

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
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
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, ASHH, 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
Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
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.
Explore the Bible, 10:30 a.m., The Center, 605-665-4685
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
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
Quilting, 9:30 a.m.-3 p.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: Whimps, Burbank, 605-665-5956.
Catholic Daughters (Court Willard 967), 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton.

ISU Extension To Offer Webinar Series

AMES, Iowa — The Iowa Master Gardener program and Iowa State University (ISU) Extension and Outreach are once again offering a free series of summer garden webinars.
Trees are one of the most valuable components of home landscapes. Because weather patterns over the past couple of years have taken a toll on landscape trees and because the Emerald Ash Borer is advancing across the state, the theme for the 2014 summer webinars is "Totally Trees."
Summer webinar dates, topics and presenters include:
• Tuesday, July 15 — "Iowa's Unknown Treasure: The Forest Resource," Mark Vitosh, Iowa DNR district forester, will discuss trees in communities as well as the benefits and issues of growing trees in Iowa woodlands and urban areas.
• Tuesday, Aug. 14 — "Tree Pests: Emerald Ash Borer and Beyond," Donald Lewis and Mark Shour, ISU Extension entomologists, will focus on recent pests of trees such as the Emerald Ash Borer and the impact of these pests on the Iowa landscape.
• Tuesday, Sept. 4 — "Replacing Ash Trees: Good Alternatives for Iowa," Jeff Iles, ISU Department of Horticulture, chair and Extension landscape specialist, will provide ideas of other species of trees to consider planting in the home landscape.
The summer webinar series, in its fifth year, is offered by the Iowa Master Gardener program in response to requests for more lowa gardening educational opportunities. The sessions are open to all interested gardeners; participants are not required to have completed Master Gardener training to attend.
Sessions will be held from 6:30-8:30 p.m. at ISU Extension Woodbury County, 4301 Sergeant Rd., #209, Sioux City. To register contact ISU Extension-Woodbury County at: (712) 276-2157 or download the registration form at http://www.extension.iastate.edu/woodbury. Seating is limited so early registration is encouraged.

Meet The New Nutrition
Powerhouse: Leafy Greens

BY MICHAEL ROIZEN, M.D.,
AND MEHMET OZ, M.D.
King Features Syndicate, Inc.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Heart-shaped leaves and a peppery punch make watercress a foodie favorite in salads, sandwiches and sautes. And recently, this leafy green won the World Cup of the fruit and vegetable world, running off with top ranking for its nutritional wallop. In a new report from New Jersey's William Patterson College, this underappreciated green and nine others nabbed the top 10 spots among 41 powerhouse fruits and vegetables. That's because of their ratio of nutrients (particularly vitamins C and K, iron, fiber, niacin, folate, riboflavin, other B vitamins and other phytochemicals) to calories; clearly, they all deliver more bang for your bite.

With summertime gardens and farmers' markets in full swing, there's no better time to say, "Move over iceberg, and hello wild and wonderful watercress," plus (Nos. 2-10) Chinese cabbage, chard, beet greens, spinach, chicory, leaf lettuce, parsley, romaine lettuce and collard greens. Adding them (and any other green you love, like arugula or kale) to your diet helps you achieve a younger RealAge.

You'll also lower your risk for diabetes. In one study, eating just 1 1/2 servings a day (the amount in a small salad) slashed risk for Type 2 diabetes by 14 percent. Seems the greens' sugar-taming fiber, the fact that they're low-calorie but filling and the magnesium and smidge of the good fat (alpha linolenic acid) they contain may help with healthy blood-sugar processing.

You'll have a healthier heart. Leafy greens contribute mightily to the power of a veggie-rich diet to lower heart attack and stroke risk by a whopping 30 percent. One reason? Greens like spinach deliver a

big dose of lutein, a chemical that revs up your cell's antioxidant defenses to cool inflammation and keep arteries clean and flexible.

You'll boost your cancer protection. Lots of leafy greens are members of the cruciferous family, which contain a unique group of sulfur compounds proven to help reduce risk for cancers of the mouth, throat, larynx, esophagus and stomach.

You'll help protect your eyes. Like microscopic sunglasses, lutein and zeaxanthin — the phytochemicals found in kale, spinach and collard greens — help protect cells in your eyes from the sun's damaging ultraviolet rays. This can lower your risk for age-related vision robbers like cataracts and age-related macular degeneration.

You'll boost brain power. Folate, a B vitamin found in leafy greens (and some other produce), is famous for helping moms-to-be deliver healthier babies and prevent brain defects. Turns out folate keeps adult brains tuned-up, too.

Ready to dig in? Here are some easy ways to dish the green:

Put salad on your daily to-do list. A big bowl of greens — we like mixing baby spinach, kale and spicy arugula with romaine and other lettuces — is a great way to get your daily quota. It counts as several veggie servings (one of Dr. Mike's secrets for getting nine a day!), is easy to toss together (wash right before use) and tastes great. Add good fats to your bowl with olive oil vinaigrette, plus a scattering of nuts, especially walnuts (they have the most omega-3s), seeds and some avocado. Those fats boost absorption of nutrients. Make salad your choice for late-night nosing, too.

Sneak powerhouse greens into unexpected places. Put arugula or spinach on your sandwich; try a bed of lightly sauteed greens underneath grilled salmon, chicken or veggies; and add a couple of handfuls of baby spinach or kale to soups, stews, chili or other veggie side dishes.

Try something new. Love iceberg lettuce? Give mixed greens a try. If you eat a lot of spinach, check out kale (we love tender baby kale). Into kale already? Try using assertively flavored mustard, collard or turnip greens instead.

Drink up. Make an easy green drink by whirling apple slices, cucumber and kale or spinach (watercress is good too!) in your blender. Or make it fancy by adding celery, carrots, fresh mint, and one quarter of a fresh orange, lemon, lime and pineapple — a Dr. Oz favorite.

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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DSU Develops Cyber Security Camp For High School Students

MADISON — Next summer will bring a new kind of camp to South Dakota, one that not only features the time honored traditions of meeting new friends and staying up all night, but teaches campers the basics of cyber security. Dakota State was recently awarded a \$100,000 grant from the National Science Foundation (NSF) to develop and host a cyber security camp July 20-25, 2014, for students entering grades 10-12.

The camp is free of charge to participants and is focused on the Cyber Operations program at DSU, which is the only undergrad program in the nation to earn the Center of Academic Excellence in Cyber Operations designation by the National Security Agency

(NSA). Around 100 students will go through hands-on educational sessions with DSU professors and current students, while staying on-campus for the week. Students do not need any prior background or experience in security or computers to attend, and the camp will be free to the students.

Dr. Josh Pauli, Associate Professor of Cyber Security at DSU, believes the camp will help students come away with a heightened interest in studying cyber security.

"Cyber security is such an important aspect of every industry and job today that providing a camp to illustrate and highlight cyber security is a natural fit for DSU. We're excited to develop the camp this coming year and provide a

tremendous experience to interested students next summer."

The camp is also a chance for underrepresented populations in the technology field to become involved and prepare for future careers in those areas. According to the National Science Foundation (NSF), women make up around 46 percent of the total workforce but currently only hold 24 percent of jobs in technical areas. Latinos and African-Americans are around 13 percent of the workforce, but comprise only 3 percent of the technical careers.

"The camp's main purpose is to educate and excite groups of students that may not have considered studying and working in cyber security. We've ex-

perienced strong growth in our female and minority populations in our Cyber Operations major in recent years, and we think the camp will only continue this momentum. It'd be great to have a strong turnout from interested female and minority students that want to learn more about the educational and career opportunities in cyber security."

The camp will continue to be developed over the next few months with the ultimate goal being a 3-year model where each year brings a different camp experience allowing student to attend multiple years and learn new concepts each year. For more information or questions on the camp, visit http://ia.dsu.edu/cyberstars/.

NMM Joins The Google Cultural Institute

VERMILLION — Google has selected the National Music Museum (NMM) in Vermillion as one of the international institutions to participate in their Google Cultural Institute.

The National Music Museum preserves more than 15,000 musical instruments in its holdings, with 1,200 of those on public display within the museum. Now, multiple views of more than 70 NMM musical instruments have been launched in a stunning virtual gallery, made possible by the Google Cultural Institute: <http://goo.gl/kRuLPM/>.

The image gallery includes some of the National Music Museum's "crown jewels" — the oldest cello in existence, the Amati 'King' (mid-1500's); the 'Harrison' Stradivari violin (1693); the earliest and still playable Neapolitan harpsichord (ca. 1530); as well as more modern treasures like an 1860 Adolphe Sax saxophone, and a 1952 Les Paul electric guitar.

The Google Cultural Institute is a unique online platform that gives people worldwide access to some of the world's greatest museums. Google invites select museums to present high-resolution images and authoritative information about their exhibitions and collections. The Cultural Institute currently supports more than 460 partners from more than 60 countries — with more than

6,000 works of art and craftsmanship on view.

Says National Music Museum Director Cleveland Johnson: "We are honored to have been chosen to partner with Google's Cultural Institute and to exhibit significant pieces from our collection in this way. As might be imagined, the graphic caliber and production values of Google's presentation are excellent. In some instances, this high-resolution platform allows you to zoom in and get 'closer' to an object than you could be permitted in person. It is an incredible tool."

Google describes the Cultural Institute as 'an effort to make important cultural material available and accessible to everyone and to digitally preserve it to educate and inspire future generations. The Cultural Institute can be an especially useful way to engage students, scholars and teachers through innovative and in-

teractive learning.'

Choosing which instruments from the NMM's prodigious collection to feature in the Google Cultural Institute was no small challenge. Says Margaret Banks, NMM Associate Director and Senior Curator of Musical Instruments: "For our initial contribution to the project, we decided to feature a cross-section of our finest string, keyboard, wind, brass, and percussion instruments from the 16th-20th centuries. Some are ornately painted with royal coats-of-arms. Others are inlaid with ivory, mother-of-pearl, and ebony in intricate geometric patterns. An eclectic selection of hand-carved instruments include a peacock-shaped sitar from India, a crocodile-shaped zither from

Burma (Myanmar), and an ergonomic viola inspired by the work of Salvador Dalí. We plan to add many more over time."

The National Music Museum is the only musical-instrument museum with a gallery in the Google Cultural Institute. "Being included in the Google Cultural Institute affirms that we are not only a respected historical and cultural institution but that our musical instruments are beautiful and beguiling art objects as well," adds Johnson.

NMM is also slated to offer Google "street view" tours, a simulated walk-through experience of the museum. The launch for that feature is expected to take place by fall of 2014.

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