

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)

FOURTH MONDAY

NARFE (National Active and Retired Federal Employees Association) Chapter 1053, 10 a.m. at The Center, 900 Whiting Drive.

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

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

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

YBA Hosts 34th Anniversary Sessions

PIERRE — Youth Business Adventure (YBA) recently completed its 34th anniversary sessions, hosting 197 high school seniors, along with educators and business executives from across the state of South Dakota during two week-long sessions. The first session was held at Black Hills State University in Spearfish while the second session was held at the University of South Dakota. Local participants included Hailey Luken.

At YBA, the students and educators gained vital information about the business world from those who work and live in that world, the business executives or "Company Advisors" and volunteer speakers. They also had the opportunity to gain college credits for their participation in the YBA sessions. In addition, the schedules included a tour of area businesses, Spearfish Forest Products in Spearfish and Kolberg Pioneer in Yankton. Companies competed in a business management simulation, a Business Quiz Bowl, produced a one-minute TV commercials,

designed a company logo, participated in a problem solving activity, and presented business plans before a panel of volunteer judges. Students also were entertained with evening activities of bowling, swimming, and a dance.

Since its inception in 1980, Youth Business Adventure has been sponsored by the South Dakota Chamber of Commerce & Industry, a statewide business organization located in Pierre. The program is completely funded through contributions from generous South Dakota business, corporate, and individual sponsors.

Preparations are currently under way for the 35th annual sessions of the Youth Business Adventure program. The first session will be held at Black Hills State University June 1-6, 2014, and the second at the University of South Dakota in Vermillion June 15-20, 2014.

For further information about Youth Business Adventure, contact the local participants, or call the YBA office at 1-800-742-8112.

GOT NEWS?

Call The Press & Dakotan At 665-7811

Taking An Antibiotic? Don't Forget The Good Bugs

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

King Features Syndicate, Inc.

Here's a gut check. Up to 39 percent of people who take an infection-fighting antibiotic wind up with diarrhea, a side effect that can be annoying or even downright life-threatening. Why? Because along with killing off infection-producing culprits, antibiotics slay good gut-dwelling bacteria that protect you from gastrointestinal distress. And those good guys do many other beneficial things for you, too, including building and maintaining your immune strength.

Side effects like diarrhea are probably why 20 percent of folks stop taking their antibiotics before they should — and that can be even more dangerous than the initial infection. If some of the disease-causing bacteria have not yet been slain (chances are they were the strongest of the lot), you can get doubly ill as they rebound and begin to multiply again.

Now, a new report shows that pairing antibiotics with "good" bacteria (probiotics) slashes the risk of antibiotic side effects. Raising your intake of probiotics (the beneficial bacteria found in your guts and available in supplements and foods like yogurt, tempeh and kefir) can lower your odds of getting diarrhea by a whopping 64 percent. It also can slash your risk by 66 percent for illness associated with a dangerous type of tough-to-kill bacteria, clostridium difficile (or C. diff) that shows up in hospitals and afflicts the young and elderly.

Trillions (no exaggeration, really) of bacteria hang out in your digestive system, where they help process the food you eat and play important roles in keeping your immune system strong, your body weight in check and your



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

mood rosy. Helpful gut bacteria aid digestion by breaking down sugars called polysaccharides, as well as the amino acids in proteins. Some even make vitamins and act as anti-inflammatory agents, reducing the risk of everything from arthritis to clogged arteries. There's also evidence that a healthy and well-balanced colony of good and bad bacteria can help protect against stomach ulcers, lower odds for urinary-tract infections and ease the symptoms of irritable bowel syndrome. All good stuff. But when you take an antibiotic to clear up or prevent an infection, without a counterbalance of probiotics you end up with fewer good bugs on board and nasty types can get the upper hand.

So let your doctor know that you plan on taking probiotics with the antibiotic and for five days longer than your prescription. If he gives you the go-ahead (generally, taking probiotics isn't recommended for people with a compromised immune system), here's how to make the most of this opportunity to keep things balanced:

Taking a supplement? Look for "spore form" probiotics. They are tough guys that can withstand a bath in your

stomach's super-strong digestive acids. We prefer the spore probiotics that contain bacillus coagulans GBI-30, 6086 and lactobacillus GG, a strain activated by stomach acid.

Choose food with the right good bacteria. More and more probiotic products crowd the dairy aisle in the supermarket, each teeming with a different group of beneficial bacteria. What's best? For preventing or helping to calm antibiotic-associated diarrhea, try Saccharomyces boulardii and a combination of Lactobacillus acidophilus and Lactobacillus casei. Other types proven to run "the runs" out of town include Lactobacillus rhamnosus GG, Lactobacillus reuteri and Lactobacillus acidophilus.

Don't overlook yogurt. You don't have to take a probiotic supplement to get benefits. There's evidence that a daily serving of yogurt can cut risk for diarrhea by two-thirds. Just make sure your carton says "live active cultures." Choose plain, nonfat yogurt to avoid loading up on saturated fat and sugar. Mix in chopped fruit and a couple of walnuts for flavor.

Nurture your gut's beneficial bacteria. Specific types of fiber act as prebiotics. They're the favorite food of all those helpful gut bacteria, so when you eat bananas, asparagus, onions, garlic, dandelion greens, Jerusalem artichokes, jicama, barley, berries, tomatoes, honey, flaxseed, beans or pectin-containing apples, you're feeding the good guys. Then everyone's happy!

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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Tuition Hikes Squeeze Middle-Class Students

BY KATHERINE LONG

© 2013, The Seattle Times

SEATTLE — For the next three months, many college students will furiously work one job — perhaps two — to save the money they'll need to get through the next nine months of school.

Nothing new about that. What has changed in the last four years is the yawning gap between the money students can earn over the summer and what they'll need to pay their living expenses and tuition.

It's a gap some middle-class students, in particular, are finding increasingly tough to navigate because they are caught between two financial realities: Their family incomes are too high for them to get financial aid but too low to pay for much — or sometimes any — of their schooling.

"People tell me you used to be able to work one job, the entire summer, and cover your entire education," said Stephan Yhann, a 21-year-old political science and journalism major at the University of Washington who worked two jobs last summer. "I'm not sure how long ago that was — I have a hard time believing it."

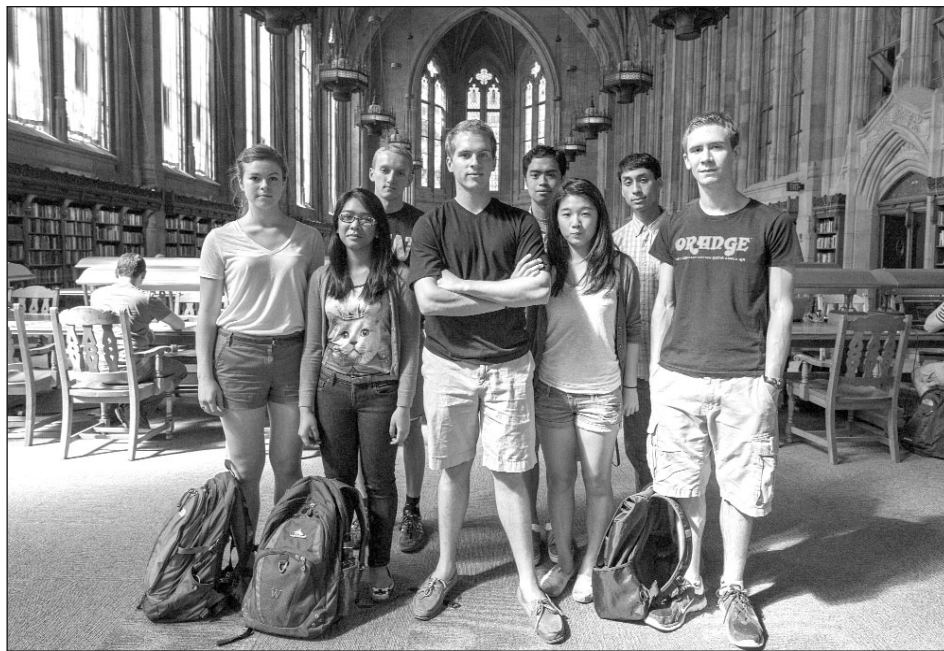
In just five years, as state funding for higher education has plummeted, average undergraduate tuition at Washington state's two research universities has increased by 85 percent.

"We're on the cusp of creating a higher-education model in this state that only works for the very wealthy and the very poor," said state Sen. Michael Baumgartner, R-Spokane.

The steep increase has also made it more difficult for working students to compete for increasingly important unpaid internships, research appointments or study abroad.

University of Washington sophomore Christine Xiao is putting herself through school. Last summer, she worked as an unpaid intern for a startup company, but she can't afford to do that again.

The geography and informatics major is working two jobs, around 55 hours a week, this summer — one on



Students squeezed by tuition hikes stand in Suzzallo Library at the University of Washington. Front from left, Ruth Ferguson, Elizabeth Pring, Michael Kutz, Christina Xiao and Josh Grandinetti. Rear from left, Lucas Barash-David, Miles Fernandez and Stephan Yhann.

campus and the other as a Seattle lifeguard.

"I had originally wanted to study abroad, but after looking at it for about 10 minutes, I thought, no way, it's not possible," said Xiao, who worked an average of 25 hours a week during the past school year.

Legislators often tell Rachel Sharpe that they worked their way through college, and ask: Why don't students do that today?

The answer: "It's impossible," said Sharpe, director of student financial assistance for the Washington Student Achievement Council, or WSAC, the state agency that oversees higher education.

Four years ago, the UW's undergraduate tuition and fees for in-state undergraduates ranked it in the middle of the pack among flagship institutions at all states. In just four years, it has moved from 25th place to 11th place, according to a WSAC analysis.

At the same time, 78 percent of Washington families don't make enough money to be able to pay tuition, fees and living expenses at any of the state's four-year schools out of their yearly earnings, the WSAC has found.

And UW student-government leaders have calcu-

lated that an undergraduate, in-state student making minimum wage would have to work 54 hours a week, for the entire year, to pay for a year of education at the UW. (Including room and board, that cost was estimated to be \$26,066 for 2012-13.)

When Michael Kutz ran for UW student-government president earlier this spring, the issue his fellow students raised with him most often was the effect of tuition hikes on middle-class students — and the opportunities for internships or research they were missing because they had to work.

Stephan Yhann, for example, would love to work in Washington, D.C., one summer, "but you can't do that unless you have political experience," he said.

The Kentridge High graduate thinks it would take two summers of unpaid work on a political campaign to be considered for a D.C. internship. "That's two summers of lost income," he said. One of four children, Yhann is helping to pay for his education and is being aided by his parents' investment in GET credits — Guaranteed Education Tuition.

The University of Washington doesn't have a long-term measure of how many

students take unpaid internships, but it has seen rapid growth in the number of undergraduates doing research, most of it unpaid.

The growth may largely be due to the need to have research on a resume, particularly for those who want to go into graduate school in the sciences, said Janice DeCosmo, associate dean for undergraduate academic affairs.

"It's definitely gotten harder — I see more students juggling outside jobs, in addition to what they're doing in school," she said.

Kutz, who won the student election, wants the university to consider some type of program to ease the cost for middle-income students, such as one at the University of California at Berkeley that caps the family contribution for middle-income families to 15 percent of income.

Yhann said he's come to think of his fellow students as analogous to "financial bears" — instead of eating through the summer to store fat for the winter, they're working to save money for the school year.

"Your entire summer is eating everything you can," he said.

Thursday – Dollar Doubles

Double Load Washing \$1.00

Tan While You Wash & Dry at SunKissed Tanning right next door – start your tan for less than \$1.00

KD Laundry

3rd & Broadway, Yankton • 6:30am-10pm

experience a new level of clean
\$75.95 for any 2 rooms
(up to 300 sq. ft.)
Not good with any other offer.
Must present coupon.
Expires 8/15/13

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