

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.

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SECOND TUESDAY

Alzheimer's Care Givers Support Group, 5 p.m., The Center, 605-665-4685. (NOTE: This group is 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
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
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

Pickstown To Hold Museum Dedication

PICKSTOWN — Pickstown will hold a special ceremony to dedicate its new museum on June 13. The museum is the culmination of a nearly three-year project by a group of early and current residents who were interested in preserving the history before it was lost in generational turnover. The museum is located in the Community Center building in a large room adjacent to the Rainbow Room and is part of one of the few remaining original buildings. Gov. Dennis Daugaard has designated Pickstown as an official Statehood Celebration Community and the town has designated the Museum Dedication and related activities as a 125 year Statehood Anniversary event. As part of the activities, the Corps of Engineers will be providing special open house tours on an hourly basis on June 13 and 14. This year marks the 60th anniversary of the start up of the first generator by a telephone signal from President Eisenhower. In addition, following the museum dedication will be a park dedication ceremony for the town's new playground equipment. Also, on June 14-15, there will be a reunion for former and current Pickstown residents. The dedication ceremony will begin at 2 p.m. on June 13 in the Rainbow Room with Tom Brokaw, who was an eight-year Pickstown resident during the late 1940s and early 1950s, as the keynote speaker. In addition, scheduled speakers will include Lt. Governor Matt Michels and Colonel Joel Cross, Commander of the Corps of Engineers Omaha District. Also, attending along with several other special guests will be Charles Pick, grandson and Francis Pick Dillard, daughter-in-law of General Lewis Pick. The museum will be open for viewing starting on June 13. More than 500 visitors from around the country and surrounding area are expected.

BIRTHDAYS

Grace Huntley

Grace Huntley celebrated her 75th birthday on June 4. Greetings can be sent to 906 Burleigh St., Yankton, S.D. 57078.



Huntley

Louise Kuchta

The family of Louise Kuchta is requesting a card shower in honor of Louise's 95th birthday on June 12. Cards may be sent to Louise at 2015 Green Street, Apt. 215, Yankton, SD 57078.



Kuchta

Food Or Medicine: How To Have Both

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



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

More than one in three Americans has a chronic health condition such as diabetes, high blood pressure or arthritis (by age 65, it's 95 percent) and 33 percent of you (around 44 million) face a stark financial choice: food or medicine. That's the conclusion of a troubling new Harvard Medical School study that checked the health records and daily habits of almost 10,000 women and men living with ongoing health problems such as asthma, chronic obstructive pulmonary disease, heart disease or the aftermath of a stroke or cancer treatment.

It's a dangerous reality. Stopping or skipping on meds lets chronic conditions become worse, boosting your risk for ER visits, hospital stays and higher health costs. Case in point: People with high LDL cholesterol, high blood pressure and/or diabetes who don't take all their medications as directed can increase their yearly out-of-pocket health-care costs by more than \$600! And while noncompliance with prescribed medicine regimens happens for many reasons, personal financial constraints are a major contributor to the \$100 billion to \$300 billion extra it costs the U.S. health-care system annually to handle the repercussions of missed or lax treatment.

Soaring drug prices (even for some generics), increased deductibles, co-pays and co-insurance rates that are too high (an issue for some people even with new insurance plans) and a lack of insurance — still the situation for 13 percent of Americans — are all to blame. And so is the taboo about talking with your doctor about the cost of prescribed drugs. Just one in three

docs brings it up, and at least half of us aren't comfortable discussing our financial hardships with our physician or office staff. It's time to break the ice, and get the care you need and deserve. We hope these six steps can help:

Talk about your budget. Take a deep breath next time your doc mentions your meds, then ask: "Is there a lower-priced alternative that would work for me?" And if you're already stuck with a pricey prescription, call your doc with this question or ask your pharmacist. If you discover at the pharmacy that a drug costs too much, don't just walk away. Your pharmacist can check with your doc and may be able to substitute a more affordable generic on the spot.

Ask about generics. Generic drugs can cost 30 percent to 95 percent less than brand versions, and in most cases the medications are equally effective. Also, many chains such as Costco, RiteAid and Walgreens offer a large assortment of generic meds at rock-bottom prices.

Double-check your health plan's drug coverage. Before you go to the pharmacy, check with your health insurance provider to see if it covers the brand name or generic meds you need

and how much each costs.

Don't let your doc lock you into brands that offer freebies and samples. Drug samples and drug-company coupons are short-term money-savers when there's no affordable alternative. But when it comes time to give you a longer prescription, they may cause your doctor to overlook less-pricey alternatives and generic versions that would be just as good for you.

Be choosy about discount cards. While some drug discount cards offer true savings, last year the federal government cracked down on several that were scamming Medicare members. Before signing up for a card, find out about fees and limits on benefits, and ask your pharmacist if it covers the medications you use, at a savings.

Look into assistance programs. If you don't have any drug coverage, or if you need an expensive medication you just can't afford, several organizations can help you look for assistance programs. Most are run by pharmaceutical companies. Three we like are Partnership for Prescription Assistance (www.pparx.org), RxAssist (www.rxassist.org) and Needy Meds (www.needy meds.org). Some states also have pharmaceutical assistance programs; contact your state's department of health for more information. If you're on Social Security and/or Medicare, you may qualify for "Extra Help." Go to medicare.gov for more information.

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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AAA: This Summer, Look Before You Lock

SIoux FALLS — To most, it's unthinkable. Leaving a child in a car is something no parent or caregiver can fathom. But the tragic fact is that it does happen, and all too frequently.

"It seems unimaginable to leave your child in your car, but more than half of reported incidents involve an adult who simply forgot," said Marilyn Buskohl, spokeswoman for AAA South Dakota. "With today's distractions, it's so important that parents and caregivers take whatever extra steps they can to help prevent a tragic mistake from happening."

Heatstroke deaths have been recorded in 11 months of the year in nearly all the states. Temperatures inside a car, even on a mild 72-degree sunny day, can rise 20 degrees in just 10 minutes. Children and pets are particularly susceptible to heatstroke because their bodies heat up five times faster than adults. There have been a total of 7 heatstroke victims already in 2014 according to Safe Kids Worldwide.

To help build awareness of these dangers, AAA reveals some frightening facts about children in vehicles:

- 44 children died in the U.S. after being left in a vehicle in 2013.
- 607 children have died across the country as a result of heatstroke from being left in a vehicle since 1998 according to San Francisco State University.
- On average, 38 children die in hot cars each year after being trapped inside hot cars, according to Kidsandcars.org.

As a safety advocate, AAA implores parents and caregivers to exercise extra caution when commuting with children by following these tips:

- Look before you lock. Always check the front and back seats of your vehicle before you get out and lock your vehicle. Also, consider putting a purse or cell phone in the backseat with your child to ensure you look back there. Additionally, leaving visual cues in the front seat, like a diaper bag or stuffed toy, can help remind you that precious cargo is in the back.
- Be aware of "breaking your routine." Ask your childcare provider to call if your child does not show up to daycare when they normally do. Also, if you are dropping off your child, and it's normally your spouse or partner's duty, have them call you to ensure the drop-off went smoothly.
- Never leave children unattended in a vehicle, even if the car is running or the window is cracked. Many vehicles have automatic systems that can lock you out; keep-

ing you from your child should a situation become dangerous.

Warn your children about the dangers of playing in and around vehicles. Always lock your doors, and keep keys out of reach so children cannot get into the car. And also, keep rear fold-down seats up to help prevent kids from getting into the trunk.

If you spot a child or pet inside a hot, locked vehicle, call 911 immediately and follow the dispatcher's instructions.

Kids Against Hunger



SUBMITTED PHOTO

The Wausa Evangelical Covenant Church Junior High youth group recently packed over 4,000 meals for children in need at Kids Against Hunger. To learn more about how you can make a difference, please visit www.kahyankton.org.

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