

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.

FIRST MONDAY

Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Heartland Humane Society Board Meeting, 6:30 p.m., 601 1/2 Burleigh
Yankton Parks Advisory Board Meeting, 5:30 p.m., RTEC, 1200 W. 21st Street

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

FIRST 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

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

BIRTHDAYS

GEORGE FLEVARES

Help George Flevares celebrate his 80th birthday on June 7. Birthday greetings may be sent to him at: 2205 Burleigh Street, Apt. 312, Yankton, SD 57078.



Flevares

MARYANN PETERSON

MaryAnn Peterson of Vermillion will celebrate her 80th birthday on June 4, 2014. Her family requests a card shower. Send your well-wishes to: 1002 Elm No. 202., Vermillion, SD 57069.



Peterson

WAYNE SORENSON

Wayne Sorenson will be celebrating his 80th birthday on June 7, 2014. You may send birthday greetings to 410 Spruce Street Yankton, SD 57078.



Sorenson

GOT NEWS?
 Call The P&D
 At 665-7811

News On The Immune System

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

King Features Syndicate, Inc.

When Boston's legendary mobster James "Whitey" Bulger claimed he had immunity from murder charges because of a deal he made with a deceased prosecutor, it didn't keep him out of hot water. Seems sometimes (supposed) immunity is effective, and sometimes, well, you're not protected. The same can be said about your immune system, that incredibly complex mixture of defense and prosecutorial cells inside you. And recently, researchers have been making amazing discoveries about its powers to protect (or harm) your health.

Case in point: There's now an anti-cancer treatment that empowers your immune system's warrior T cells to knock out multiplying cancer cells. Seems researchers used certain antibodies to "unlock" the tumor-attacking ability of T cells in nearly 300 people; 28 percent of folks with melanoma (the deadliest skin cancer) saw their tumors shrink; the same positive results happened for 27 percent of the study participants with kidney cancer and 18 percent with lung cancer.

Meanwhile, researchers at Columbia University announced that for some people, Parkinson's disease, which affects more than 1 million North Americans, may turn out to be an autoimmune disorder. That means the neurological symptoms of Parkinson's disease — tremors and shaking, for example — occur because immune-system cells mistakenly attack and kill specific neurons. This controversial idea could lead to new ways to treat and prevent the condition.

Next on the list, Emory University scientists are rebooting the immune systems of organ-transplant recipients



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

to cut down on the need for toxic anti-rejection drugs. Even the U.S. military is getting into the act with an ongoing study of the effects of stress on soldiers' immunity.

But you don't have to wait for the results of the latest wave of immunological research to bolster your own special forces. To keep your immune system running at peak efficiency, here are six proven ways to turn summer fun into solid immunity:

Drink iced tea. Classic black tea contains l-theanine; it primes the immune system's gamma-delta T cells to respond five times faster to invading bacteria and viruses. Meanwhile, a compound in green tea called ECGC increases the number of regulatory T cells; they help rev up or tone down immune-system activity. Love herbal tea? Go for chamomile. This relaxing botanical increases blood levels of hippuric acid and glycine, which aid infection-fighting.

Have more fun. Outdoor concerts, hiking, street fairs: Stroll and take in the view: your immune system loves goofing off. Just anticipating something you enjoy bolsters immunity by reducing levels of immune-weakening stress hormones cortisol and epinephrine. And you'll bolster your defenses if you laugh out loud!

Enjoy easy exercise. It turns out playful exercise routines that speed up and slow down are kinder to your immune system than hard-charging, steady-paced workouts. Try varying your pace during a morning walk around a garden, an afternoon bike ride by the shore or a swim in the pool. Haul out your tennis racket (a game where the pace is always changing) or play backyard badminton and kickball with the kids.

Have a glass of wine. In moderation, alcohol can enhance immune response and bolster your reaction to vaccines. Not an alcohol drinker? You can get your immune benefit by snacking on fresh berries or grapes, or opt for peanuts at the ballgame — both contain this beneficial compound.

Visit the farmer's market. Bumping up your fruit and veggie quotient is a proven way to rev up your immune system and cut down on doctor visits, recent research says. Produce (wash it well) seems to support the activity of infection-fighting T-cells. And the fiber it contains feeds immune-boosting good bacteria in your digestive system.

Now, relax. Kicking back in a hammock for some serious R&R is deep-down good for you. It busts stress, which wears down immunity, and then relaxation goes a step further: One recent study found that deep rest switches on genes involved in healthy immune functioning. Yoga, deep breathing and meditation can get you into this zone.

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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CorTrust Bank Scholarship



SUBMITTED PHOTO

CorTrust Bank and the South Dakota Bankers Foundation are pleased to award a \$1,000 scholarship to Gayville-Volin High School senior, Vanessa Ryken. Vanessa was chosen for her outstanding academic achievements and outstanding role in making the Gayville community a better place. Vanessa will be attending Mount Marty College and plans to major in Elementary Education.

Online Cemetery Viewer Now Available

The City of Yankton announces that the Yankton City Cemetery now has an online cemetery viewer which can be used on a computer, mobile phone, or tablet device with internet connection.

To use the cemetery viewer, visit the City of Yankton's website www.cityofyankton.org and find and click on the banner on the main page labeled "Cemetery Viewer & Search."

If a person is using a portable device, are on the cemetery property, and have an internet connection you can even use the "current location icon" located in the upper right hand corner of the on-line viewer to pinpoint your exact location in the cemetery. Please note that the cemetery viewer data is updated twice a year so information in the viewer is dated and the most recent activity in the

cemetery from the past six months may not be available in the viewer.

There are three primary ways to identify an area of interest in the City's Cemetery:

- A person can interact directly with the cemetery viewer map and click on a burial lot to view who is buried in the lot, who has reserved spaces in the lot, or if any spaces are available in that lot.

- A person can search for a specific burial lot by typing in the last name only, first name only, or first few letters of the last or first name of the person that is being sought. A list of matches will appear below the search box. The matches will show a last name column, first name column, and date of death column that will be populated with information from the Cemetery's records. Click on the person of interest in the results list to locate the

burial lot on the cemetery viewer map.

- A person can use their search results with the identified burial lot location on the map and then use the current location GPS capability of the viewer, if they are in the cemetery with the internet connected portable device, to determine how to get to the burial lot of interest.

If anyone has questions regarding the cemetery viewer, contact the Parks and Recreation Department at 605-668-5231.

Babysitting Class Offered At YCL

A babysitting class for 12-18 year-olds will be held at the Yankton Community Library on June 11-12, running from 10 a.m. to 3 p.m. both days.

The class, a partnership between the YCL and 4-H, will be taught by Yankton County 4-H Youth Development Program Assistant Stephanie Smolek. There is a fee to attend both days. The class is limited to 15 participants. Teens will need to bring a sack lunch each day.

Attendees will be given a training guide and fill a "goodie bag" that will be put together throughout the course for the babysitters to take on the job with them. Topics to be discussed include child development, entertaining children, first aid and safety, nutrition and the business of babysitting. Note that this is not a Red Cross CPR certified babysitting program.

Interested teens can register for the class at the Yankton Community Library, 515 Walnut Street by June 6. Payment must accompany registration.

For additional information, call 668-5

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