

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

Fewer To Travel Over 4th Of July, AAA Predicts

SIoux FALLS — AAA projects 40.8 million Americans will journey 50 miles or more from home over the Independence Day holiday, a 0.8 percent decrease from the 41.1 million who traveled last year. A total of 34.4 million will go by motor vehicle, 0.7 percent fewer than last year, 3.07 million will travel by plane, an increase of 0.2 percent from one year ago, and the rest will get there by other modes of transportation.

AAA predicts 128,600 South Dakotans will travel over the holiday, a drop of 0.9 percent from July 4, 2012. Of these, 114,900 will drive, a decline of 0.7 percent, 6,630 will fly, an increase of 0.2 percent from year-ago levels, and the remainder will go by other modes.

The anticipated decline in auto travel is predominantly due to a shorter holiday period. With the Fourth of July landing on a Thursday this year, the holiday period has returned to the standard five-day holiday, compared to the six-day period in 2012 when the holiday fell on a Wednesday. The Independence Day holiday travel period this year is defined as Wednesday, July 3, to Sunday, July 7.

Gasoline prices are unlikely to be a major factor

in travel decisions this holiday. Average gas prices are up a little more than a dime compared to the same time in 2012 and prices remain below their highs of earlier this year. The current South Dakota average price for a gallon of self-serve regular gas is \$3.69, up 5 cents from one year ago. Today, the national average stands at \$3.60, about 11 cents above the price a year ago.

However, gas prices remain at a level most Americans consider too high. Half of U.S. adults consider gas prices to be "too high" when it reaches \$3.44 per gallon, according to a new consumer index developed by AAA. Forty-six percent of adults believe gas is too high when it reaches \$3.00 per gallon; 61 percent when it reaches \$3.50 per gallon; and 90 percent when it reaches \$4.00 per gallon. Sixty-two percent of Americans are offsetting high gas prices by changing their driving habits or lifestyle.

"As you head out for the holiday, remember to keep your mind on the task of driving," said Buskohl. "Mental distractions can lead to a type of tunnel vision or inattention blindness where motorists don't see potential hazards right in front of them."

Straight Talk About Sun Safety

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

King Features Syndicate

We should talk. Did you know your lifetime odds for developing skin cancer are a whopping 1 in 5? Treatment of non-melanoma skin cancers (melanoma is the most life-threatening form) jumped by almost 77 percent from 1992 to 2006. And even more startling: From 1970 to 2009, melanoma diagnosis increased by 800 percent in young women and 400 percent in young men.

Thankfully, regularly using sunscreen can slash that risk. (And so can never, ever going anywhere near a tanning bed!) But with store shelves packed with hundreds of brands of sunscreens in all kinds of formulations, choosing the right one can be downright confusing. Here's how to stay safe in the sun this summer:

Step No. 1: Choose a sunscreen with minerals. We're concerned about chemical sunscreens with active ingredients that are absorbed into the skin and, in small amounts, into the bloodstream. Some act as endocrine disruptors, mimicking hormones in the body. We don't know yet what the health effects could be, so play it safe. Look for sunscreens that contain zinc oxide, titanium dioxide or both. These finely crushed minerals work by reflecting and scattering the sun's ultraviolet rays like a protective shield. (In contrast, other sunscreens absorb the sun's rays, releasing the damaging energy as heat.) Our top choice is zinc oxide because it's best at blocking both UV-A rays, which harm cells deep in the skin, and UV-B rays, which cause sunburn.

Step No. 2: Avoid chalky-looking skin — go micronized. Like you, we prefer



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

invisible protection over a thick white coating that'll leave you looking like an extra from "Beach Blanket Bingo." So buy a sunscreen containing micronized zinc oxide that won't leave you looking smeary. (There is some concern that nanoparticles of zinc oxide, and also of titanium dioxide, allow for absorption into the skin, making these potential body pollutants. We'll keep you informed as data emerges.)

Step No. 3: SPF 30 is all you need. Higher sun protection factors offer little extra shielding. Staying in the sun too long because you think you're covered could lead to skin damage.

Step No. 4: Use plenty — and re-apply. Most people skimp on sunscreen, missing out on full protection. The only protection your skin needs is an ounce (a shot glass worth) of SPF 30 micronized zinc oxide, spread thickly to cover all skin exposed when you're wearing a bathing suit (it depends on your body size, natch!). Reapply — usually every two hours, or sooner if you're swimming or sweating.

Step No. 5: Dress to thwart the sun. Wear a long-sleeved shirt and pants

when gardening, strolling or sitting by the pool or shore. Tightly woven, dyed fabrics block more rays than gauzy or white materials. But since those rarely give more protection than SPF 6, consider using sun-guard clothing with an ultraviolet protection factor (UPF) of 15 to 50. You also can wash sun protection into clothing with laundry additives containing the sunscreen Tinosorb.

Step No. 6: Shade your face and peepers. Slap on a broad-brimmed hat and large sunglasses. These protect delicate facial skin (which deserves a dose of sunscreen year-round) and eyes; they take the brunt of sun exposure in all seasons.

Step No. 7: Take vitamin D-3 and omega-3 DHA. It's true that well-protected skin misses out on the sun exposure your body needs to produce vitamin D. But that's no reason to go outdoors unprotected. A daily vitamin D-3 supplement assures you of a year-round supply of this important vitamin. The sun's rays are too weak to make sufficient D year-round in the northern half of the U.S. and Canada, anyway. Aim for 1,000 IU of vitamin D-3 daily.

Meanwhile, dig into salmon or wild trout twice a week, or get 900 mg of the omega-3 fatty acid DHA from a daily algal oil supplement. One reason sunshine harms skin is that it suppresses the immune system. A new report reveals omega-3 DHA keeps immunity strong, even when you're playing in the summer sun.

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.

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

Class Ring Returned To Owner After 50 Years

BY CHRIS ROSENBLUM

© 2013 Centre Daily Times (State College, Pa.)

STATE COLLEGE, Pa. — With his metal detector, Robert Nese has found all sorts of things.

He once unearthed a Revolutionary War-era button. Another time, the dirt revealed a musket ball. His discoveries have included scads of old coins, such as buffalo nickels and wheat pennies.

But recently, Nese dug up a true lost treasure.

Behind a local elementary school, not far from his home, Nese came across an initialed State College Area High School Class of 1962 gold ring buried 8 inches below the grass.

One hunt led to another. "My first thought was I hope I can find who this belongs to," said Nese, 19, who graduated from State High last year and now works at Penn State.

His search, aided by a 1962 SCAHS yearbook, led him crosstown to a stunned Donna Tressler. She hadn't seen the ring since she lost it while playing softball 52 years ago. "In my wildest dreams, I never dreamt that that ring would be found," Tressler, 69, said.

Back in 1961, during Tressler's junior year, she bought her class ring with the ruby-red stone. In those days, she said, students obtained senior class rings a year in advance.

A softball diamond used to stand near the elementary school's playground. Tressler lived next door. One summer day while playing ball, she made the fateful decision to slip off her ring and stick it in her shirt pocket.

"It was the wrong thing to do," she said.

Later that day, she noticed the ring was gone. Her parents, with four other mouths to feed, had spent a lot of money for that ring. She dreaded telling her mother.

The next day, she returned to look around. And the next day. And the next.

"I was heartbroken," Tressler said. "I still had my senior year to get through. Everybody had a class ring, except me."

She didn't forget it at first, not even after getting another



CHRISTOPHER WEDDLE/CENTRE DAILY TIMES/MCT
In 1961 Donna Tressler, left, lost her school ring. Recently Robert Nese was scouring an elementary playground in State College, Pennsylvania, with his metal detector when he found the ring and returned it to Tressler.

class ring, this one from Lock Haven University.

Years later, her aunt bought a metal detector and, on weekends, would comb the grounds for the ring. Sometimes, when visiting home, Tressler would join her.

"We would do it as a family," Tressler said.

From time to time, siblings would try their luck and paw through the grass. After about 20 years, the searches stopped.

"We finally gave up," Tressler said. "We forgot about it. You put it out of your mind."

Then along came Nese on a Sunday afternoon.

He had been over the area several times before, but not with his new metal detector. Thanks to a 1961 aerial map of the park, he knew a softball diamond once filled the grassy field.

Previously, he had covered the old base paths.

"I had never looked behind home plate before," he said.

The golden glint peeking through the dirt caught his eye immediately.

Cleaning off the ring, he saw the engraved 62. On the inside of the band were the initials DLT.

He showed it to his parents. His father told him he should find the owner — and gave him a lead.

A family friend in town, Hubie White, graduated from State High in 1964 but had a 1962 yearbook. Bingo: Two names matched the initials.

School & Sports Physicals Available



Only \$25

(no insurance billing/Medicaid available at this price)

CALL 260-2100
for an appointment

Sports physical forms need to be completed prior to your appointment. Contact your school for forms.

Lewis & Clark Medical Plaza,
2525 Broadway, Yankton
Office Hours 9AM-5PM.
After Care Hours Sat. 9AM-Noon
Walk-ins Welcome
www.lewisandclarkfamilymedicine.com

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