

## 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)

### THIRD MONDAY

**Yankton Golf Advisory Board Meeting**, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205  
**Friends Of The Yankton Community Library**, 5:15 p.m., Yankton Library, 515 Walnut  
**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  
**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

### THIRD TUESDAY

**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  
**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  
**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

### THIRD WEDNESDAY

**NAIFA-Lewis and Clark**, noon-1 p.m., Minerva's.  
**Partnership Bridge**, 1 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

### THIRD THURSDAY

**HSC Friendship Club**, 5 p.m., July: CJ's at the Lake. 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

## Library Program Enters Last Few Weeks

The Yankton Community Library Summer Reading program for children is entering into its final two weeks. More than 650 children and teens are registered and have already read 600,000 minutes this summer. It's not too late to register and join the summer reading program. Stop by the library, 515 Walnut, or register on the website.

Story time for preschoolers will be held on July 15 at 6:30 p.m. and on July 17-18 at 10:15 a.m. Join the staff for music, dancing, stories and a fun art project. Each story time is unique so feel free to come to all three.

Elementary- and middle school-aged children will be studying Egypt all week. They will learn about the culture, try some Arabic writing, and make some in-

credible Egyptian art. Participants will meet in the library meeting room Tuesday-Thursday from 1-2 p.m. each day.

The third and final Lego build will take place on Friday, July 19, from 1-2 p.m. Pack up your Legos and join the staff as they take on the challenge of creating a pyramid.

The second duct tape art session for teens will be held in the library meeting room on July 17 at 4 p.m. Bring in your ideas and creativity and we'll supply the duct tape.

Summer Readers are reminded that all minutes must be counted up and book bucks spent by July 27 at 5 p.m.

For more information, contact the library at 668-5275.

## Avoiding Problems From Infection

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

King Features Syndicate

For all the overuse of antibiotic soaps and kitchen cleaners — North Americans spend billions of dollars annually on products that don't clean up any more effectively than plain old soap — you may be uninformed about the big problems that can come from common infections and how easy it is to avoid them. So here's our rundown on trouble-causing infections, such as gum disease (yes, that's a bacterial infection!) and most ulcers, and simple, effective ways to dodge them!

Your power: You can brush and floss away blood-sugar problems. You've probably heard that gum disease ratchets up bodywide inflammation that could harm your heart, but did you know bacteria growing below your gum line also can raise your risk for type 2 diabetes? Inflammation interferes with your body's ability to use blood sugar for fuel — raising glucose levels to dangerous heights. Plus: If you've already been diagnosed with diabetes, gum disease makes it more difficult to get your blood sugar down into a normal range, raising your risk for complications like atherosclerosis and nerve damage.

Say yes to the brush, the floss and the visit: Brush at least twice a day, floss daily and see your dental professional every six months. Follow his or her advice for treating gum disease, pronto.

Your power: You can defeat a cancer-causing virus. We've known for some time that HPV (human papillomavirus) is the viral infection behind cervical cancer. Now we know it also causes 90 percent of anal cancers, 65 percent of vaginal cancers, 50 percent of vulvar cancers, 35 percent of penile



### OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

cancers and 65 percent of throat cancers. These can all be thwarted with a readily-available vaccine.

Say yes to the HPV vaccine: The Centers for Disease Control and Prevention reported rates of HPV strains related to genital warts and some cancers have decreased 56 percent among U.S. teen girls since a vaccine was introduced in 2006. Yep, the vaccine works and is saving lives right now.

Your power: You can battle another cancer-causing virus. The liver-infecting hepatitis C virus (HCV) is a prime cause of liver cancer. These days, 75 percent of HCV cases are in adults born between 1945 and 1965, but about 800,000 people with this dangerous, treatable infection don't know it. If you get tested, you can get treated!

Say yes to an HVC Check: Even if you don't have symptoms, treatment that quells the virus reduces your risk for liver cancer. And make sure you and your kids get the HCV vaccine; 66 percent of Americans haven't done that!

Your power: You can stop bacteria from causing stomach cancer. Peptic ulcers come from infection with the Helicobacter pylori bacteria. When it burrows into the inner wall of the stom-

ach, it lets your stomach's super-strong digestive juices boost inflammation and, left untreated, can lead to stomach cancer.

Say yes to the check-up: Don't ignore signs that you may have a peptic ulcer. See your doc if you feel burning pain, bloating, nausea, lack of appetite or feel full on just a few bites of food. If diagnosed, you'll get treatment with a combination of antibiotics and acid-blocking medications such as bismuth salicylate.

Your power: Preventing a heart attack. Your digestive system plays host to trillions of bacteria. Eating too many foods rich in choline and lecithin (like whole eggs, commercial baked goods and even some supplements) and creatine (found in red meat), changes the mix of bacteria, and certain ones gain evil powers, releasing artery-clogging chemicals. Luckily, you can rebalance your system by eating right and taking probiotics; that'll keep your heart healthier.

Say yes to the good diet: Cutting back on red meat (skinless chicken, salmon, ocean trout and beans are great alternatives), steering clear of sugary treats, eating fewer eggs and avoiding dietary supplements that contain choline or lecithin (a choline precursor) will reduce the power of bad bacteria in your gut. Vegetables and fruit, yogurt with live active cultures and fermented foods like sauerkraut all promote good bacteria.

*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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### SCHOLASTICS

#### JOSEPH BOUDREAU

ST. LOUIS — Joseph Wesley Boudreau of Yankton was named to the Dean's List for the spring 2013 semester at Washington University in St. Louis. Boudreau is enrolled in the university's Sam Fox School of Design & Visual Arts.

To qualify for the Dean's List in the College of Architecture, students must earn a semester grade point average of 3.5 or above and be enrolled in at least 14 graded units.

Washington University is counted among the world's leaders in teaching and research, and it draws students and faculty to St. Louis from all 50 states and more than 120 nations. The total student body is more than 14,000 undergraduate, graduate and professional students.

The university offers more than 90 programs and almost 1,500 courses leading to bachelor's, master's and doctoral degrees in a broad spectrum of traditional and interdisciplinary fields, with additional opportunities for minor concentrations and individualized programs.

#### ALYSSA KLIMISCH

SIOUX FALLS — Augustana College is pleased to announce that Alyssa Klimisch from Yankton has been awarded a Trustees Honors Scholarship. The Trustees Honors Scholars represent the top percentile of those selected by Augustana faculty members during the annual Distinguished Scholars Competition. These scholars represent the brightest and best young men and women who, beyond their academic accomplishments have already shown their commitment to making the world an even better place through their community leadership, scientific exploration, artistic expression, demonstration of faith and athletic success.

In addition, Alyssa has been selected to receive a \$2,500 travel stipend for an international study experience with Dr. David O'Hara and Dr. Rocki Wentzel in Greece during spring break 2014.

These awards are based on Alyssa's outstanding academic record and performance in the Distinguished Scholars Competition.

#### AUGUSTANA COLLEGE

SIOUX FALLS — Augustana College is pleased to announce that the following area students have been awarded the Augustana Leadership Scholarship.

- Dustin Dvorak from Yankton;
- Maggie Steffen from Fordyce, Neb.

The scholarship is awarded to students who have demonstrated leadership and a commitment to service in school, community, and/or church.

#### IOWA LAKES COMMUNITY COLLEGE

Iowa Lakes Community College held its Spring Commencement ceremony on Friday, May 10, 2013, on the Estherville campus.

Iowa Lakes Community College offers associate degrees, diplomas and certificates.

Area graduates included:  
• Alcester — Kyle Kenefick, Associate in Applied Science, Farm Equipment & Diesel Technology.

#### AMY SULLIVAN

CAPE GIRARDEAU, Mo. — Amy Sullivan of Yankton was among 1,333 students receiv-

ing degrees during spring 2013 commencement exercises May 11 at Southeast Missouri State University.

Sullivan graduated Summa Cum Laude with a Bachelor of Science with a major in biology.

Gary Downing, a Southeast alumnus and chief executive officer of Insight Pharmaceuticals, presented the commencement address.

#### JORDAN KOCH

OMAHA, Neb. — There were 576 students named to both the Chancellor's List and the Dean's List at the University of Nebraska at Omaha (UNO) for the Spring 2013 semester.

To qualify for the Chancellor's List, students must earn a grade point average (G.P.A.) of 4.0 for courses taken at UNO during the semester, provided 12 or more semester hours were completed. To qualify for the Dean's List, students must earn a G.P.A. of 3.5 or better for courses taken at UNO during the semester.

From Yankton - Jordan Koch - Chancellor's List. For more information, contact the UNO Office of University Relations at (402) 554-2762.

## Thune's Office Accepting Fall Internship Applications

WASHINGTON — Sen. John Thune (R-S.D.) is currently seeking intelligent, hard-working college students to serve as fall interns in his office in Washington, as well as in his offices in Aberdeen, Rapid City and Sioux Falls.

Interns in Sen. Thune's state offices will participate in constituent service and state outreach activities, while students in the Washington office will have the opportunity to witness the legislative process, give Capitol tours, and attend Senate votes and hearings. Both in-state and Washington internships will allow students to work closely with constituents, hone their research and writing skills, and learn a multitude of valuable office skills.

"Interning in a Senate office provides students with an excellent opportunity to experience democracy in action," said Thune. "Interns gain valuable knowledge about both state and national issues and an understanding of the inner workings of a Senate office. I

encourage all students to consider applying for this rewarding experience."

Thune is a member of the Senate Committees on Agriculture, Nutrition, and Forestry; Commerce, Science, and Transportation; and Finance.

College students who are interested in interning in Sen. Thune's Washington office should submit a resume and cover letter, by July 31 to:

- Senator John Thune, Attn: Allie Ryan, 511 Dirksen Senate Office Building, Washington, D.C. 20510
- By Fax to: 202-228-5429
- Or by E-mail to: Allie\_Ryan@thune.senate.gov/.

College students who are interested in interning in Sen. Thune's Sioux Falls, Rapid City, or Aberdeen offices should submit a resume and cover letter, by July 31 to:

- Senator John Thune, Attn: Robin Long, 320 North Main Avenue, Suite B, Sioux Falls, SD 57104
- Or by E-mail to: robin\_long@thune.senate.gov/.

For more information, call 202-224-2321.



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