

## 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.

### FOURTH MONDAY

**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street

### 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.

### 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  
**Dominoes**, 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

### FOURTH THURSDAY

**Yankton County Farmers Union**, 7 p.m., Sunrise Apartments, 2015 Green St., Yankton. 661-7667.

## Catholic United Financial Announces Scholarship Recipients

ST. PAUL, Minn. — Catholic United Financial, the St. Paul-based life insurance and financial service organization, recently announced the recipients of \$155,800 in Post-High School Tuition Scholarships for this year. Now in its 60th year, the effort surpassed \$3 million in total scholarship monies that have been awarded to members who are in need of financial assistance to meet the tuition requirements related to their educational and career goals.

"These goals do not have to be specifically tied to the completion of a four-year college degree or for those who have recently completed high school," said Nate Lamusga, Catholic United Financial's Director of Member Engagement. "They can be for members of any age attending the first or second year at a university or to learn a trade or earn a certification at a trade school or community college."

The following students from Yankton received \$300 scholarships from Catholic United Financial: Brad Ulmer,

Ben Cameron, Reid Hunhoff, Paige Thieman, Andriana Sprakel, Jaclyn Arens, Jonathan Barkl, Patrick Binder, Samuel Bisgard, Madison Dangler, Matthew Fitzgerald, Charles Stephenson and Nicholas LaFave.

A total of 487 applications for scholarships were received between Oct. 15, 2014, and Feb. 15 of this year. Of these, 456 — or 94 percent — were awarded. Since 1955, Catholic United Financial has been providing these awards as one-time benefits for:

- \$500 for those attending a Catholic college, university or institution or
- \$300 for those attending a non-Catholic college, university, community college or technical school.

Additionally, the College of St. Scholastica has become a partner college — offering to match the Catholic United Financial scholarship on a dollar-to-dollar basis.

# Buck This Dangerous Sunscreen Habit

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

King Features Syndicate, Inc.

Still using that gunky old bottle of sunscreen from last summer or the summer before that? A whopping 60 percent of women and 85 percent of men skimp on sun protection, according to a new survey from the Centers for Disease Control and Prevention. We've got a better idea: Get with the new stuff (micronized zinc oxide is one great choice), and plan on using up several fresh bottles this summer. Here's why and how:

A generous slathering of sunscreen keeps skin looking younger and slashes your risk for skin cancer. One in five adults are likely to develop some form of skin cancer (an important reason to check your skin regularly for weird moles and sores that don't heal). A well-designed Australian study from an area with the highest rates of skin cancer in the world has found that regular sunscreen use slashes risk for melanoma, the deadliest skin cancer, by 50 percent. It helps protect against squamous-cell and basal-cell carcinomas, too.

The sun's ultraviolet rays are responsible for 90 percent of the wrinkles, sagging, rough patches and spots on aging skin. Once again, it's sunscreen to the rescue. Australian researchers have also found that wearing it regularly reduced skin aging by 24 percent over just four years. Think of what that could mean if you do it for the next 20 years. What fun at your 50th high-school reunion!

Get there by bucking a trend uncovered by the CDC survey: that most people don't bother with sunscreen, even when heading outdoors for more than an hour. We want you to do the



### OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

opposite: Slather it on any exposed skin whenever you'll be outside for more than even a few minutes. In addition, wear an SPF-15 sunscreen daily on your face. Then take these easy steps for the safest, most effective protection:

Don't use expired sunscreens or those that contain the following: chemical sun-filtering ingredients like oxybenzone (a potential hormone disruptor that, in animal studies, acts like estrogen in the body); avobenzone (it's safer than oxybenzone but may cause allergic reactions); or the anti-aging ingredient retinyl palmitate (in lab studies, it spurred tumor growth).

Opt for sunscreen with micronized zinc oxide. Finely crushed zinc oxide particles are good at reflecting both UV-A rays, which harm cells deep in the skin, and UV-B rays, which cause sunburn. The tiny particles protect even better than the bigger bits in the glop-py, white, old-fashioned zinc oxide that lifeguards and surfers wore on their noses. Once you apply new sunscreens with zinc oxide, they become sheer and seem to have more staying power than chemical sunscreen ingredients.

## Hy-Vee Kidsfit Website Engages Children In Health And Wellness

WEST DES MOINES, Iowa — Even though school is out and kids no longer have their routine physical education classes, parents can keep them active this summer with the newly launched Hy-Vee KidsFit website. Hy-Vee, Inc. designed this free, online program to help kids and families make health, exercise and nutrition priorities in their everyday lives.

Hy-Vee KidsFit is an interactive health and wellness website for children, teens and families that offers a free, online personal trainer. The workouts and activities featured on KidsFit require no equipment or gym memberships, making it accessible to children and teens of all skill levels. The website — [www.hy-veekidsfit.com](http://www.hy-veekidsfit.com) — also features fun workout videos, nutrition blogs written by Hy-Vee dietitians and health lessons.

"At Hy-Vee, we want to make it easier for kids and families to make healthier choices. With its easy, fun format, Hy-Vee KidsFit inspires families to establish good fitness and nutritional habits in their daily lives," said Andy McCann, executive vice president and chief health officer at Hy-Vee.

"We know that not every child has the access or interest to play organized sports. We hope a broad range of kids can use the free KidsFit tools to stay active and healthy. Even children who participate in sports can benefit from having equipment-free workouts and tutorials on their computers or phones," McCann added.

The program was developed by certified personal trainer Daira Driftmier, who also serves as the online fitness coach on KidsFit.

"I am excited to help children and families learn more about health, exercise and nutrition," Driftmier said. "My goal is to inspire the next generation to commit to making healthy choices. I want kids to see that fitness is fun and show them how to make it part of their daily routine so they can be healthy for life."

As part of KidsFit, children ages 7-17 and their families can sign up for the 5-Week Challenge, which provides kids with a structure to take control of their personal health and fitness. Participants will earn virtual trophies and badges to help monitor their progress during the 5-Week Challenge, and they will be encouraged to stick to their goals through Driftmier's videos.

Hy-Vee KidsFit was recently introduced at the Exercising Your Character event in Des Moines, Iowa, which teaches fourth- and fifth-grade students about physical fitness, goal setting and character development. To celebrate the announcement, more than 7,300 children from 82 Iowa schools attempted to break the Guinness World Record for most individuals performing jumping jacks simultaneously.

For more information, visit [www.hy-veekidsfit.com](http://www.hy-veekidsfit.com), or follow Hy-Vee KidsFit on Facebook at [www.facebook.com/hyveekidsfit](http://www.facebook.com/hyveekidsfit).

## Vermillion Library Stream Program Receives Grant

VERMILLION — Beth Knedler and Susan Heggstad of the Edith B. Siegrist Vermillion Public Library recently received a \$4,851 robotics supply grant to develop a new VEX robotics program at the library for elementary and middle school students in collaboration with the Vermillion Area Robotics Club, SD Code Club, Clay County 4H and Vermillion Public Schools.

These kits will be used for programming during the 2015 Summer Reading Program, and subsequently for Library, 4-H and Jolley School programs.

The NASA South Dakota Space Grant Consortium offers the Daniel Swets Robotics Materials Award in the amount of \$5,000-\$10,000 in memory of the unprecedented enthusiasm and vision that Dr. Dan Swets of Augustana College brought to the state of South Dakota in the field of robotics. Dr. Swets, founder of the South Dakota Robotics Association, saw the value of robotics in recruiting students into science, technology, engineering and math (STEM) at an early age. He strove to provide those opportunities for students throughout their educational career. Not only does this help young people in science and engineering in general, but it also produces high quality students that NASA is looking toward to help fulfill its mission. Dr. Swets served on the Management Team of the

S.D. Space Grant Consortium (SDSGC) for 15 years. SDSGC provides this annual award to a South Dakota teacher or educator of robotics who will carry on these traditions in memory of Dr. Swets and the three other gentlemen who tragically lost their lives in an airplane crash on Dec. 9, 2011: Kevin Anderson, Joshua Lambrecht and pilot Brian Blake, while on their way from Sioux Falls to Rapid City to assist with a robotics program.

The grant is awarded annually to South Dakota teachers/educators of U.S. citizenship who either have: A) taken robotics training or plan to take robotics training and want to begin new robotics programs and teams, or B) have sustained robotics programs/curriculum in their classrooms or at their schools. Preference is given to: 1) applications that would start new robotics programs and teams (e.g., at a school that didn't have one before), as opposed to augmenting existing robotics programs, 2) robotics programs at the Middle School level, and 3) applications from teachers/educators who have not won any prior robotics or other teacher awards provided by SD Space Grant in the past 10 years.

The Edith B. Siegrist Vermillion Public Library is located at 18 Church Street in Vermillion.



Have the  
**Talk** of a Lifetime™

**You talk** about many things with your loved ones: from day-to-day details to big events. Sharing stories with those who matter most isn't just important today; it will be especially significant when it's time to honor and commemorate your lives.

Memorialization at the end of life is more than it used to be. It can reflect a person's life story and be transformative, healing and comforting.

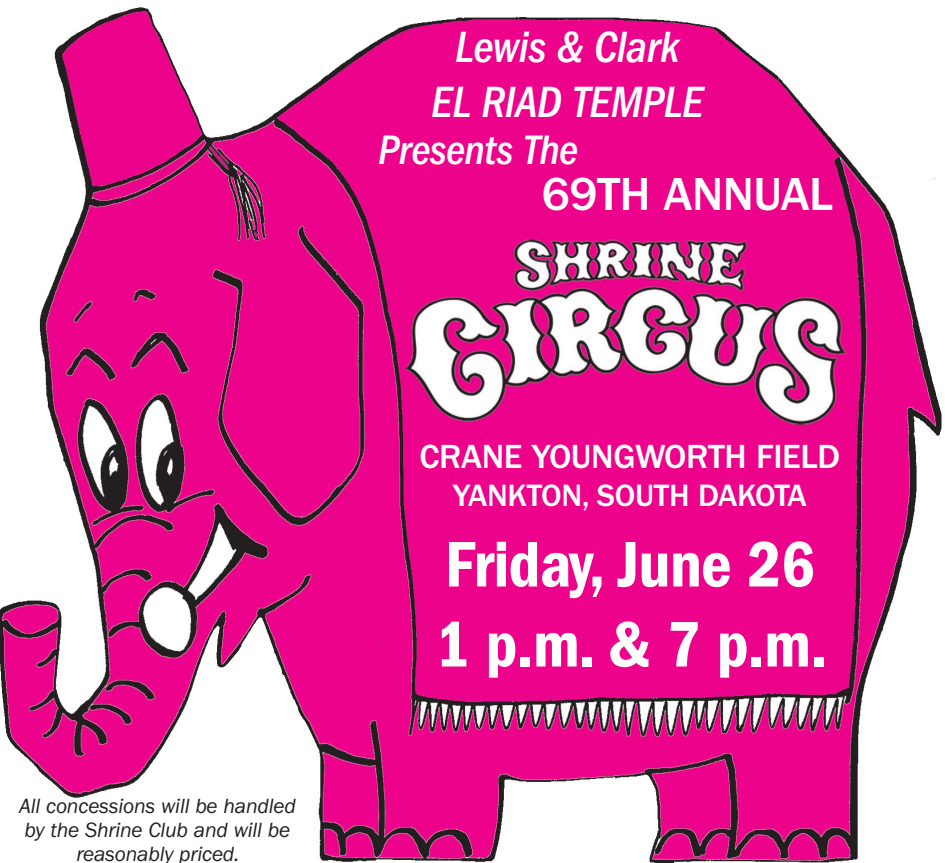
Meaningful memorialization starts when loved ones talk about what matters most: memories made, lessons learned and how they hope to be remembered.

Visit our preplanning page on our website to download an informational brochure and workbook to have the *Talk of a Lifetime* today. It can make the difference of a lifetime.



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CREMATION SERVICE

Yankton  
605-665-3644  
[www.wintzrayfuneralhome.com](http://www.wintzrayfuneralhome.com)



All concessions will be handled  
by the Shrine Club and will be  
reasonably priced.

### BIRTHS

#### BEXXLEY GARVEY

Cody and Erica Garvey of Yankton announce the birth of their daughter Bexxley Jo Garvey, born May 20, 2015, at 7:01 a.m. weighing 7 pounds, 7 ounces and measuring 20 3/4 inches in length.

Her grandparents are Tim and Deanna Garvey of Yankton, and Randy and Sue Stanley of Groton.

Her great-grandparents are Lorraine Garvey of Yankton, and Shirley Jahraus of Aberdeen.

#### PHOENIX MURPHY

Mark and Lindsay Murphy of Yankton announce the birth of their son Phoenix Alan Murphy, born June 11, 2015, at 7:03 p.m. and weighing 6 pounds, 15 ounces and is 21 inches long.

He joins his sibling Irelyn (2) and grandparents, Alan (Corky) and Gail Livingston and Charles and Carolyn Murphy both from Yankton.

Great-grandparents are Ray and Mary Lou Livingston of Yankton.