

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

THIRD MONDAY

Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar 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
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 a.m., 413 W. 15th Street. Weigh in 45 minutes before meeting. For more information, call 605-665-2987.

THIRD 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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Meditation Sessions, Christ Episcopal Church (lower level), 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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
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., 413 W. 15th Street. Weigh in 45 minutes before meeting. 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 605-665-8442
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

BIRTHS

RIGGS ANDERSON

Stephanie and Michael Anderson of Wausa, Nebraska, announce the birth of their son, Riggs Daniel, born Jan. 29, 2015, at 2:21 p.m. He weighed 7 pounds, 11 ounces and was 21 1/2 inches long. He joins sibling Nole, 3. Grandparents are Candace Timmerman of Norfolk, Nebraska; Daniel Timmerman of Osmond, Nebraska; and LaVonne Anderson of Wausa. Great-grandparents are Howard and Sharon Timmerman of Osmond; Ray and Marilyn Flesner of Pierce, Nebraska; and DeEtta Anderson of Wausa.

ALLISON, VIVIAN AND LILLIAN MILLS

Jennifer and Jason Mills of Harlingen, Texas, announce the birth of their daughters Allison Kathryn, Vivian Ann and Lillian Rose. The babies were born Jan. 23, 2015, at Valley Baptist Medical Center in Harlingen. Proud grandparents are Bob and Cathy Mills of Ogdensburg, New York, and Don and Kathy Kortan of Tabor.

BIRTHDAYS

DOYLE STEWART

Happy birthday to Doyle Stewart, who will celebrate his 95th birthday on Feb. 19. Greetings may be sent to 1803 1/2 Broadway Ave, Yankton, SD 57078.



Stewart

PALMER PETERSON

Palmer Peterson will be celebrating 90 years on March 17. Birthday wishes can be sent to PO Box 414, Viborg, SD 57070.



Peterson

JOYCE WIEPEN

Joyce Wiepen will be celebrating her 80th birthday Friday, Feb. 20. A open house is being given by her children on Sunday, March 1, at the St. Helena Parish Center, from 1-3 p.m.



Wiepen

Cards can be sent to 89761 560th Ave, St. Helena, NE 68774.

Six Ways To Switch On Your Healthy, Happy Genes

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

King Features Syndicate, Inc.

Ready for the DNA do-over guaranteed to keep you slimmer, happier and protect you against cancer, heart disease and the common cold? No test tubes required — all the equipment you need is in your kitchen, closet, bedroom and gym bag. And we're here to tell you how to put this hot health development to work today.

We're talking about epigenetics. EPI-WHAT? Epigenetics — your epic ability to assert control over your DNA by switching certain genes on and silencing others. While you can't change your basic genetic code (DNA), you can make the best of what you have by changing your gene expression, or what gets turned on and what gets turned off.

This new science is getting plenty of attention in the media, with headlines like "Reprogram Your Genes" and "How to Hack Your Own DNA," and in scientific journals, too. There have been more than 10,000 research papers on epigenetics published in the past 10 years.

We're offering you six strategies that are proven to give your DNA a do-over. So, let's start your genetic reboot.

Eat less saturated fat. Fatty meat, buter and high-fat stuff like cheese, whole milk, ice cream and plenty of processed foods deliver a big dose of saturated fat that, it turns out, switches on genes that tell your body to store extra fat deep in your belly. That raises your risk for life-threatening heart disease and diabetes. Saturated fat also activates genes that increase bodywide inflammation while turning off cancer-fighting genes at the same time.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Switch on cancer-fighting goodness. Compounds like sulforaphane in broccoli, diallyl sulfide in garlic and selenium in Brazil nuts switch on anti-cancer genes. Cruciferous veggies, green tea, soy and turmeric (a yummy spice found in curry) all pitch in for the switch, too.

Put on your sneakers ... or your bathing suit. Regular exercise affects the activity of more than 5,000 genes — many involved with cooling inflammation, improving blood sugar control, and burning fat and sugar for fuel. This helps explain why a daily, 30-minute walk or a regular swimming, biking or Zumba habit helps your heart, your blood sugar, your brain and more!

Relax. The deep calm you feel after meditation, deep breathing or yoga is deep-down good for your DNA, too. In one recent study from the Benson-Henry Institute for Mind/Body Medicine at Massachusetts General Hospital, researchers found that this profound calm triggers changes right away in genes that help govern immunity, inflammation, blood

sugar control and your body's ability to burn fat and sugars efficiently for energy. The study found beneficial changes for first-time and long-time meditators alike.

Connect with friends and loved ones. Loneliness can alter the workings of more than 200 genes, many involved with inflammation and immune responses, University of Chicago researchers report. One fascinating finding: People who said they felt more alone had extra activity in 78 genes that boost inflammation and reduced activity in 131 that control inflammation and also help fight viruses. Switch that up by staying in touch with family and friends.

Pinpoint your purpose. Happiness is good; having meaning in your life is even better. People in a University of California Los Angeles study who said they felt their lives were meaningful, had a better combination of low-inflammation, virus-fighting genes switched on than those who were merely happy. One in four people felt their lives had purpose, a quality you can develop by belonging to an organization that matters to you or spending time doing something you believe contributes to your community or the larger world. A sense of purpose and passion doesn't just make you feel alive, it also helps you express your best genetic self and that will help you extend a happy and healthy life.

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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AA Index Shows Americans Recognize Risks Behind Wheel – But Take Them Anyway

SIoux FALLS — Americans report that they regularly speed, run red lights, use distracting devices or drive drowsy, despite the fact that one in three have a loved one who has been seriously injured or killed in a crash, according to the AAA Foundation's latest Traffic Safety Culture Index.

AAA says these unsafe behaviors persist even though one in five drivers has been involved in a serious crash, and one in 10 has been seriously injured in a crash.

"It is very disappointing that we continue to see a prevailing attitude of 'do as I say, not as I do,' where large numbers of motorists seem to recognize the risks of certain behaviors but do them anyway," said Peter Kissinger, President and CEO of the AAA Foundation for Traffic Safety. "Enhancing the safety culture in society must begin with each individual."

These most recent findings from the AAA Foundation for Traffic Safety's annual survey revealed that the prevalence of unsafe driving behaviors during the previous 30 days are widespread, including:

- Texting/emailing: More than a quarter (27 percent) of drivers report typing or sending a text or email, yet 79 percent of drivers say it is a very serious threat to safety and 84 percent say it is completely unacceptable.
- Red light running: Thirty-six percent of drivers admit to running red lights, yet 55 percent say it is a very serious threat and 73 percent say it is completely unacceptable.
- Speeding (10+ mph) on residential streets: Nearly half

of drivers say they speed (44 percent), yet 65 percent say it is completely unacceptable.

• Drowsy driving: About three in 10 drivers (29 percent) admitted to drowsy driving, yet 45 percent say it is a very serious threat and 81 percent say it is completely unacceptable.

When it comes to specific distracted driving behaviors in the past 30 days:

- 1 in 3 drivers admit to reading a text message or email
- 2 in 3 drivers reported talking on their cell phone
- 1 in 3 drivers reported

talking on their cell phone often

The findings also offer insight into drivers' attitudes related to cognitive distraction. Two out of three drivers believe hands-free phone use is acceptable, and nearly half (46 percent) of drivers who report using speech-based in-vehicle systems say they do not believe these systems are at all distracting. These results are prevalent despite extensive research indicating that hands-free devices can lead to cognitive distraction.

"Despite the growing body of research that offers evidence about the possible dangers of using hands-free technologies, most drivers don't understand the risks and continue to use these technologies," said Kissinger. "The good news is that we all have the ability to make safer choices, and can personally enhance our safety while driving."

The AAA Foundation for Traffic Safety issued its first Traffic Safety Culture Index in 2006. The 2014 report is online at www.AAAFoundation.org/.

PRESS&DAKOTAN

Beautiful Baby Contest

We will be featuring our annual "Beautiful Baby Contest" in print and online on **Wednesday, February 25, 2015**

If you or someone you know has a child we would love to include them in our feature!

To enter, simply submit your photo & entry form with a \$10 submission fee by **Tuesday, February 17, 2015**

First place winners in the following categories will receive a framed winners print and prize.

1) Newborn-6 Months 4) 25 Months-4 Years
 2) 7-12 Months 5) Multiple Births
 3) 13-24 Months

Submit Entry To:
 Yankton Daily Press & Dakotan
 319 Walnut Street, Yankton, SD 57078

Entry Deadline:
Tues., Feb. 17, 2015

Beautiful Baby Contest

Category # _____ Age: _____ Date of Birth _____

Child's Name _____

Parents Name _____

Address _____ Phone _____

Winners will be selected by the staff of Yankton Media Inc. Employees and family members of Yankton Media Inc. are ineligible to win.
 *Submission of this form authorizes the publication of child's photo in this contest in print and online at www.yankton.net.
 Submission fee (\$10) must accompany entry form to be valid.

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