

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
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, 12:45 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.
Bingo, 7-9 p.m., Yankton Moose Lodge, 310 Walnut (through summer)

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456
Yankton School Board Meeting, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Yankton Area Writers Club, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582
Tri-State Old Iron Association Meeting, 7 p.m., JoDeans Restaurant, 605-665-9785.
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
YHS Booster Club Meeting, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

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
Billiards, 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
Pinochle, 12:45 p.m., The Center, 605-665-4685
Wii Bowling, 1 p.m., The Center, 605-665-4685
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
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

SECOND TUESDAY

Alzheimer's Care Givers Support Group, 5 p.m., The Center, 605-665-4685. (NOTE: This group in on temporary hold until further notice.)
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
Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St.
Whist, 12:45 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
SHINE, 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

SECOND WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685
Antique Auto Club, 7 p.m., The Center, 605-665-4685

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
Yankton Sertoma, noon, Pizza Ranch, 605-661-7159
Daily Reprieve, noon, non-smoking open meeting, 1019 W 9th street.
Avera Sacred Heart Hospital Toastmasters, noon, Benedictine Center; open session 605-665-6776
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Weight Watchers, 4 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.

Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 1/2 hour before.
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 or 667-9274.
Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut
Celebrate Recovery, 7 p.m., Calvary Baptist Church, Youth Room #4, 2407 Broadway, Yankton, 605-665-5594
Freeman Alcoholics Anonymous, 8 p.m., non-smoking closed meeting, City Hall, 3rd and Poplar, Freeman.
Yankton Alcoholics Anonymous, 8:30 p.m., open session, 1019 W 9th St.
Yankton Alanon, 8:30 p.m., 1019 W 9th Street

BIRTHS

CYVER PIETZ

Matt and Cassi Pietz of Yankton announce the birth of their son, Cyver Matthew born April 21, 2013, at 11 p.m. He weighed 8 pounds, 7 ounces, and was 21 3/4 inches long.

Cyver joined siblings Cohan, 7 and Camden, 4. Grandparents are Roger and Lori Pietz, Scotland and Robert Wohlsein, Centerville, Wash. Great-Grandparents are Carol and Jonas Hauck, Tyn-dall.

BIRTHDAYS

BETTY REYNOLDS

Betty Reynolds of Yankton will celebrate her 80th birthday on July 6th with a family gathering.

Greetings may be sent to 1519 Walnut, Yankton, SD, 57078.

DALE OARE

Dale Oare of Yankton will be celebrating his 90th birthday on July 15, 2013.

Greetings may be sent to: 2505 Capitol Street, #202, Yankton, SD 57078.

DELPHINE KOKESH

Delphine Kokesh of Scotland will be celebrating her 90th birthday on July 12, 2013. A card shower is requested. Send your well-wishes to: 531 Korb St., Scotland, SD 57059.

VELMA KLEIN

There will be an open house/card shower for Velma Klein's 90th birthday on Saturday, July 13, 2013, at Days Inn (use far North door) from 2-4 p.m. Send cards to: Velma Klein, 105 E. 5th Street, Apt No. 3, Yankton, SD 57078.

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Catch New Omega-3 Benefits

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

King Features Syndicate

In June and July, supermarkets feature super-healthy wild salmon just in time for you to reel in five good-fat benefits from the omega-3 fatty acids in this fish (ocean trout, too). And you can boost those good-fat benefits by enjoying some specific nuts, veggies and supplements right alongside the day's catch. More on that in a minute.

Omega-3s are a family of health-bestowing fats that put a damper on inflammation, improve brain-cell communication and more. That's how they lower your risk by 30 percent for dangerous, off-beat heart rhythms (a-fib) that can cause stroke, and cut your odds for other heart troubles. They also keep your brain sharp, help stabilize blood sugar levels, strengthen your immune system, improve lung function and more.

In the family of omega-3s, the most powerful is DHA (docosahexaenoic acid). It's a structural fat in your brain, providing insulation for brain cells and connections between them. You can get DHA from fish and supplements (fish oil — or algal oil, which is what we take. Algae are where the fish get omega-3s from in the first place). Then there's EPA (eicosapentaenoic acid), which is found in fish as well, and seems to positively influence mood and behavior. Less powerful, but still important (especially for the heart), is ALA (alpha linolenic acid), found in walnuts, avocado, flaxseed, purslane and chia seeds. Here are some healthy and tasty ways to introduce them into your system:

—Start with fish. Salmon and ocean trout are top sources of DHA. Aim for four 3-ounce servings a week. Farm-



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

raised is OK, but the leftovers from processing wild salmon go into canned salmon and frozen salmon burgers. Enjoy!

—Catch a supplement. Choose an omega-3 supplement that provides the same dose we take daily: 900 milligrams of algal oil DHA. Some fish oils may contain other fats that actually cause inflammation, so try to get the purest you can.

—Go for good-fat snacks. Pair a handful of ALA-rich walnuts (aim for 12 halves a day) with a piece of fruit or crunchy veggies for a filling between-meal pick-me-up. Nibble avocado chunks, bake up some flax-seed muffins or munch a salad tossed with purslane.

If you follow these tips here are the benefits you'll get:

Omega-3s protect your heart. After a heart attack, omega-3s reduce inflammation so your cardiovascular system can heal. They also buffer your heart against mental stress by helping lower the levels of stress hormones in your bloodstream.

They boost immunity. DHA-rich fish oil activates B cells, immune-system warriors that fight infection. Consuming

walnuts and DHA each have been associated with lower rates of breast cancer.

They discourage diabetes. Omega-3s from fish and fish or algal oil supplements raise blood levels of adiponectin, a hormone that helps your body process blood sugar and discourages fat cells from releasing inflammatory chemicals that mess with your body's ability to absorb glucose.

They protect your brain. Omega-3 fatty acids can protect your brain's ability to grow new nerve cells, particularly if that process has come under attack from eating added sugars, saturated fat in meats and dairy, and trans fats found in processed foods and baked goods. If you're a typical 55-to-65 year old, taking 900 mg of DHA a day makes your brain function as if it were six years younger.

They can protect your eyes. Not smoking and avoiding UV rays are two of the four things we know help protect against the more common form, or first stage, of age-related macular degeneration. The other two? Get 10 mg of lutein and 900 mg of DHA daily through diet or supplements.

They reduce airway inflammation. About 60 percent of people with exercise-triggered asthma will benefit. These fats also help keep the sun's ultraviolet rays from lowering immune defenses in your skin and guard against skin cancer while you're outside exercising.

Omega 3s are your phat chance for better health!

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, visit sharecare.com.

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Luxury Retailer Reaches Huge Milestone

BY ADAM TSCHORN

© 2013 Los Angeles Times

LOS ANGELES — It's tempting to describe the success and longevity of Feldmar Watch Co., the Los Angeles seller and fixer of luxury wristwatches that's celebrating a century in business this year, by ticking off some of the numbers: nearly 10,000 square feet of store stocking close to 3,000 timepieces representing 50 brands and ranging in price from \$40 to \$200,000. A smaller, but even more impressive number is four — the number of generations the same family has helmed the business across the last 100 years.

But that would be like trying to explain what makes a luxury wristwatch worth the price tag by opening the back of one — an Omega, Blancpain, Tag Heuer or Breitling, for example — and trying to determine what makes it so special by scrutinizing the various cogs and pins and springs inside.

No mistake, Feldmar is special. Brian Criddle, the West Coast sales representative for Breitling, a brand whose relationship with Feldmar goes back 30 years, says the business has quite a reputation. "Wherever I go across the country — work meetings or to other retailers — everyone asks about Feldmar," Criddle said. "They want to know how they're doing, what they're doing, what's going on over there. Retailers all over the country know about Feldmar. The company has a strong reputation and a remarkable image."

Like the watches it sells, Feldmar is a complicated and finely tuned machine, complete with meshing gears and finely balanced counterweights, whirling motors and gears behind a seemingly simple facade. And like a fine watch, more than the sum of its parts.

"Nobody needs a wristwatch," says Scott Meller, Feldmar's 37-year-old vice president and fourth-generation of the founding family. "We're selling a product that makes people really happy. There's something magical about it."

Meller, whose great-grandfather Jack Feldmar started the business, can be forgiven for waxing a bit po-

"Nobody needs a wrist-watch. We're selling a product that makes people really happy. There's something magical about it."

SCOTT MELLER

etic about the watch business. He practically grew up in the store and has worked there full time for more than half his life. He's also well-versed in the back story of the family business, which he shares on a recent afternoon.

It begins with Hungarian immigrant Jack Feldmar, who, in 1913, carved out a niche for himself by repairing broken watches for Hackensack, N.J., pawnshops. When Jack's wife, Bella, became sick, doctors recommended a change of climate. So Jack Feldmar moved West, setting up shop in downtown Los Angeles.

One of the firm's biggest breaks, says Meller, came with the advent of World War II. "The telephone company couldn't get repair parts because of the war," he explained, "so they brought my great-grandfather something like 196 stopwatches that couldn't be fixed. He was able to assemble 186 working stopwatches."

Feldmar's early stop-watch focus would prove fortuitous. "Stopwatches were used for timing all kinds of things — sporting events, television and movie production, coordinating bombing raids," Meller explains.

The family business moved from downtown to a stretch of West Pico Boulevard just east of Doheny in 1956. Sometime shortly thereafter, Jack Feldmar retired, passing the torch to his son and daughter-in-law, Barney and Harriet Feldmar.

"My great-grandfather wasn't really a businessman. He was just a watch repairman," Meller says. "And my grandfather ... was a watch repairman man. ... He loved to build projects and (make) toys, but my grandmother — who is still alive at 93 — prior to my dad, she was really the boss."

Scott Meller's dad, 66-year-old former lawyer Sol Meller, married into the Feldmar family and has been working at the store since 1972.

Sol — known as "Uncle Sol" to longtime patrons — with his pleated pants, unbuttoned dress shirt and trim beard, is an enthusiastic throwback to an earlier era, quick to shake your hand and even quicker to speak his mind.

"By the second generation, most have either snorted it, sold it, blew it or didn't like it," Sol says about the prospect of a long-running family business. "The third generation almost never (gets involved). ... How have we survived for four generations? It's because we live and breathe the watch business."

Scott Meller credits his father — whom he describes as the consummate salesman — with transforming the family business into what it is today. "When my dad took over, it was essentially a mom-and-pop business," Scott says. "They weren't making real money — they were just surviving. My dad put all the risk into the business, building (watch brands)."

If Sol brought the salesman's touch to the business, Scott's contributions have been to bring marketing efforts into the new millennium, publishing a thick yearly magalog, updating the company's business cards and logo and ensuring that the brand has a robust digital presence with a website,

a Facebook page, Twitter feed and even Pinterest board.

The result combines a proven track record, an old-school emphasis on customer service, a deep bench of brands and new marketing tools to make for an up-to-date century-old business.

Scott Meller says while the family business plans to celebrate its centennial at some point this year, right now he's got a more pressing matter — getting a sign up on the outside of the building on West Pico Boulevard. It's the last piece of a recently completed 2 {year renovation project that saw the store expand its square footage by 40 percent by taking over the building next door and adding a specially vented clean room that can accommodate 10 watchmakers processing about 400 repairs a month.

Standalone shop-in-shops for brands such as Omega and Breguet flank the walls, and glass display cases showcase the latest wares from luxury brands that include Tissot, Blancpain, Carl F. Bucherer, Breitling, Tag Heuer and Bell & Ross.

With the forward-looking renovations complete, what are the prospects for a fifth generation? On Scott Meller's smartphone is an image of a young boy holding the right side of his jacket open to reveal rows and rows of colorful watches pinned to the inside lining. It's his 5-year-old son, Jordan, from a kindergarten project in which students shared what they wanted to be when they grew up. Behind the boy a piece of posterboard reads: "I want to be a watch seller."

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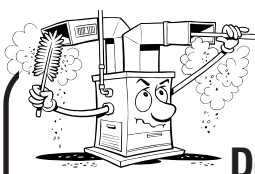
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