin (derived from red peppers) can reduce joint pain 40 percent if used regularly. If you need more help, ask your doc about NSAID creams or gels, which ease pain for about 60 percent of those who try them. Acupuncture works for some of these conditions as well.

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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 AND MEHMET OZ, M.D.

# Farm Equipment, Safety On The Road, Everyone's Role

BY TRACEY ERICKSON  
 SDSU Dairy Ext. Field Specialist

Even though fall harvest is a ways off, we still encounter farm equipment on the road.

Whether it is a tractor and baler, someone hauling feed between farms or silage equipment — during the growing and harvest season, producers and motorists need to be vigilant while sharing the road.

As motorists, there are things we need to remember. First patience is key. Most farm equipment operating on roadways is traveling at speeds between 15-25 miles per hour (mph). The Slow Moving Vehicle (SMV) emblem on equipment it is an immediate warning to slow down.

Motorists also need to remember it may be necessary to operate farm equipment on the roadways to move between fields or farms. Farm equipment is entitled to travel roadways legally.

An example that is often cited is that if you are driving 55 mph and come upon farm equipment that is driving 15 mph, it will only take five seconds to close a gap the length of a football field between you and the farm equipment.

Motorists need to be aware of the fact that producers are not always able to see vehicles sharing the roadway with them. However, once they know you are there, they will attempt to pull over to let the motorist pass, if they are able to do so safely.

If the farm equipment is unable to pull off to the side of the road, and you choose to pass, please do so with caution using the following guidelines:

- Be aware of other vehicles behind you that may also be trying to pass.
- If you enter the oncoming lane of traffic, do not pass unless you are able to see clearly in front of you and the farm equipment you are passing.
- Do not pass if there are incoming hills or curves which may block your view.
- Do not pass if you are in a designated "No Passing Zone" or within 100 feet of any intersection, railroad crossing, or bridge.
- Do not assume if farm equipment slows down and pulls out to the right that they will be turning right or is letting you pass. Due to the size of today's farm equipment many must execute very wide left-hand turns and in fact may be turning left instead. Check for hand signals, turn signals or approaches.
- Remember that farm equipment is very large and cannot stop on a dime.
- Agricultural producers also need to do their part as they share the roadways. All vehicles that move less than 25 mph must be equipped with a SMV reflective emblem. The emblem should be kept clean, must be visible, and replacement is recommended every 2-3 years.
- Producers should also place reflective tape on equipment marking the edges of the farm equipment, helping to increase visibility. In regards to lighting and

- traversing roadways with farm equipment keep the following in mind:
- Tractors or other farm equipment that is operated on roadways must be equipped with lights if operated on roads at night or when there are conditions of reduced visibility.
- Use your flashing amber lights to increase motorist awareness when entering the roadway, but turn your rear spotlights off, as they are often mistaken for headlights.
- Putting flashing amber lights on older equipment that may not have lights will help signal motorist attention. Temporary magnetic lighting is available for older farm equipment. The key is keeping the battery charged and working.
- Try to avoid major roadways during high traffic periods, rush hour, bad weather or at night if possible.
- If it is necessary to travel long distances on the roadways, consider using pilot cars in front and behind of the farm equipment, especially at night. Make sure pilot cars use their flashing lights or hang a bright flag in the window.
- Installation of mirrors on equipment will help you view motorists around you.
- Lock brake pedals together for road travel, as sudden braking on one wheel can cause a tractor to skid and lose control.
- Check all towed

- equipment to make sure it is properly secured and balanced along with having proper lighting and reflective equipment. It should also be towed by equipment that is able to tow it adequately and stop it under control.
- Whenever feasible take steps to make equipment as "traffic friendly" as possible. Combines with wide heads are very difficult to see around and/or pass. Putting the head on a trailer creates fewer problems for other vehicles to safely pass.
- Traveling at appropriate speeds will allow you to maintain control at all times.
- Make sure all employees who may be operating farm equipment on public roadways are trained adequately and are aware of the rules of the road.
- Stay alert of all hazards on the road such as soft or steep shoulders, bridges, ruts, narrow roadways, potholes or objects on the path of travel.
- When cars are lined up behind you, and there is a suitable shoulder or approach please pull over and let the traffic pass.
- Whether you are a motorist or agriculture producer traveling on roadways, remember we must all obey the traffic rules, which includes no texting and appropriate use of cell phones.
- Courtesy and patience are key to safety on the road.

Announcing...

# YANKTON CITYWIDE RUMMAGE

SEPT. 10<sup>TH</sup> thru SEPT. 13<sup>TH</sup>

**\$28.30** for 30 words and \$.20 per word after 30. ONLY ONE ADDRESS ALLOWED IN EACH AD.

Stop By The Press & Dakotan To Place Your Ad  
 OR email classifieds@yankton.net

- INCLUDES:**
- Your ad (30 words, 1 address per ad) placed in the special Citywide Rummage Sale section published on Wednesday, September 9th & Saturday, September 12th
  - Your ad will also appear on-line at www.yankton.net
  - Garage Sale Kit: 2 Yard Signs with Balloons

Sponsored by the: **PRESS & DAKOTAN**

**DEADLINE: 5PM, THURSDAY, SEPT. 3<sup>RD</sup>**

**Got News?**  
 Call The P&D  
 At 665-7811

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 turn to the experts  
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