

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
Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
Whist, 12:30 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Cribbage, 1 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Sweet Adelines, First United Methodist Church, 207 W. 11th, Yankton, Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

FIRST MONDAY

Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Explore the Bible, 10:30 a.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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
AA, Alano Group 7 p.m., step meeting, 1019 W. 9th St, Yankton.
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
Weight Watchers, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.

FIRST TUESDAY

Yankton County Commission, 3:30 p.m., Yankton County Government Center, 3rd and Broadway.
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
Whist, 12:30 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Rummikub, 1 p.m., The Center, 605-665-4685
Penny Bingo, 1 p.m., The Center, 605-665-4685
Chair Massage, 1:40-3:50 p.m., The Center, 605-665-4685
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
AA, Alano Group, 7 p.m., discussion, 1019 W. 9th St, Yankton.

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
ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Love Addicts Anonymous, 7 p.m., for women, 120 West Third Street, Yankton. 605-760-5307.
AA, Alano Group, 8:30 p.m., speaker, 1019 W. 9th St, Yankton.
Weight Watchers, 5:30 p.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.
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
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut



Left to right: Molly Heine, RN; Becky Zoeller, RN; Linda Slowey, LPN; Tina Humpal, ST; Christina Kronaizl, ST; Tina Foxhoven, RN, ASC Manager; Monica Poppe, RN; Lexi Klinkhammer, CRNA; Danielle Lucas, RN; and Jill Sternquist, MD, FACOG, Board Certified Obstetrician/Gynecologist. Not pictured, Tillie Loecker, LPN and Joleen Herrboit RN.

YMC Ambulatory Surgery Center Achieves AAAHC Accreditation

Yankton Medical Clinic, P.C.'s Ambulatory Surgery Center has achieved accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC). Accreditation distinguishes this ambulatory surgery center from many other outpatient facilities by providing the highest quality of care to its patients as determined by an independent, external process of evaluation.

Status as an accredited organization means Yankton Medical Clinic, P.C. has met nationally recognized standards for the provision of quality health care set by AAAHC. More than 6,000 ambulatory health care organizations across the United States are accredited by AAAHC. Not all ambulatory health care organizations seek accreditation; not

all that undergo the rigorous on-site survey process are granted accreditation.

Ambulatory health care organizations seeking accreditation by AAAHC undergo an extensive self-assessment and on-site survey by AAAHC expert surveyors-physicians, nurses, and administrators who are actively involved in ambulatory health care. The survey is consultative and educational, presenting best practices to help an organization improve its care and services.

Yankton Medical Clinic, P.C.'s Ambulatory Surgery Center is an out-patient surgical facility with fully equipped operating rooms and comfortable recovery/observation areas, conveniently located in the lower level of the clinic.

BIRTHS

EMMA SEVERSON

Adam and Steph (Wuebben) Severson would like to announce the birth of their daughter, Emma Lynn Severson, on May 28, 2015, at Avera Sacred Heart. She weighed 6 pounds and 15 ounces.

Her grandparents are Steve and Delrae Wuebben of Gayville, Doug Severson of Vermillion and Curt and Madonna Adams of Yankton.

Her great-grandparents are Phyllis Horlyk and Jerry and Ruth Wuebben, all of Gayville.

SOFIA ALARCON

Josh and Ashley Alarcon of Mitchell announce the birth of their daughter, Sofia Ann Alarcon, born on May 22, 2015, at Avera Queen of Peace, Mitchell.

Grandparents are Chad and Jodi Oastal of Yankton and Jose Joan and Natividad Alarcon of Chilpancingo, Mexico.

Great-grandparents are Richard and Nancy Oastal of Thorton, Colorado, and Doug and Val Hevle from Yankton.

Yes, You Can Prevent A 'Brain Attack'

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

King Features Syndicate, Inc.

Thanks to amazing medical advances, more people than ever are surviving strokes – the blood clots and leaks that block blood flow to parts of the brain. But here's a new reason not to be among the 795,000 Americans who have one each year: A new study finds that stroke ages your brain by eight years.

When University of Michigan scientists compared memory and thinking-speed tests before and after a stroke for 4,900 people, they found that having a brain attack eroded mental skills as much as if they'd aged almost a decade overnight.

But here's the good news: While up to one in three Americans is at higher-than-average risk for a stroke, a whopping 80 percent of brain attacks don't have to happen at all! Here's a simple, seven-step plan to protect your noggin:

1. Take high blood pressure very seriously. Out-of-control blood pressure boosts your odds for a stroke four to six times. If you're among the 78 million Americans with hypertension or the 70 million with prehypertension, it's time to act. See your doc if you don't know your blood pressure numbers or if you're not sure they're in the healthy zone – we think 115/75 is a good target for most people. Weight loss, exercise, a produce-packed diet that's naturally low in sodium and taking time to de-stress can help. And if you're prescribed BP meds, take them! Then keep a spreadsheet of your numbers. Your brain is worth it.

2. Do. Not. Smoke. Cigarettes double your risk for an ischemic stroke, the most common type, caused by blood clots. It raises your risk for a hemor-



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

rhagic stroke, caused by a leaky blood vessel, four-fold. It's never too late to quit. Best plan: An anti-crave medication, nicotine-replacement patches and other products like sprays and gums, plus a rock-solid support system.

3. Lower your "lousy" LDL cholesterol. High LDL levels can clog your carotid arteries, the big blood vessels at the sides of your neck that send blood to your brain, with fatty plaque. That boosts stroke risk. Rebalance your LDL cholesterol level by eating fewer saturated fats (in fatty and processed meats, full-fat dairy products and processed foods), enjoying "good" fats, like nuts, olive oil, fatty fish and avocados, in moderation and walking 10,000 steps every day, no excuses. If your doc recommends a cholesterol-lowering statin, take it. Studies show that folks with a high stroke risk can lower their odds for a brain attack 21 percent by taking a statin. Statins also help prevent the brain aging that results from a stroke.

4. Control diabetes. Blood-sugar problems boost stroke risk by 50 percent. High blood pressure and high

Mitchell Tech Students Recognized At National Competition

LOUISVILLE, Ky. —Two Mitchell Technical Institute students won national recognition at the annual SkillsUSA National Leadership and Skills Conference held June 22-26 in Louisville, Kentucky.

Matthew Boden, Tabor, 2015 graduate of MTI's Heating & Cooling Technology program, took first place in the Heating, Ventilation, Air Conditioning and Refrigeration contest. Boden was the only South Dakota student to win a medal. In total, South Dakota had 17 students finish in the top ten in their contests.

Jean Van Driel, Mitchell, Business Management II student, was elected to the National Officer Team for the 2015-16 school year.

A total of five MTI students, part of a 45-student delegation from South Dakota, attended the competition. Advisors Jason Juhnke and Justin Hauge accompanied the group. More than 6,000 students competed in 100 occupational and leadership skill areas.



Van Driel



Boden

SkillsUSA is a national organization that serves technical, skilled and service occupation instructional programs in public high schools, career and technical centers and schools and two- and four-year colleges. SkillsUSA annually serves more than

320,000 student members annually, organized into more than 3,900 schools and 54 state and territorial associations (including the District of Columbia, Puerto Rico, Guam and the Virgin Islands). SkillsUSA programs also help to establish industry standards for job skill training in the classroom.

West Nile Virus Arrives In Nebraska

LINCOLN, Neb. — West Nile virus is synonymous with summer in Nebraska. A mosquito pool in Webster County is the first one to test positive for the virus this season.

"We spend more time outdoors over the Fourth of July and throughout the summer which increases our chances of mosquito and other bug bites," said Dr. Tom Safraneck, State Epidemiologist for the Nebraska Department of Health and Human Services. "Remember to take simple steps like using bug spray to help protect you and your family."

Other preventive tips:

- Make sure your mosquito repellent contains DEET, picaridin, lemon eucalyptus oil or IR3535.

- Dress in long-sleeved shirts, pants and socks when you're outside.

- Dusk and dawn are times when mosquitoes are most active. Limit outdoor activities.
- Drain standing water around your home. Standing water and warmth breed mosquitoes.

West Nile virus is transmitted to people through the bite of a mosquito that picked up the virus by feeding on an infected bird. DHHS started its West Nile virus surveillance at the beginning of June. No birds have tested positive for West Nile virus and there are no human cases so far.

Last year there were 142 human cases in Nebraska and

eight deaths. Most people who are infected will have no symptoms or only mild flu-like symptoms. Some people will develop a fever with other symptoms like headache, body aches, vomiting, fatigue and weakness. Less than one percent of people will develop a serious illness like encephalitis or meningitis (inflammation of the brain and surrounding tissues). People over 50 and those with weakened immune systems are especially vulnerable to the disease and are more likely to experience serious consequences.

Nebraskans should also try to avoid ticks. Ticks can cause ehrlichiosis, Rocky Mountain spotted fever, tularemia and Lyme disease. Symptoms of tick- and mosquito-related illnesses can be similar — fever, rash, body aches and pains. Tick-related illnesses can be serious as well.

Tips to protect yourself from tick bites:

- Wearing insect repellent also protects you from ticks.
- Dressing in long-sleeved shirts, pants and socks help keep ticks off your skin.
- Do frequent tick checks after being outdoors and remove attached ticks promptly with fine-tipped tweezers.

For more information about West Nile Virus, go to www.dhhs.ne.gov/wnv. You can find out more about tick-related diseases here www.cdc.gov/ticks/.

VFW Certificate Of Achievement



SUBMITTED PHOTO

Auxiliary President Joyce Stahlecker and Commander Cody Mangold were presented a Certificate of Achievements for Community Service, Americanism, Youth Activities, Service & Rehabilitation, Patriot's Pen, Voice of Democracy, Veterans Day, Memorial Day, Loyalty Day, Buddy Poppy, Teacher of the Year, National Military Service, and Hospital. Left to Right: National Auxiliary Sr. Representative Colette Bishop, State Auxiliary President Vicki Rosse, Yankton Post #791 Auxiliary President Joyce Stahlecker, Post #791 Commander Cody Mangold, State Commander Donald Dahlin, and National Jr. Commander Keith Harman.

BIRTHDAYS

PATRICIA GLEASON



Gleason

Patricia Gleason of Coleridge, Neb., will celebrate her 90th birthday with an open house from 2-4 p.m. July 18, 2015, at Coleridge

Community Building. She requests no gifts, please. Greetings may be sent to: Patricia Gleason, 106 E. Douglas, Apt. 7, Coleridge, NE 68727.

DICK NEUBAUER



Neubauer

Dick Neubauer of Yankton, will celebrate his 80th birthday on Monday, July 6, 2015. A card shower is requested by his family.

Please send greetings to: 1805 Woodland Loop, Yankton, SD 57078.

NOTICE OF REQUEST FOR CLEAN WATER ACT SECTION 319 PROJECT PROPOSALS

The South Dakota Department of Environment and Natural Resources (DENR) is accepting proposals for Clean Water Act (CWA) Section 319(h) projects that control or prevent nonpoint source pollution of the state's water resources.

While project proposals can be submitted in one of three general categories: watershed, ground water, or information and education; priority will be given to projects that develop or implement total maximum daily loads (TMDL) on a watershed basis.

Governmental Agencies; subdivisions of state government such as conservation districts, water development districts, counties and municipalities; universities; certain nonprofit organizations; and recognized American Indian tribes are eligible to apply for Section 319 funds. To be considered for funding, applications must be:

1. prepared using the approved format and;
2. submitted to DENR in either electronic or paper format by October 1, 2015 or earlier.

To obtain a copy of guidelines and procedures for preparing and submitting an application, contact DENR at 1-800-438-3367 or access: <http://denr.sd.gov/dfta/wp319.aspx>.

**Department of Environment and Natural Resources
Watershed Protection Program
523 East Capitol Avenue – Joe Foss Building
Pierre, South Dakota 57501-3181**

Steven M. Pirner, Secretary
Department of Environment and Natural Resources

Published once at the total approximate cost of \$164.56.

Your News!

The Press and Dakotan