

# 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](mailto: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 Harmons 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  
**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

## 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

## BIRTHDAYS

### MARY ANN (FEJFAR) KAISER



Kaiser

Mary Ann (Fejfar) Kaiser, formerly of Yankton, celebrates her 80th birthday on June 16. Help Mary Ann celebrate with a card shower. No gifts please, but do write down a favorite memory of her or a shared event in the card if you wish. Cards can be addressed to: Mary Ann Kaiser, P.O. Box 4302, Mankato, MN 56002.

### GRACE DUTCHER



Dutcher

Grace Dutcher of Yankton will celebrate her 95th birthday on June 18. The family requests a card shower and cards may be sent to Grace at 1806 Chalkstone Road, Yankton, SD 57078. She has six grandchildren and four great-grandchildren.

### RAY ANDERSON



Anderson

Ray Anderson will celebrate his 90th birthday on June 14, 2013, with his family in Aberdeen. Please honor Ray with a card shower to celebrate his special day. Greetings may be sent to him at: 1425 15th Ave. SE, Apt. 220, Aberdeen, SD 57401

### CLARENCE VOGT

An open house will be held to celebrate Clarence Vogt's birthday.

Join us for a birthday celebration of 80 years on June 15, 2013 from 1-4 p.m. at St. John's Lutheran Church Fellowship Hall, 1009 Jackson Street, Yankton SD.

### GERALD TJEERDSMA

Help us celebrate Gerald Tjeerdsma. He turned 80 on June 7. Help us celebrate in his honor with a card shower. Cards can be sent to Gerald at PO Box 69 Springfield, SD 57062.

## Diabetes Support Group To Meet Today

The Yankton Area Diabetes Support Group will meet at 1 p.m. Monday, June 10, in the Pavilion Conference Room 2. The Pavilion is on the Avera Sacred Heart Hospital campus. The conference room 2 is on first floor and wheelchair accessible.

Catherine Mitchell and Brandy Aman, medical students at the University of South Dakota, will discuss common causes of vision loss, especially diabetic eye disease, and services available for those with vision impairments.

Everyone is welcome and a snack is provided.

# How To Stop Food Allergies

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

King Features Syndicate

Food allergies are skyrocketing in North America and around the world. Rates in children and teens have gone up 50 percent in the past 15 years, to 1 in 20, one new report says. And today's numbers could be even higher: A recent survey of 38,000 parents found that 1 in 13 kids have had mild to life-threatening reactions to everyday foods like milk, eggs, nuts, wheat and shellfish. And 30 percent of food-allergic kids have reactions to more than one food.

Scientists are racing to pin down the causes of this puzzling outbreak. Leading the list are the usual suspects: emulsifiers and additives used in processed foods, such as peanut butters that are made with more than just peanuts, lunch meats, margarine, mayonnaise, sauces, candy and bakery products. Interesting fact: Emulsifiers seem to make a protein (like peanuts) appear foreign, so the immune system attacks it. In China, where peanuts are boiled and peanut butter is made only with peanuts, the allergy is rare; when the nuts are fried or cooked in non-peanut oils and emulsifiers are added for quick spreading, the allergy pops up.

But another possible trigger is our too-clean environment; it makes our immune system overreager for work, so it turns on us and creates autoimmune diseases and allergies.

Here are five smart ways to prevent and deal with food allergies.

**No. 1.** Keep up with the latest info about allergy-causing foods. You can ban eggs, nuts, shellfish, wheat and soy from your home, but these foods are lurking in restaurant foods. Watch out for emulsifiers in mass-produced salad dressings and sauces, and for sulfites in



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

seemingly safe packaged foods like trail mix or dried fruit. Get the inside info by connecting with groups like Food Allergy Research & Education at [www.foodallergy.org](http://www.foodallergy.org). You can sign up for email alerts.

**No. 2:** Turn off "allergy genes." Cutting-edge thinking says something in the environment is switching genes on and off in ways that set the stage for allergies. Early evidence points to tobacco smoke, polluted air and fast food. The gene changes may even be passed down through several generations. Meanwhile, pregnant moms can help fortify their newborns against allergies by eating a healthy diet, and after birth, by breastfeeding their baby as long as possible.

**No. 3:** Take kids with food reactions to an allergist. Fewer than 25 percent of kids who end up in hospital emergency rooms are told to see an allergist, but that should be your next move. This specialist can determine which foods likely caused the allergic response and make sure you're equipped with

emergency medication that stops life-threatening reactions.

**No. 4:** Outfit kids (and yourself) with TWO EpiPens. Experts suggest that kids with food allergies carry two EpiPens, self-injectable epinephrine that stops severe reactions. One in eight kids who go to the ER with a bad reaction need a second shot, yet many leave the ER without a prescription. Talk with your doctor about getting the doses you need, and about when to replace EpiPens. Not all states allow or require schools to stock these life-saving devices — though more are considering this smart move. So make sure your kid's classroom and school nurse have a supply of several pens (check their expiration dates).

**No. 5:** Talk with your pediatrician about introducing allergenic foods. Until recently, conventional wisdom said delaying "trouble foods," such as peanuts, protected babies from developing allergies. But in 2013, an American Academy of Allergy, Asthma & Immunology committee suggested that early exposure actually might train a young immune system to react properly. Some experts even suspect that lowered exposure to common food allergens like peanuts and wheat could help explain the rise in food allergies.

**WARNING:** This advice is not for babies and young children who have already reacted negatively to a food, have a related allergic condition like eczema or atopic dermatitis or a sibling with a food allergy. Remember to talk this over with your doc before trying.

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](http://sharecare.com).

© 2013 Michael Roizen, M.D. and Mehmet Oz, M.D.

# SSOM/USD Med Students Scholarships

Four SSOM/USD Medical Students Receive \$5,000 Scholarships From Avera Sacred Heart Foundation

Four medical students, Abby Lichter, Yankton, SD; Teresa Maas, Corsica, SD; Sara Pepper, Geddes, SD; and Heidi Werner, Sioux Falls, SD, were recipients of the 2013 Sanford School of Medicine of the University of South Dakota Medical Student Scholarships from Avera Sacred Heart Foundation. Presenting the schol-

arships were Dan Eisenbraun, Avera Sacred Heart Foundation Chair, and Lori Hansen, M.D., Dean of the Avera Sacred Heart Campus of the SSOM/USD.

The scholarship criteria are based on interest in the geographic area, interest in primary and/or rural care and community activities. All four students will be third-year medical students in the Yankton Ambulatory Program on the Avera Sacred Heart campus this year starting in July.



SUBMITTED PHOTO

Pictured from left to right: Dan Eisenbraun, Avera Sacred Heart Foundation Board Chair; Frani Kieffer, Avera Sacred Heart Foundation Executive Director; Heidi Werner; Sara Pepper; Abby Lichter; Teresa Maas; and Dr. Lori Hansen, Dean of the Avera Sacred Heart Campus of the SSOM/USD.

# Annual Seven Cities Bike Ride Slated For August 10

After a successful inaugural ride last year the 7 Cities Century Bike Ride is scheduled again with the 2013 route going through some new cities.

This year riders will begin the morning of August 10 at Ta-Ha-Zouka Park in Norfolk and head west on the Cowboy Trail through Battle Creek, Meadow Grove, Tilden and Oakdale then head north to Neligh for lunch at the Park Pavilion. From there riders will head north to Brunswick to the overnight stop at Plainview. There is an opportunity to ride 100 miles in one day if people want to do so for a special "100" decal.

On Saturday night in Plainview there will be drawings and giveaways (including a \$740 road bike) with bands scheduled, lots of food available and even tours of Plainview, the site of much of the filming for the movie "Nebraska". Sunday morning will be a hot breakfast before heading south to Pierce, Hadar and back to Norfolk.

The fee is \$77 and \$57 for ages 10-16. For groups of four riders,



SUBMITTED PHOTO

After a successful inaugural ride last year, the Seven Cities Century Bike Ride is scheduled again this year for August 10.

it's \$70 per rider. All meals are included including a spaghetti dinner Friday night and a pizza lunch Sunday noon- both at Ta-Ha-Zouka. Proceeds go to promoting trails in Northeast Nebraska. Last year the committee was able to donate \$7500 for a shelter along the Cowboy Trail.

"It's a great ride for people who don't want a multi day ride but would like to experience a

ride that's more than just one day. Last year there were 150 participants ages 10 to 80. We had those who hadn't been on a bike for years to experienced road warriors and all had a great time," said committee chair Diane Becker.

Last year's route started in Norfolk and went through Battle Creek, Meadow Grove and Tilden with the overnight stop in New-

man Grove. On Sunday riders stopped at St. John's Lutheran Church on their way to Madison and Enola and back to Norfolk.

The goals of the ride are to: show off the beautiful towns and roads of Northeast Nebraska; promote bicycling as fun exercise; identify more trail opportunities in and around Madison County; bring together bicycling enthusiasts in and outside of Madison County; and promote family activities.

Members of the 7 Cities Century Bike Committee are Jodi Richey, Clint Whitwer, Cheryl Johnson, Nick Cleveland, Mel Schaecher, Dennis McCloud, Nancy Schaecher, Michael Holton, Becker, and Phyllis Cleveland.

Anyone interested in helping with the ride or donating items for rider packets or prizes for the drawing can email [becker@bkrdesign.com](mailto:becker@bkrdesign.com) or call 402-454-3568.

Ride t-shirts are free and ride bike jerseys are available to buy on the website. For more information or to register go to <http://www.7citiescentury.com>.

## BIRTHS

### TREVOR HIVELY

Travis and Bridget Hively of Yankton announce the birth of their son Trevor Richard, born May 24, 2013, at 10:05 a.m. He weighed 8 pounds, 10 ounces and was 20.5 inches long.

Trevor joins his sister Abigail, age 2.

Grandparents are Michael and Pamela Welch of Yankton and Dareld and Kim Hively of Hartington, Neb.

[www.yankton.net](http://www.yankton.net)

## 60th Anniversary Celebration



### Mr. & Mrs. Glen Jerke

Mr. & Mrs. Glen & Verna (Gibson) Jerke of Dante, SD will be celebrating their 60th wedding

### QUINN SAYLER

Brice and Kristen Sayler of Yankton announce the birth of their son Quinn Remington Sayler, born on May 15, 2013 at 8:01 p.m. He weighed 7 pounds, 7 ounces and was 20.5 inches long.

Trevor joins his a sibling, Corbin, age 3.

Grandparents are Joe and Bobbie Kleinschmit of Yankton and Larry and Frieda Sayler of Utica.

Great-grandparents are Robert and Phyllis Montgomery of Donna, Texas; Ralph Kleinschmit of Yankton and Ardis Sayler of Yankton.

anniversary on June 16, 2013.

They have four children, Doug (Theresa) Watertown, SD; Dan (Lisa), Avon, SD; Michael (Patrice), Sioux Falls, SD and the late Arlan (Carol), Aberdeen, SD.

The couple has 13 grandchildren and four great-grandchildren.

Their children are hosting an open house at St. John Lutheran Church in Tyndall, SD on Sunday, June 16, 2013 from noon to 3:00 p.m.

**FREE  
deliveries.  
FREE  
mail-outs.**



**PHARMACY &  
DRIVE UP HOURS:  
M-F: 8:30 am to 9 pm  
Sat: 8:30 am to 5 pm  
Sun: Noon to 5 pm**

**Call for prescriptions:  
605-665-2929  
800-572-2072**

**YANKTON MEDICAL CLINIC, P.C.**  
 1104 West 8th Street • Yankton, SD 57078  
[www.YanktonMedicalClinic.com](http://www.YanktonMedicalClinic.com)

WE ACCEPT ALL  
INSURANCE CARDS.