

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.

FOURTH MONDAY

NARFE (National Active and Retired Federal Employees Association) Chapter 1053, 10 a.m. at The Center, 900 Whiting Drive. (2014: Meetings in April, August and November.)

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

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

Some Advice For Those On Heart Or Blood Sugar Meds

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

King Features Syndicate, Inc.



Dr. Mehmet Oz and Dr. Michael Roizen

If you're among the 24 million Americans who take a statin or the 13 million considering it, now hear this: Taking that cholesterol-lowering, inflammation-cooling med is not a license to overeat, gain weight or ask for steak instead of planked salmon! But that seems to be what many of you think. A recent UCLA study reveals that today's statin users eat 10 percent more calories and 14 percent more fat than statin users did 15 years ago. (They also weigh more than non-statin users.) Those bad food choices increase your risk for high blood pressure and diabetes, and make your RealAge older, even while the statin keeps your lousy LDL cholesterol in check.

But if you take a second or even third look at your plate, you can take advantage of the remarkable health benefits of statins. Try a meal makeover that adds more proven, heart-smart edibles while subtracting nefarious food felons that boost your risk for everything from ticker trouble and high blood sugar to dementia and a lousy sex life. We think this meds-plus-food strategy works for everybody concerned about their lousy LDL numbers, as well as the 47 million North Americans taking blood pressure drugs, and the 10 million or more who take medications to help control Type 2 diabetes. Here's why:

Heart meds work way better with a healthy diet. People who take statins and other drugs for cardiovascular disease can slash their five-year risk for a heart attack an extra 22 percent by eating more healthfully, increasing physical activity and cutting out smoking. If

your blood pressure is still high despite medication (a problem for 20 percent to 30 percent of people taking BP meds), slashing sodium and simple sugars while nixing processed foods and opting for fruit, veggies, whole grains and lean protein could help you lower your blood pressure numbers by 9 to 22 points — all without taking more drugs or increasing your doses.

Blood sugar falls in line. If you take medication for Type 2 diabetes but still have high blood sugar levels, a plate makeover could help you bring your A1c (an average of your blood sugar level over 6-12 weeks) down to normal. In one University of Pennsylvania study, seven months of healthy foods lowered A1c levels from 8 percent (that's high) to 5.8 percent (that's healthy!) for people taking diabetes meds.

To accomplish this, we suggest you banish the five food felons: refined flour, added sugars and syrups, saturated fat and trans fats. Munch on these five delicious foods instead:

1. Leafy greens. Just 1 1/2 servings a day can slash diabetes risk up to 14 percent. And a diet that includes greens

and olive oil (another power food) subdues blood pressure by raising levels of compounds called "nitro fatty acids." The lutein in greens such as spinach helps prevent plaque buildup along artery walls.

2. Five servings of vegetables and fruit. Eating that every day slashes heart attack and stroke risk by 20 percent. Bump it up to eight or nine, and you'll cut your risk by at least 30 percent. Produce is packed with satisfying fiber that helps control appetite and weight, soluble fiber that helps lower cholesterol, and minerals that help regulate healthy blood pressure. The same stellar nutrients help keep blood sugar in line, too.

3. Nuts and olive oil. In moderation, the good fats in nuts and olive oil help by contributing to healthy cholesterol levels. The fiber and protein in nuts (especially walnuts) help smooth out blood sugar spikes after meals.

4. Beans. A cup a day can lower your A1c, reduce blood pressure and — thanks to a big dose of soluble fiber — helps whisk LDL cholesterol-laden bile acids out of your body when you have a bowel movement.

5. Seafood. Fish like salmon and wild trout can help cut your risk for diabetes while pampering your eyes, brain, joints and sex organs.

Now you're primed to get the body do-over benefits of statins that you've been hoping for all along.

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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SCHOLASTICS

TRIPP-DELMONT

4th Quarter: May 2014 Perfect Attendance (* — Entire Year)
 Sophomore — Kayla Neugebauer*
 Freshmen — Alex Fischer, Whitney Fuerst
 8th Grade — Cody Fischer, Cole Neugebauer*, Jason Schnabel
 7th Grade — Cade Gemar

GOLD HONOR ROLL (* — 4.0 GPA)

Seniors — Cara Finck, Tuniya Heinzman, Giga Kakalashvili, Zbynek Surovec
 Juniors — Becca Brown, Dustin Fischer, Patricia Fischer, Hannah Just*, Jessica Sandau, Payton Schafers*, April Torres, Morgan Ziegler*
 Sophomores — Laura Brown, Kelsey Buchmann, Kylee Deboer, Tara Dropers*, Ashlea Fischer, Ali Hanson*, Nic Mora, Kayla Neugebauer, Jeana Nuss, Lauren Soulek*, Maddison Stirling
 Freshmen — Whitney Fuerst*, Alexis Gregerson
 8th Grade — Cody Fischer, Cole Neugebauer, Jackie Nuss, Ripley Schafers*, McKenzie VanPelt
 7th Grade — Preston Buch-

mann, Cade Gemar, Mattlynn Reiner, Taylor VanPelt

SILVER HONOR ROLL

Senior — Kiana Segura
 Junior — Nyssa Fechner, Michelle Nuss
 Sophomores — Malorie Fischer, Kennedy Schatz
 Freshmen — Alex Fischer, Noah Schafers
 8th Grade — Jason Schnabel, Brianna Stoebner

BRONZE HONOR ROLL

Senior — Rochelle Dicus
 Juniors — Tanner Nuss, Josh Battles, Austin Fischer, Jessica Myers, Aaron Torres
 Sophomore — Julie Gilley
 Freshmen — Nic Brown, Laura Huether, Victoria Scott, Lilly Whitmore
 8th Grade — Trey Whitmore, Mindy Oleson, Abby Schmidt
 7th Grade — Emily Fischer, Natalie Ketchum, Kayla Mora, Andrew Wilson

AUGUSTANA COLLEGE

SIoux FALLS — Augustana College has announced that the following area students have been named to the Dean's List for the spring semester of the 2013-2014 academic year.

Dustin Dvorak of Yankton; Olivia Hopewell of Yankton; Magdalena Steffen of Fordyce, Neb.
 The Dean's List recognizes full-time students who have a minimum of 12 credit hours with grade-point averages at 3.5 or above.

PHI KAPPA PHI

BATON ROUGE, La. — The following local residents recently were initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

Michelle Holbeck of Armour initiated at South Dakota State University; Morgan Erickson of Gayville initiated at South Dakota State University; Sean Bradley of Yankton initiated at South Dakota State University.

These residents are among approximately 32,000 students, faculty, professional staff and alumni to be initi-

ated into Phi Kappa Phi each year. Membership is by invitation and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors, having at least 72 semester hours, are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff, and alumni who have achieved scholarly distinction.

TANNER ANDERSON

MOUNT PLEASANT, Iowa — Dr. Richard McCallum, vice president for academic affairs and dean at Iowa Wesleyan College, Mount Pleasant, Iowa has announced the names of students who have qualified for the 2014 spring semester Dean's List. The Dean's List recognizes academic achievement during the term. Students recognized include Tanner Anderson, freshman, Vermillion.

Author To Speak At Library Tuesday

Author Fraser Harrison will speak at the Yankton Community Library, 515 Walnut Street, on Tuesday, June 24, at 6:30 p.m. Harrison spent several weeks visiting Yankton in 2013 and has written an essay entitled "An Englishman's Portrait of the River City," which appears in the spring issue of *South Dakota History*.

Harrison's presentation will include the circumstances that brought him to Yankton, his method of gathering material and the process he used to merge recorded interviews, photographs and findings to complete the essay. He will touch upon the three themes of the essay: church-going, the Federal Prison, and the Meridian Bridge. His summation will answer the question of whether or not he would like to live in Yankton.

The essay will be available for purchase that evening. For further information, contact the library at 668-5276.

BIRTHDAYS

DANIEL HAKL

Daniel Hakl is celebrating his 88th birthday on Saturday, June 28. His family requests a card shower. Greetings may be sent to Avera Sister James Care Center



Hakl

2111 W 11th St. Room 324, Yankton, SD 57078.

ANDREW WEK

Andrew Wek celebrates his 90th birthday on June 28, 2014. An early family gathering was held on June 22. Cards may be sent to 2501 S. Kiwanis Ave., #210, Sioux Falls, SD 57105.



Nohr-Ramm

Emily Rose Nohr and Matthew Robert Ramm, both of Gettysburg, NE, announce their engagement and upcoming marriage.

Parents of the couple are Bill and Julie Nohr of Crofton, NE, and Rose and the late Mike Ramm of Stuart, NE. Grandparents of the bride are Verlyn Nohr of Crofton, NE, and Ted and Nita Krein of Eureka, SD. Grandparents of the groom are Helen Ramm of Stuart, NE, and Bob Wolf of Stapleton, NE.
 The bride-elect graduated from the University of Nebraska-Lincoln with a degree in journalism. She is employed as a reporter for the *Omaha World-Herald*.
 The groom-elect graduated from the University of Nebraska-Lincoln with a degree in construction management. He is employed as a project manager for Kiewit.
 The couple is planning a June 28, 2014, wedding.

The forecast this Summer?

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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