

COMMUNITY CALENDAR

MONDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Interchange, noon, Minerva's Bar and Grill, 605-760-7082.
Whist, 12:30 p.m., The Center, 605-665-4685
Pinochle, 12:45 p.m., The Center, 605-665-4685
Cribbage, 1 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m., 665-3344 or 665-2456.
Sweet Adelines, First United Methodist Church, 207 W. 11th, Yankton, Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

FIRST MONDAY

Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Explore the Bible, 10:30 a.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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
AA, Alano Group 7 p.m., step meeting, 1019 W. 9th St, Yankton.
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
Weight Watchers, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.

FIRST TUESDAY

Yankton County Commission, 3:30 p.m., Yankton County Government Center, 3rd and Broadway.
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
Whist, 12:30 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Rummikub, 1 p.m., The Center, 605-665-4685
Penny Bingo, 1 p.m., The Center, 605-665-4685
Chair Massage, 1:40-3:50 p.m., The Center, 605-665-4685
Meditation Sessions, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m., 665-3344 or 665-2456.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton
AA, Alano Group, 7 p.m., discussion, 1019 W. 9th St, Yankton.

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
ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
Love Addicts Anonymous, 7 p.m., for women, 120 West Third Street, Yankton. 605-760-5307.
AA, Alano Group, 8:30 p.m., speaker, 1019 W. 9th St, Yankton.
Weight Watchers, 5:30 p.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.
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 605-665-8442
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

BIRTHS

ETHAN SLUNECKA

Clayton and Brittany Sluneka of Springfield announce the birth of their son, Ethan Raylynn Sluneka, born May 5, 2015, at 3:40 p.m. weighing 8 pounds, 1 ounce and was 21 inches long.
He has an older sister, Carmen Alaina Sluneka, 2 years old.

His grandparents are Peggy and Jason Hargens of Miller, and Becky Miel-lady and Ken Aker, both of Mitchell.

His great-grandparents are George and Barbara of Miller, and Dea Alford of Leavenworth, Washington.

CLARA POWELL

Jeff and Sarah Powell of Yankton announce the birth of their daughter, Clara Mae Powell, born April 6, 2015, at 8:21 a.m. and weighing 8 pounds, 9 ounces and is 20

and a half inches long.

She joins her siblings, Owen (6) and Liam (2) as well as grandparents, Bill and Ellen Elder of Eagle, Idaho, and Rick and Joann Powell of Billings, Montana.

Great-grandparents are Marjorie Carlin of Billings and Dell Powell of Absarokee, Montana.

LAURA VILLANUEVA

Mike and Mary Lee Villanueva of Yankton announce the birth of their daughter, Laura Elyse Villanueva, born May 15, 2015, and weighing 7 pounds, 8 ounces.

She joins her family including brother Liam (7), and sisters Maya (6) and Kelsey (3).

Her grandparents are Dolores Hochstein of Wynot, Nebraska, and Joan and Mike Villanueva, both from Omaha, Nebraska.

The Downsides Of Diet Sodas

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

King Features Syndicate, Inc.

Is it time to ditch diet soda? The California-based group U.S. Right to Know thinks so. It's petitioned the Federal Trade Commission to prohibit Coca-Cola and Pepsi from using the word "diet" on the labels of soda containing zero-calorie artificial sweeteners, calling it "deceptive, false, misleading, fraudulent and harmful." Consumers who wish to lose weight may actually suffer physical harm in that these products may lead them to gain weight instead of losing it, the group noted. They asked the FTC and the U.S. Food and Drug Administration to investigate the use of the word "diet" by other soda manufacturers, too.

We think they're onto something — especially in the wake of a brand-new study linking diet soda sipping with a tripled increase in belly fat in older adults. It's the latest in a series of studies finding that the drinks soda-lovers reach for to cut calories are letting them down. Grab an unsweetened iced tea and read on.

A wider waistline: The waistlines of daily diet soda drinkers expanded 3 inches over nine years in a recent University of Texas study, while non-drinkers' middles enlarged by less than 1 inch. Even occasional users had wider middles: They gained 1.8 inches — enough to make your favorite pants, skirt or dress too tight to wear. It's more than a fashion problem. An expanding waistline is a sign that you're putting on more visceral fat, the deep belly fat that wraps around internal organs and even builds up in your liver, raising risk for heart disease and diabetes.

All-over weight gain: When the same researchers looked at weight among diet



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

soda drinkers and abstainers, they found a surprising connection. People with a serious diet-soda habit (they drank at least three servings a day) were twice as likely to be overweight or obese as people who skip soda. Over seven to eight years, diet soda sippers gained an average of 1.5 more pounds than soda-skippers, too.

A fluke? Not at all. An American Cancer Society study that tracked 78,694 women for a year found that diet soda drinkers gained nearly two pounds more than non-users.

What's going on? It's easy to chalk it up to "magical calorie math" — thinking it's OK to grab a second slice of pizza because you're saving calories with a diet soda. But new research suggests that artificial sweeteners in soda (and probably in other foods, too) are backfiring in much deeper ways that rev up appetite and alter metabolism. So here's the skinny about diet soda's worse-than-ever downsides.

Messed-up metabolism in your brain and digestive system: Artificial sweeteners may increase appetite by giving the brain a taste of something

sweet without delivering the calories that would dial back hunger and cravings, lab studies suggest. A recent study from Israel's Weizmann Institute of Science found that artificial sweeteners may interfere with intestinal bacteria in ways that boost risk for prediabetes and diabetes.

Higher risk for health problems:

Three other studies found that even one diet soda a day boosts odds for developing metabolic syndrome — a precursor to diabetes and heart disease — by 34 to 44 percent. And yet another study found that a daily diet soda habit increased the risk for Type 2 diabetes by a whopping 67 percent! No wonder a Purdue University neuroscientist who's looked into diet soda's effects told Time magazine recently, "Right now, the data indicate that over the long term, people who drink even one diet soda a day are at higher risk for adverse health outcomes that they are probably drinking diet sodas to try to avoid, like Type 2 diabetes, metabolic syndrome, hypertension and stroke."

The solution? Sip smarter. Choose naturally low-cal drinks, like unsweetened tea or coffee (hot or iced), or water or club soda flavored with lemon, lime or even a slice of cucumber or a strawberry (yum!). It's easier than you think.

—
Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Well-ness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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and Mehmet Oz, M.D.



Submitted Photo
Pictured are Larry Nickles of the Yankton Fire Department and Jack Weeks of First National Bank of Yankton

FNB Donates To YFD's Proposed Museum

First National Bank donated \$1,500 to support the funding and construction of the Yankton Fire Department's proposed museum, announced Jeff Jones, market president.

The building will provide a permanent home to a number of historical items that the Yankton Fire Department has in its possession, including pictures, antique firefighting equipment and two restored fire engines from 1925 and 1937. It will be constructed on the site of Yankton Fire Station 2 by Yankton firefighters and local contractors.

The museum will serve as the permanent home to the Yankton Fire Department's World Trade Center steel artifact. This important piece of national history will have a place of honor at the front of the museum and will serve as a tribute to the sacrifice that men and

women in uniform make on a daily basis. The building will also be utilized as an interactive and educational facility during station tours and open houses.

As a contributor to the donation drive, First National Bank's name will be permanently displayed at the museum.

First National Bank is a division of First National Bank of Omaha and subsidiary of First National of Nebraska. First National of Nebraska is the largest privately owned banking company in the United States. First National and its affiliates have \$19 billion in managed assets and 5,000 employee associates. Primary banking offices are located in Nebraska, Colorado, Illinois, Iowa, Kansas, South Dakota and Texas.

USD Health Sciences Announces Its Faculty Awards

VERMILLION — The University of South Dakota School of Health Sciences has announced faculty awards for the 2014-2015 school year.

Becca Jordre, DPT, Associate Professor in the Department of Physical Therapy, was recognized for outstanding research. Jordre's research involved geriatric athletes and the management of urinary incontinence, and she also researched problems related to ergonomics for dental hygiene practitioners.
Kay Rasmussen, M.S., M.L.S., Assistant Professor and Chair of the Department of Medical Laboratory Science, was recognized for her outstanding teaching. Rasmussen's teaching interests include Hematology and Microbiology.

Laurie Lind, M.S. an instructor in Health Sciences, received the 2015 "Champion of Inclusive Excellence" award from the President's Council on Diversity and Inclusiveness. Lind's award noted that she demonstrated outstanding leadership promoting inclusive excellence at USD.



Jordre



Rasmussen

BIRTHDAYS

DARRELL EKEREN



Ekeren

Darrell Ekeren will be celebrating his 80th birthday on Sunday, June 7, with an open house from 2-5 p.m. Friends and relatives are

invited and there will be a card shower. Send cards to Darrell Ekeren at P.O. Box 66 Mission Hill, SD 57146.

ROBERT C. ROBERTS



Roberts

The Rev. Robert C. Roberts celebrates his 85th birthday on June 9! We invite you to join us with a card shower to share your memories with him, and his 57+ years in ministry. Please send your cards to: Rev. Robert C. Roberts, Box 16, Wagner, SD 57380.

Delmont Benefit Concert Set For Tripp

TRIPP — The torrential tornado that hit Delmont on May 10 has left behind a trail of loss and devastation. To help in the recovery from the tornado, a fundraiser has been organized to occur on Sunday, June 7, at the Tripp-Delmont High School Gym. Many bands from the

southeastern South Dakota area will be pulling together, dedicating their time to provide a great day of continual music and entertainment. It will be a huge Jamboree Concert/Dance with a delightful variety of music.

Doors will open at noon with the music starting at 12:30 p.m.

The BB Gospel Show will start the day's activities. A free will donation will be taken, and everyone is encouraged to come out and enjoy the music and fellowship.

For more information, contact Gary Gibson at 605-660-9430.

If you are unable to make

this event, you can still help by contacting The First State Bank of Delmont, who is handling all the receiving and distribution of funds. Their contact information is PO Box 68, Delmont, South Dakota 57330 605-779-2551.

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1 Ticket Per Ride Except Zipper (2)
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YANKTON MALL
DC Lynch Shows
Spring Carnival
May 28 - June 3

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VOLUNTEER TODAY!

what: when: where: who:

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Sign up online: Yankton2015WAYC.org
(Click the Registration tab)

Sign up in person: NFAA Easton Yankton Archery Center
M-F 9AM-5PM SAT 10AM-5PM SUN 12PM-5PM

Questions? Contact us at: ☎ 605-260-9279 ✉ volunteer@neyac.org

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