

# 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  
**Centering Prayer**, Christ Episcopal Church, 513 Douglas, Yankton, 10:30 a.m., 665-3344 or 665-2456  
**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  
**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., 232 Capital 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  
**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)

## 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  
**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.

## Legislature Memorial Service Set

PIERRE — Each year the South Dakota Legislature conducts a memorial service honoring the memory of legislators who have passed away during the previous year. The service honoring legislators who passed away during 2015 is tentatively scheduled for Thursday, Jan. 21, 2016, at 3 p.m. (CT) in the House Chamber.

The committee in charge of the memorial service is seeking the names of former state senators and representatives who passed away during 2015. Anyone with such information can contact the Legislative Research Council at 500 East Capitol, Pierre, South Dakota 57501; 605-773-3251; or via email at cindy.tryon@state.sd.us.

# Five Ways To Save Your Brain

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

Contestants on TV's "Fear Factor" ate squirming cockroaches, sat in a bathtub of leeches and dangled from a flying helicopter. What could be scarier? Well, a new Silver Surfers survey names brain-zappers like dementia the most-feared health concerns, yet too many people take the wrong steps to protect their mind.

Nearly 2,000 people who responded to the survey said reading and crossword puzzles could guard against dimming memory and slowed-down thinking. Nobody mentioned exercise, though 76 percent thought dancing could help. (That's taking the right steps!)

More than 5 million North Americans have Alzheimer's disease; millions more have mild cognitive impairment (early warning signs of life-altering brain changes) and other forms of dementia. Some of the risk for developing cognitive problems is genetic, and news reports often focus on scary-sounding aspects of dementia that seem beyond your control, like the brain plaques and amyloid tangles of Alzheimer's disease. But there's plenty most of you can do right now to guard your little gray cells and the brain's neural network of connections that let you love, live, work and play.

Our advice? Re-channel your fear into adopting some brain-nurturing steps that are proven to cut dementia risk:

**Step No. 1:** Start by controlling your stress response. Just one high-anxiety experience can kill off cells in your brain's memory and learning center, the hippocampus. A major stressful event also can shrink another brain area that helps control emotions, as well as blood sugar and blood pressure. That's a dou-



**OZ AND ROIZEN**

Dr. Mehmet Oz and Dr. Michael Roizen

ble whammy, because rising blood pressure and blood sugar in turn threaten brain cells and the delicate network of blood vessels that supports them.

**Step No. 2:** Eat brain-power foods. Put lots of veggies, a couple of nuts and 100 percent whole grains on your plate every day. Frequently fit in berries, beans, fish and only good fats like olive oil. Why only good fats? Well, the good (and great-tasting) fats are best for your brain, and bad fats — sat fats, for example, — can kill brain cells. So cut way back (like, to zero) on red meat, cheese, butter, stick margarine, sweets and fried foods.

In one recent Rush University study, people who ate this delicious way for four and a half years reduced their risk for Alzheimer's by 53 percent. This diet fills your body and brain with nutrients that are building blocks for cell walls, and it helps protect neurons against the effects of aging.

**Step No. 3:** Practice mindful meditation for 10 minutes in the morning and 10 minutes in the evening. Find a quiet space; close your eyes; focus on your breathing; and keep your thoughts in the present. If your mind wanders, bring

your thoughts back to your breath. More instructions are at www.sharecare.com.

**Step No. 4:** Move, move, move! Exercise grows new brain cells and nourishes new connections between them. (You're suddenly smarter!) In a new Boston University study, older adults who logged more daily steps, walking or running, had sharper memories than those who logged more butt-in-chair time. Those who got 32 minutes of activity a day were notably better at matching names with faces and did better on tests measuring how they processed visual information, crucial for driving, and had better attention and focus than those who got 10 or 20 minutes daily. Physical activity also might inspire you to eat better and help whittle your waistline — that helps cool off inflammation. Trimming your torso also will reduce the flow of nasty compounds that ooze from belly fat and harm brain cells. And activity can include everything from walking to swimming, strength training, cycling or waltzing, shakin' a sexy samba or rocking a country line dance.

**Step No. 5:** Stimulate your little gray cells. Take a college course or learn a new language, and yes, reading and crossword puzzles do work. If you're a longtime fan of crosswords, for example, consider math puzzles like Sudoku for mental cross-training. Challenging your brain is proven to keep thinking and memory skills stronger, faster and more flexible. That's smart!

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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## Park Ranger Educates Students



Karla Zeutenhorst, park ranger at Gavins Point Dam, directed the Beadle Elementary School fourth graders recently as they learn about hydroelectric generators.

SUBMITTED PHOTOS

# Climate The Main Cause Of Increasing Streamflow In Eastern South Dakota

RESTON, Va. — Increased precipitation is the primary cause of rising streamflow in many eastern South Dakota streams, according to a recent U.S. Geological Survey report.

Scientists with the USGS analyzed streamflow and precipitation trends from 1945 to 2013 for 10 South Dakota streamgages in the James, Big Sioux, Vermillion and Minnesota River basins. The study's purpose was to determine whether annual streamflow is driven primarily by climatic or land-use changes. This information can help guide water management decisions in the region.

Results of the study showed that most of the streamgages in the James and Vermillion River basins had an upward trend in streamflow that could be explained by annual precipitation increases. "For the streamgages in the Big Sioux and Minnesota River

basins, land-use changes likely are minor factors in rising streamflow, with the main factors probably being changes in the timing and frequency of large precipitation events and persistently wetter preceding conditions," said USGS hydrologist Galen Hoogstraat, the lead author of the report.

Of the 10 streamgages included in the study, only one site — the Elm River at Westport in the upper James River basin — did not have an upward trend in annual streamflow. The largest increase in streamflow was 30 cubic feet per second per year for the James River near Scotland during 1980 to 2013.

The importance of prior conditions was evident for all but one streamgage. Rising groundwater levels in eastern South Dakota, primarily since the 1980s, were also noted.

Upward trends in precipitation and streamflow have been observed in the northeastern Missouri River basin during the past century, including the area of eastern South Dakota. Some of the identified trends were anomalously large relative to surrounding parts of the northern Great Plains.

The USGS report was pre-

pared in cooperation with the East Dakota Water Development District, the James River Water Development District and the Vermillion Basin Water Development District. More information about streamflow and groundwater in South Dakota is available on the USGS South Dakota Water Science Center website.

## Thank You...



The family of Karen K. Toupal would like to thank everyone for the flowers, food, cards, gifts and memorials sent to us.

**SOUTH DAKOTA HUMAN SERVICES CENTER**  
**IMMEDIATE OPENINGS**

|  |   |   |
|--|---|---|
| <p><b>Occupational Therapy Assistant</b><br/>\$14.91/hour</p> <p><b>CD Counselor</b><br/>\$15.50 - \$17.09 DOQ +shift pay</p> <p><b>Scheduling Coordinator II</b><br/>\$12.45/hour + shift pay</p> | <p><b>Program Manager (Geriatrics)</b></p> <p><b>Admissions Clerk</b><br/>\$11.36/hour + shift pay</p> <p><b>Mental Health Aide (Escort)</b><br/>\$10.86/hour + shift pay</p> | <p><b>Nurse</b><br/>\$3,200 hiring incentive<br/>\$22.50-\$25.95/hour DOQ<br/>+\$1/hour pm shift<br/>+\$1.50/hour night shift<br/>+\$1 geriatric pay</p> <p><b>Mental Health Aide/CNA</b><br/>\$10.86-\$11.38/hour DOQ<br/>+\$1/hour pm shift<br/>+\$1.50/hour night shift<br/>+\$1 geriatric pay</p> |
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For more info or to apply, please go to:  
<http://bhr.sd.gov/workforum>  
 or contact any South Dakota Dept of Labor & Regulation Local Office.  
 Call (605)668-3118

**Shindler Foot Clinic**  
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- Ingrown & Fungus Nail Problems
- Complete Children's Foot Care