

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.

SECOND MONDAY

Yankton School Board, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Tri-State Old Iron Association, 7 p.m., JoDeans Restaurant, 605-665-9785.
Yankton Area Writers Club, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
NAMI, 7 p.m., Avera Professional Pavilion, Room No. 2, Yankton. 605-661-3043.

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.

SECOND TUESDAY

Caregiver Dementia Support Group, 4 p.m., The Center, 900 Whiting Drive, Yankton.
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
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

Community Library Board Meeting Set

The Yankton Community Library Board of Trustees will hold its regular meeting at 5:30 p.m. Wednesday, June 10, in the library meeting room, 515 Walnut
For further information, call 668-5275.

Interim Joint Committee Meeting Set

SIoux FALLS — The Interim Joint Committee on Appropriations will hold their second meeting of the 2015 interim on Wednesday, June 10. The meeting will begin approximately at 2 p.m. in room 101 of the Mickelson Center located at the Southeast Technical Institute in Sioux Falls, South Dakota.

The Interim Joint Committee on Appropriations, chaired by Rep. Justin Cronin (R-Gettysburg), will revisit the letter of intent, regarding the distribution of one-time, general funds to South Dakota technical institutes to be used for program enhancements that address high-need workforce areas. The Committee will also discuss a report submitted by the technical institutes, which details how the technical institutes are planning to use the one-time funding. The meeting is open to the public and the agenda is available on the Legislative Research Council's website: <http://legis.sd.gov>.

In addition to Rep. Cronin, committee members include Sens. Deb Peters, Vice Chair (R-Hartford), Angie Buhl O'Donnell (D-Sioux Falls), Terri Haverly (R-Rapid City), Phyllis Heineman (R-Sioux Falls), David Omdahl (R-Sioux Falls), Scott Parsley (D-Madison), Larry Tidemann, (R-Brookings), Bill Van Gerpen (R-Tyndall) and Jim White (R-Huron); and Reps. David Anderson (R-Hudson), Shawn Bordeaux (D-Mission), Dan Dryden (R-Rapid City), Jean Hunhoff (R-Yankton), Alex Jensen (R-Sioux Falls), Jeffrey Partridge (R-Rapid City), Ray Ring (D-Vermillion), and Fred Romkema (R-Spearfish).

No-Worry Tips To Keep Your Exercise

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

Warning! Exercise-safety fears can be hazardous to your health. You may be stuck on the sidelines due to worries that exertion will cause heart, breathing or other problems; or you are concerned about the dangers lurking outdoors when biking or walking. And now a lot of folks are worrying about treadmill falls, ever since SurveyMonkey chief executive Dave Goldberg's tragic death due to a treadmill fall in May. But whatever your concerns, you're missing out on a lot of fun and good health benefits.

Fortunately, exercise-related injuries are rare. Turns out treadmill mishaps sent 24,400 people to American emergency rooms in 2014 – about half of 1 percent of the nearly 500,000 people who walk and run on treadmills in the U.S., according to the Consumer Product Safety Commission. And every year New York City has around 4,000 reported bicyclist injuries – while around 200,000 people a day ride bikes in the city. Regardless of these low numbers, you don't want to be part of those injury statistics.

Let's look at some common exercise fears and how to overcome them so that you can enjoy all the health and happiness benefits of daily physical activity.

Fear No. 1: "I'll have a treadmill accident." Unlike bikes, elliptical trainers and rowing machines, a treadmill can keep on moving when you stop, causing trips, tumbles, cuts and abrasions. To maximize treadmill safety: Clip the auto-stop cord to your clothes; it will automatically shut the machine off if you



Dr. Mehmet Oz and Dr. Michael Roizen

fall. Always speed up and slow down gradually so you keep your balance. Look straight ahead; gazing down or to the side could be dizzying. If there's a code for starting up the treadmill, use it. This will help keep kids safe.

Fear No. 2: "Exercise will make my health worse." If you've got a condition like diabetes, asthma or heart disease, you might worry that overdoing it will mess with your blood sugar, breathing or heart function. In one University of Colorado survey of 1,848 people, those with diabetes were 47 percent more likely to skip exercise due to injury fears. And in a new Canadian study, stroke survivors were leery about exercising at a rehab center due to heart fears.

Actually, the right exercise routine can improve almost any health condition by reducing stress, controlling weight, keeping muscles and joints strong and flexible and improving key health indicators like blood pressure, blood sugar and LDL cholesterol. Talk with your doctor about what's safe for you.

Fear No. 3: "It's too dangerous out

there alone." In a 2015 review of research on women and exercise, personal safety emerged as a major obstacle to walking. Older people worried about falling, especially on a solo walk or when exercising alone at home or at the gym. These are legitimate concerns. Try setting up walking dates with a buddy – it's the No. 1 way to keep you exercising regularly – in an area where you feel safe. Ask your doc about ways to improve your balance. If your goal is to stroll outdoors, look for options with flat, even surfaces like a running track (no one will mind if you walk it) or a well-maintained, paved or gravel trail. And take a course on learning how to fall (see our book "YOU: Staying Young"). Learning how to roll when you sense you are falling is key to preventing breaks and injury.

Fear No. 4: "Bad things just happen." We've all read sad stories about the apparently super-healthy marathon runner who dies during a race or the person whose heart suddenly stops during a pick-up basketball game. Don't let that stop you. One new study determined that sudden cardiac arrest among midlife exercisers is relatively rare – around 5 percent of all cases of sudden cardiac arrest – and that many times people experienced warning signs like pain or unusual fatigue in the preceding week. The take-home for safe exercise: Pay attention to your body. Know your limits. Keep moving.

Mehtmet 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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Miss South Dakota Lexy Schenk, a University of South Dakota nursing student, talks with childhood friend Macaulay McDonald on Tuesday, June 2, 2015, as a crew gathers video on the USD campus in Vermillion. Schenk will compete in the Miss USA Pageant that will be broadcast on July 12 from Baton Rouge, Louisiana. Schenk and McDonald, who has Down syndrome, were the 2011 homecoming queen and king when they attended Irene-Wakonda High School.

NBC Crew Gathers Video Of Miss South Dakota

VERMILLION – Miss South Dakota 2015 Lexy Schenk, a University of South Dakota nursing student, spent some time on the Vermillion campus last week and in her hometown of Irene as part of preparations for her upcoming competition in the Miss USA Pageant. A New York-based video crew with

Trump / NBC Universal interviewed her and gathered shots of her and childhood friend

Macaulay McDonald. Schenk and McDonald, who has Down syndrome, were the 2011 homecoming queen and king when they attended Irene-Wakonda High School. The story will air during

the July 12 broadcast of the pageant from Baton Rouge, Louisiana.

Schenk plans to become a pediatrics nurse upon graduation next year from USD's nursing program. A photo may be downloaded at: <http://www.usd.edu/~media/images/news/2015/Miss%20South%20Dakota>.

SCHOLARSHIPS

YRAA PILOT TRAINING SCHOLARSHIP AND THE BUD BECKER MEMORIAL SCHOLARSHIP

The Yankton Regional Aviation Association (YRAA) announces the opening for applications for the YRAA Pilot Training Scholarship and the Bud Becker Memorial Scholarship. The YRAA scholarship was established in 2005 and is for \$750. The Becker scholarship was established in 2013 and is for \$1,000.

The YRAA scholarship is one way the YRAA promotes general aviation in southeastern South Dakota and northeastern Nebraska. The Becker scholarship carries on the aviation legacy of Ramon "Bud" Becker of Hartington and his life-long passion for aviation. The YRAA has 114 members from several towns in South Dakota, Iowa and Nebraska. The scholarships will be given a

"wannabe student" pilot or student pilot. The success of this program is in part dependent upon the receipt of good quality nominees. The deadline for submitting an application for the scholarships is July 1, 2015. The application forms for the scholarships can be requested from Steve Hamilton, 303 Golf Lane, Yankton, SD 57078-1727; or email skyhawk@iw.net or call 605-665-8448.

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