

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
Pinocle, 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.

THIRD MONDAY

Yankton Golf Advisory Board Meeting, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205
Friends Of The Yankton Community Library, 5:15 p.m., Yankton Library, 515 Walnut
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar 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
Pinocle, 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

THIRD 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

THIRD WEDNESDAY

NAIFA-Lewis and Clark, noon-1 p.m., Minerva's.
Partnership Bridge, 1 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, Benedicline Center; open session 605-665-6776
Pinocle, 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

THIRD THURSDAY

HSC Friendship Club, 5 p.m., June: Delmonico's, Fordyce, Neb., 605-665-5956.
Catholic Daughters (Court Willard 967), 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton.

Dr. Oz & Roizen

The Reason To Keep Taking Aspirin

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

Headlines scream: "Low-dose aspirin doesn't help prevent heart attacks!" That's what it seems a new U.S. Food and Drug Administration finding suggests, but that's wrong, and the facts are more complex. What the FDA is actually stating: Taking a daily aspirin can help some people prevent a first stroke or heart attack, but for many people the risks of intestinal bleeding are greater than the potential cardiovascular benefits. So it is not allowing marketing claims to say otherwise. And it also acknowledges that this point of view may change: According to Robert Temple, M.D., deputy director for clinical science at the FDA, there are ongoing major trials looking at this issue, and as their findings become available, the FDA will review its position.

Until then, the FDA does say that for folks who have already had a stroke or heart attack, taking daily aspirin (from 80-325 mg a day) to prevent a second episode is beneficial and the protective powers exceed the risks.

So, should you be taking aspirin to prevent heart disease, or not? A recent analysis from the University of North Carolina at Chapel Hill did take a look at the risks and benefits, and determined that aspirin's one-two punch outweighs its downsides. They concluded low-dose aspirin can cut your risk for a first heart attack by at least 22 percent while lowering risk for strokes caused by blood clots, and for the

leg pain of peripheral artery disease. At the same time, it reduces the risk and severity of nine cancers, including those of the bladder, colon, esophagus, kidneys, lungs, pancreas, prostate, breast and stomach by up to 40 percent. In contrast, aspirin increases risk for digestive-system bleeding by about 2.5 percent (maybe less, if you take it the way we do).

We believe it all adds up to good evidence for suggesting two low-dose aspirin a day for most guys over age 35 and most women over age 40. So make an informed decision about aspirin (then use it the right way) with these four steps:

No. 1. Get your doc's OK. For some people, risk for bleeding and/or ulcers with aspirin is higher than average. A review with your doctor is a must before starting aspirin. Factors that boost your odds include age, a history of a peptic or bleeding ulcer, taking pain-relieving NSAIDs regularly for another condition (joint aches), smoking, a heavy alcohol habit, living with chronic emotional stress and/or having an ulcer right now (treatable with antibiotics in most cases). Your doc may suggest taking an acid-blocking proton pump inhibitor with your aspirin for extra protection.

No. 2. Take your low-dose aspirin this way: We think two 81 mg tablets or 162 mg total a day is the best dose to guard against cardio events and cancer. Take them together or at different times of day — it's up to you. Always take a half-glass of warm water before and after.

This helps dissolve the pills faster, decreasing chances for gastrointestinal irritation and bleeding. Taking your aspirin with a meal also may help. Tip: Skip coated aspirin. There's no evidence that it protects against bleeding, and it won't dissolve as quickly in warm water.

No. 3. Stay safe. Limit the amount of alcohol you drink. If you need to take another nonsteroidal anti-inflammatory pain reliever (like ibuprofen), do it 24 hours before or after your aspirin. Don't take other NSAIDs plus aspirin on a regular basis; the combo cancels out aspirin's anti-cancer effects, kind of like two drivers competing for the same parking space, then both giving up! Take one or the other. Call your doc if you do notice warning signs such as ongoing stomach discomfort, nausea, pain or bowel movements that look black or tarry.

No. 4. Keep it up. Be consistent; stopping a daily aspirin suddenly increases risk for clotting, heart attacks and strokes (not to mention impotence). And aspirin's cancer protection grows stronger the longer you take it.

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.share-care.com.

© 2014 Michael Roizen, M.D. and Mehmet Oz, M.D.

Riverside

From Page 1

dates back to when Bob Tereshinski was the coach," she said. "Many of his former players have been making gifts to the field in his honor. Then we'll be going out and visiting with people who are interested in the project."

Bernatow said they hope to wrap up fundraising in the next six weeks and are looking at starting the infield project later in August or in early September.

The project is also aiming to put Yankton on the map as a location for outside teams to use in addition to the demands of local teams.

Yankton Baseball Association president Jeff Benjamin said one aim of the field is to allow northern teams to play earlier games in the region rather than traveling south.

"Colleges can play baseball in November, February, March when it's too cold to play anywhere else," Benjamin said. "These northern teams will want to come down in the spring when they can't play in North Dakota and other places like that."

He added the field will help provide an alternative location to the now shuttered Metrodome for college teams to use early in the season.

"A lot of teams used to go to Minneapolis to play baseball in the early spring

because they had an indoor facility," he said. "That isn't going to be available for a couple of years so that's why we're really trying to push to get this done now."

Bernatow said the project is an homage to baseball's past in the community.

"When you look at the history of baseball in Yankton, it is really good," he said. "It should be celebrated and this is a great way to celebrate it. When you look at Mount Marty and the history the program's had, it should be celebrated."

He added the cooperation between MMC and YBA has been great for the community.

"We've noticed in recent years that we've been able to get a lot of quality things done down at Riverside Field and I think it's because the

(YBA) and (MMC) take a lot of pride in that field for our home games," he said.

"We've been able to provide more for the ball players in town, may they be Yankton Baseball Association players or the Mount Marty players."

The infield project is expected to be completed before the beginning of next year's baseball season. Following the completion of phase one of the project, phase two will focus on laying down turf in the outfield.

For more information or to donate to the project, visit <http://www.mtmc.edu/supporting/baseballproject/project.aspx>

You can follow Rob Nielsen on Twitter at twitter.com/RobNielsenPandD/. Discuss this story at www.yankton.net/

Independence Day Deadlines

The Yankton Daily Press & Dakotan will be closed Friday, July 4th, for the Independence Day holiday.

The following deadlines will apply:
 Saturday, July 5 newspaper — 5 p.m., Tuesday, July 1
 Monday, July 7 newspaper — 5 p.m., Tuesday, July 1
 Tuesday, July 8 newspaper — 5 p.m., Wednesday, July 2
 Out On The Town, July 8 & 10 — 5 p.m., Wednesday, July 2
 Wednesday, July 9 newspaper — 5 p.m., Thursday, July 3
 There will be no newspaper on Friday, July 4, 2014.

YANKTON DAILY
PRESS & DAKOTAN
 319 Walnut, Yankton, SD • www.yankton.net • 605-665-7811 • 1-800-743-2968

13-Hour Tire Sale!
 TODAY ONLY • 7:00AM-8:00PM

\$40 Instant rebate on Select Hankook Tires

ALL TIRES ON SALE!
 Buy 3 get 1 FREE Goodyear Assurance Comfortred 225-60/R16

COOPER TIRES HANKOOK GOODYEAR TITAN KELLY TIRE DUNLOP

GOODYEAR Purchase 4 qualifying tires and receive UP TO \$160 in rebates. REBATE	COOPERTIRES Purchase 4 qualifying tires and receive UP TO \$70 in rebates. REBATE	We stock & sell quality Harper Brooms & Squeegees HARPER
Disc Brake Inspection FREE		Brake systems are complex. No one can estimate cost without an inspection.
Mobil Full Synthetic Oil Change w/ filter includes tire rotation up to 5 qts \$44.95	Alignment with purchase of 4 tires! \$39.94	OFFER ENDS 6/30/2014

Vehicles w/TPMS extra. Fluid/filter disposal charges may apply in some areas. Most cars & light trucks. No other discounts apply. Additional charge for shop supplies.
OFFER ENDS 6/30/2014

GRAHAM YOUR TIRE STORE NEXT DOOR

Summer Savings
 Clearance Accessories starting at \$2.00

Take An Extra **15% Off** ALL Clearance Merchandise

\$10 Local Delivery (Storewide) Yankton Only

*See store for complete details

slumberland
 furniture that lives the way you do

920 Broadway, Yankton • 665-3719

TEXT grahamtire TO 90210 to receive special PROMOTIONS AND BIG SAVINGS on future visits

LOW PRICE GUARANTEE
 WE WILL MEET OR BEAT ANY ADVERTISED PRICE ON ANY GOOD YEAR, KELLY, DUNLOP, COOPER, OR HANKOOK TIRE WE CARRY

ONE DAY ONLY!
 With Every New Tire Purchase You'll Receive:
 •FREE •FREE •FREE •FREE •FREE •FREE •FREE •FREE
 Shuttle Air Pressure Road Alignment Flat Repair Mounting Rotation 30 Day Ride Serve Check Hazard Check Guarantee

GRAHAM YOUR TIRE STORE NEXT DOOR

www.grahamtire.com • 665-4406 • 2704 Fox Run Pkwy • Yankton, SD 57078