

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
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St.
Interchange, noon, Minerva's Bar and Grill, 605-660-8849.
Cribbage, 1 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Whist, 1 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
River City Harmony Sweet Adelines, 6:30 p.m., First United Methodist Church, 11th and Cedar, 605-661-7162
Divorce Care, 7 p.m., Calvary Baptist Church
Divorce Care For Kids, 7 p.m., Calvary Baptist Church
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Yankton Community Forum, 8:30 a.m. coffee, 9 a.m. meeting at Hillcrest, 605-664-5832
Ladies Pool, 10 a.m., The Center, 605-665-4685
Weight Watchers, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour before.
Yankton Alanon, noon, non-smoking session, 1019 W 9th Street
Nurse, 12:30-3:30 p.m., The Center, 605-665-4685
Open Cards, 12:45 p.m., The Center, 605-665-4685
Bingo, 7-9 p.m., The Center, 605-665-4685
Open Billiards, 7-9 p.m., The Center, 605-665-4685
Yankton Alcoholics Anonymous STEP Sessions, 7 p.m. and 8:30 p.m., 1019 W. 9th St.
Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed session, Trinity Lutheran Church at 816 E Clark St. Vermillion.
Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session, 16 1/2 Court St. Vermillion

WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Cardio Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St.
Whist, 1 p.m., The Center, 605-665-4685
SHIINE, 1-4 p.m., The Center, 605-665-4685
Yankton Alcoholics Anonymous, 7:30 p.m., non-smoking session, 1019 W. 9th St.
Springfield Footprints, 7:30 p.m., non-smoking open session, Catholic church, Springfield

FIRST WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685

BIRTHS

JAKE PATRICK FRICK

Adam and Kendra Frick of Yankton announce the birth of their son named Jake Patrick Frick, born on July 17, 2012, at 6:27 p.m., weighing 9 pounds, 2 ounces and measuring 22 inches. Jake has two brothers, Boston, age 4, and Cooper, age 2. Grandparents are Michelle and Jeff Wright of Ewing, Neb., Brenda and Keith Hamberman of Fordyce, Neb., and Dave and Brenda Frick of Yankton. Great-Grandparents are Pat and Janice McLain of Ewing, Neb., Jerry and Adelene Frick of Yankton, Jack and Tammy Smith of Yankton and Sharon Smith and John Thornton of Yankton.

SIVELN JOY KOKESH

Abigail Hunhoff-Kokesh and Daniel Kokesh of Tabor announce the birth of their daughter Sivelen Joy Kokesh, born July 18 at Avera Sacred Heart Hospital in Yankton, weighing 6 pounds, 13 ounces. Grandparents are Dan and Joy Hunhoff and Doug and Cindy Kokesh.

OLIVIA HELEN

Josie Savage-Oorlog and Nate Oorlog announce the birth of their daughter, Olivia Helen. Olivia joins brother Hunter Lawrence, who is two years old. Maternal grandparents are Nannette Taylor and Chris Savage of Yankton. Paternal grandparents are Lori Fink-Oorlog of Canton and Ron Oorlog of Yankton. Great-Grandparents are Annette Roubideaux and Joyce DeMaro.

SCHOLASTICS

JASON FARVER

DES MOINES, Iowa — Jason Farver of Yankton graduated from Drake University at the conclusion of the 2012 spring semester with a Bachelor of Science in Biochem/Molecular Biology and Chemistry.

BIRTHDAYS

PAT MICHELS

Pat Michels is celebrating her 80th birthday Aug. 1, 2012. Cards can be sent to her at 204 Benedictine Lane, Yankton, SD 57078.

REUNIONS

PETERSON, BERQUIST AND LARSON

The Peterson, Berquist and Larson reunion will be held at noon on Sunday, Aug. 5, 2012, at the Gayville Community Center. There will be a potluck dinner and those attending are asked to bring their own dishes and silverware. Beverages will be furnished. For more information, contact Aldine Meyer at 267-4448.

MENUS

Menus listed below are for the week of July 30. Menus are subject to change without notice.

The Center — Yankton

Monday — Beef Batter Fish
Tuesday — Lasagna
Wednesday — No Menu Available
Thursday — No Menu Available
Friday — No Menu Available

Tabor Senior Citizens Center

No Menus Available

MEGAN URNESS

ST. PAUL, Minn. — Megan Urness of Yankton graduated from Bethel University, St. Paul, following the spring 2012 semester. Urness earned a BA in Social Work. She is the daughter of Doug and Becky Urness from Yankton.

AARP S.D. Hosting Conversation On Health And Retirement Security

AARP South Dakota is holding a statewide, county-by-county conversation about strengthening health and retirement security called 'You've Earned a Say.' Through You've Earned a Say, AARP is taking the debate about Medicare and Social Security out from behind closed doors in Washington and making sure South Dakotans are part of a broader national conversation to have a voice in the discussion about their future.

As part of its statewide listening tour, AARP South Dakota will host an event Friday, Aug. 10 in Yankton from 9:30-10:30 a.m. at the Kelly Inn, with refreshments provided by AARP South Dakota. This community conversation is open to the public and individuals of all ages are encouraged to attend. AARP membership is not required to participate. Light refreshments will be served. There is no cost to attend. Attendees are encouraged to bring a non-perishable food donation to support local hunger efforts. Registration is required. To register, call 1-877-926-8300.

Additional sessions will be held Aug. 9 in Canton at Laurie's Café in Canton from 8:30-9:30 a.m., in Dakota Dunes, from noon to 1 p.m. at the Country Inn and Suites with lunch provided by AARP SD and in Vermillion from 3-4 p.m. at Red Steakhouse; Friday, Aug. 10, in Tyndall from Noon-1 p.m. at the Corral Café with lunch provided by AARP South Dakota; in Armour from 3-4 p.m. at the Armour Senior Center; and Monday, Aug. 13, in Parker from 9:30-10:30 a.m. at the Turner County Community Room.

Throughout the summer the 'You've Earned a Say' van will stop for listening ses-

sions in all 66 counties in South Dakota, with the final session at the South Dakota State Fair on August 30. Attendees will have an opportunity to fill out questionnaires about Medicare and Social Security and join a discussion about the future of these programs, including weighing in on some of the most commonly discussed options and proposals which could impact beneficiaries.

"Medicare and Social Security are the foundation of health and retirement security for so many South Dakotans," said Sarah Jennings, state director for AARP South Dakota. "They've paid into these programs over a lifetime of work, they've earned these benefits, they're counting on them, and they should be part of the conversation on how to protect and strengthen Medicare and Social Security. We're committed to making You've Earned a Say an inclusive conversation with our members and adults of all ages."

"We know from a recent survey that Medicare and Social Security are important to people age 50 and older in South Dakota," said Jennings. "AARP believes that any conversations about the future of Medicare and Social Security should include the people who've been paying into these programs over a lifetime of hard work. To do that, we're bringing the conversation to every county in South Dakota, giving people an opportunity to speak out and make their voices heard."

A recent survey of more than 3,300 individuals age 50 and older in Sioux Falls and in rural communities showed 90 percent of respondents saw ensuring Social Security continues to provide a guaranteed base for

retirement income as high or top priority issue for AARP South Dakota to work on.

• Additionally, 85 percent of respondents in rural areas and 81 percent of respondents in Sioux Falls indicated strengthening Medicare should be a high or top priority issue for AARP South Dakota to work on.

• In South Dakota, 137,314 people rely on Medicare for their health coverage, and 153,508 people receive Social Security benefits.

• The average monthly Social Security benefit for individuals in South Dakota is a little more than \$1,000.

• 18.9 percent of South Dakotans receiving Social Security rely on the benefit for 90 percent or more of their retirement income, while

• 45.4 percent rely on Social security for 50 percent or more of their retirement income.

"These sessions are truly listening sessions," said Jennings. "The debate over how to protect and strengthen Medicare and Social can't be done in secret. South Dakotans have worked too hard to let the next President and Congress make decisions about the future of Medicare and Social Security without hearing from the people who rely on these programs for their health and financial security in retirement."

For details and information on upcoming You've Earned a Say events in South Dakota visit www.aarp.org/sd. Follow AARP South Dakota's travels to all 66 counties at www.66CoRoadTrip.org.

Students Learn Accounting At USD Institute

VERMILLION — Twenty-one high school students from five Midwestern states were recent guests on the University of South Dakota campus for the 2012 Summer Accounting Institute.

Students earning one college credit with the successful completion of the Institute were Samantha Helm of Garretson, Chelsea Gilbertson of Vermillion, Bailey Heaton of Corning, Iowa, Peter Trandem of Mankato, Minn., Alex Hieb of Brandon, Brittany Schermann of Moville, Iowa, Jason Kneifl of Dixon, Neb., Hanna Leschisin of Eden, Eric Wolfe of Humboldt, Rebecca Birdsall of Harvey, N.D., Danielle Schroeder of Fergus Falls, Minn., Milana Arambasic, Monica Boyer, Murat Mustafic, Adam Presler and Ben Whempner of Sioux Falls, Maxine Licktieg of Auburn, Neb., Alex Elfering and Elizabeth Gaddie of

Omaha, Neb., Toni Kafton of Mapleton, Iowa and Ashley Riewe of Spirit Lake, Iowa.

"The Institute exceeded my expectations," said Presler. "At first, I thought it would be like school in the summer with a fun event here or there. However, I really enjoyed the work in the classroom and had a blast with the outside activities."

The Summer Accounting Institute was open to high school sophomores and juniors interested in pursuing careers in accounting or majoring in business. This year's five-day institute, from July 15-19, included field trips to a nationally-recognized public accounting firm and to various regional businesses, which demonstrated private and governmental accounting practices. There were also seminars and lectures featuring some of the area's

top accountants and attendees had a chance to explore career opportunities in accounting and finance as well as listen to faculty presentations and participate in fun events, including a pizza party at Prentiss Park in Vermillion, an afternoon at Wild Water West in Sioux Falls and bowling and movies throughout the week. Team and individual awards were presented to camp participants based on their performance in the institute activities. Additionally, five scholarships were awarded to camp participants that can be used by the recipients to attend USD and study accounting.

"I really enjoy accounting but I thought all we would be doing is accounting work all day," added Riewe. "I was surprised to see we had fun activities scheduled every day."

Sponsors of this year's Insti-

tute included Deloitte; Eide Bailly, KPMG, McGladrey & Pullen Certified Public Accountants, The South Dakota CPA Society, Ernst & Young, Daniel & Jennifer Meyer Casey Peterson & Associates, Ltd., Jones, Kramer & Haber, LLP, Daktronics, South Dakota Investment Council, Lurie Besikof Lapidus & Company, USD Beacom Opportunity Fund, Ketel Thorstenson, LLP, and Williams and Company, PC.

The 2013 Summer Accounting Institute is tentatively scheduled for July 14-18. For more information on how to register or about the Summer Accounting Institute or the accounting program at USD, contact Erin Cornelsen, Erin.Cornelsen@usd.edu, (605) 677-5499, or visit <http://www.usd.edu/business/accounting>.

Tips For Staying Hydrated During Summer Heat

BY MEREDITH COHN
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With the extreme heat, and even in less extreme temperatures, those who spend any time outside must stay properly hydrated. Some drinks are better than others, and some people need more fluids than others, says Dr. Marc I. Leavey, an internist at Mercy Medical Center in Baltimore and Lutherville (Md.) Personal Physicians.

Q: Should people drink mineral/vitamin waters or Gatorade? And what about energy drinks (i.e., Red Bull, Rockstar): Are they dangerous? What about alcoholic drinks?

A: For dehydration from exercise and heat, cool water is still the best. In the case of dehydration from body fluid loss, vomiting and diarrhea, an electrolyte solution, or drinks such as Gatorade or Pedialyte, can be helpful when used according to package guidelines. Nonetheless, adults can usually do well with water alone.

Taking salt tablets can lead to hypernatremia — too much salt in the body.

Energy drinks are a real problem. The caffeine in them stimulates the kidney to produce more urine when exercising, which will further dehydrate you. It may even have a bit of a laxative effect, with further undesirable effects. With heat and exercise, the pulse rate often rises, and the caffeine in

these drinks can push it further, sometimes to dangerous levels.

Anyone who has ever had more than a few alcoholic drinks knows that alcohol promotes more urine production. In the face of heat and dehydration, this can only make a bad situation worse.

Q: What about "water intoxication"? Can you drink too much water?

A: You certainly can drink too much water, although it is not common in healthy adults. Young children do not have the capacity to absorb water as adults do, with excessive water being given to an infant easily able to overwhelm their system.

During hot weather, particularly with those who are working outside or participating in strenuous sports, one can lose enough electrolytes in perspiration and urine that replacement with only water can lead to hyponatremia — too little salt in the body — which is a potentially life-threatening condition. This is one situation where ... electrolyte drinks can be a useful tool.

One who drinks excessive amounts of water without being out in the heat, such as people with psychiatric conditions that compel one to drink large amounts of water (psychogenic polydipsia) can become water-intoxicated to the point of exhibiting a plethora of psychiatric signs.

Q: What about people with pre-existing conditions?

A: Any medical condition that affects fluid and electrolyte balance makes one more at risk for developing complications from the heat, from dehydration and from the effects of fluid loss and replacement.

Kidney disease, whether on dialysis or not, perhaps caused by diabetes, vascular disease or other etiology, impairs the body's ability to balance the fluid requirement created by extremes of temperature or hydration.

Diabetes, heart disease, asthma, even celiac disease are all affected by the body's fluid balance, and that can be altered by heat, dehydration or drinking too much water.

Pregnancy, extreme youth and age are also health conditions and statuses that are susceptible to the delicate balance produced by the dance between water, sodium and the body's physiology.

Q: Should seniors drink more? And what about kids? Is there a difference?

A: Seniors possess several risk factors which can set them up for problems with the heat. In general, the sense of thirst is reduced in older individuals. As well, normal aging processes, apart from any disease states, result in decreased kidney functions, hindering the body's ability to adapt to extremes of temperature or hydration. The confusion, dry mouth, slurred speech and altered behavior can easily be attributed just to age, in-

stead of the life-threatening effects of dehydration.

Children, at the other extreme of age, share many of the problems of seniors. Their smaller body mass makes minor changes in fluid balance more dangerous. Children don't always respond to nature's call to drink, and that produces dehydration without obvious cause. The signs are similar, with decreased urine output yielding dry diapers in infants, as well as less tears when crying, along with the confusion, somnolence and behavior changes seen in the elderly.

These are some of our most vulnerable during those hot, sticky days. They need to remain in air conditioning, with adequate fluid, shelter from the heat and rest.

Q: Do we lose certain vitamins and minerals due to high temperatures?

A: Kind of. If you exercise and metabolism is stressed, your need for a variety of vitamins, such as vitamin C, B vitamins and the like, may be somewhat increased. But you don't really lose the vitamins due to temperature.

On the other hand, perspiration and urine do contain various salts and chemicals vital to our bodies. Sodium, potassium, magnesium, chloride, phosphate and many more minerals are all impacted by heat and its effects. Their replacement during extreme conditions may, in fact, be necessary.

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