

# 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.

## 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 #217**, 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

# Summer Driving Tips From AAA

**SIOUX FALLS** — A little advance planning for road trips can save time and trouble on down the highway. Here are some tips from AAA.

### FLUIDS ARE KEY

- Check the engine oil level. And get an oil change if needed.
- With the engine warm and running, check the automatic transmission fluid level. Top it off if needed. Be careful not to overfill.
- Check the coolant level in the overflow tank and top off as needed with a 50-50 mix of antifreeze/coolant and water. If the engine is cool, check the level in the radiator as well. If the radiator is not completely full, have the cooling system checked by a professional. Never remove the radiator cap when the engine is hot.
- Brake fluid does not require topping off provided the level is between the full and low marks on the reservoir. A fluid level near or below the low marking could signal worn brakes or a leak in the system. Have the system inspected by a professional.

### SEE AND BE SEEN

- Replace windshield wipers that leave streaks or don't clear the glass with a single swipe.
- Make sure all vehicle lights, including headlights, taillights, brake lights and turn signals are functioning properly.
- Top off the windshield washer fluid reservoir with an appropriate cleaning solvent.

### CHECK FOR WEAR AND TEAR

- Ensure the battery cables are securely attached and the terminals are free of corrosion.
- With the engine off and cool, check the drive belts. Replace any that are cracked, glazed or frayed. Check belts that don't have an automatic tensioner for proper tension; there should be no more than one-half inch deflection when the belt is pressed midway between two pulleys.
- Check the radiator and heater hoses for visible wear, soft spots or bulges, and look for leaks around clamps and the water pump.

### THOSE ALL-IMPORTANT TIRES

- Check and adjust tire pressures to the vehicle manufacturer's recommended settings — check your owner's manual or door jamb for these numbers, and don't forget the spare, if you have one.

Inspect the tire sidewalls for bulges, and check the tread for excessive or uneven wear that indicates the need for wheel alignment and/or tire replacement.

- For maximum life, rotate your tires at the mileage interval specified in your owner's manual. Note that some vehicles use differently-sized tires front and rear that cannot be rotated.

### KNOW WHERE YOU'RE GOING

- Get up-to-date, accurate maps and routing information before leaving home.
- Share your travel itinerary with friends and family.
- Leave a few lights on and perhaps a radio inside your home.
- Stop newspaper and mail delivery.
- Budget for fuel. Find current state-by-state and city-by-city gas price averages at FuelGaugeReport.AAA.com.

### PACK SMART

- A few basics to have on board during road trips include a small first aid kit, your vehicle owner's manual, a flashlight, a tire pressure gauge, jumper cables, paper towels, extra water and snacks.
- Always keep a fully-charged cell phone with you so you can call for help in case of a breakdown. Carrying a car charger for your cell phone is also a good idea.
- Download the free AAA Mobile app for iPhone, iPad and Android. The app lets users check current gas prices along their route, book AAA-approved hotels and find AAA-approved restaurants, check AAA discounts, call for AAA roadside assistance, find a AAA Approved Auto Repair shop, learn about points of interest, access maps and get turn-by-turn directions. Learn more at AAA.com/mobile.
- Check your vehicle's payload capacity, that is, the maximum combined weight of all cargo and passengers that can safely be carried. You can typically find this figure on a sticker attached to the driver's door of the vehicle.
- Limit any load on top of your vehicle to a maximum of 18 feet in height and no more than 100 pounds.
- Do not overload the trunk or rear cargo compartment. Items in a vehicle's open cargo area or on the roof should be properly secured to prevent shifting of the load.
- Don't wreck your summer road trip. For more information, visit AAA.com.

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

The use of hookahs — pipes that bubble tobacco smoke through water before you puff — doubled among middle- and high-schoolers in just one year. Now it's on par with cigarette use in school-age kids, a troubling new Centers for Disease Control and Prevention report reveals. Fueling the craze: peer pressure, of course, plus the dangerous myth that these exotic pipes are harmless.

The truth: Hookahs are dangerous. Research shows that they deliver 100 times more lung-clogging tar, four times more nicotine — tobacco's most addictive chemical — and 11 times more heart-threatening carbon monoxide than one cigarette. Hookah-users also are exposed to high levels of carcinogens, including benzene and acrolein, according to researchers from the University of California San Francisco.

These scientists are leading the way in uncovering hookahs' hidden health risks. In one remarkable study, they convinced 55 hookah users to abstain for a week. They then analyzed their urine the morning after they spent one evening in the hookah bar of their choice. In this real-world study, smokers' nicotine levels increased 73-fold after their hookah night, and levels of cancer-causing compounds increased 41 to 93 percent! But surveys show that teens mistakenly believe that the water in these pipes filters out the toxins in tobacco smoke. Truth is, these water pipes may make the smoke less irritating, but that just encourages users to smoke more!

Typically shared with several others, a hookah user sucks in the smoke through a mouthpiece and tube attached to a pipe. A session may last a



Dr. Mehmet Oz and Dr. Michael Roizen

half-hour to an hour or longer, leading to inhaling as much smoke as you'd get from up to 100 cigarettes (that's five packs), the World Health Organization warns. The charcoal used to keep the tobacco burning also poses substantial health risks.

The manufacturing and marketing of hookah tobacco (and the charcoal) currently is not regulated by the Food and Drug Administration. That leaves the door open for sales of flavored hookah tobaccos — also called shisha, narghile and hubble-bubble — that are especially attractive to young users. We agree with experts who are calling on the FDA to approve a pending rule to regulate these and other new tobacco products. We also want to see more states and communities close legal loopholes that allow hookah bars, lounges and cafes to open their doors to underage smokers. Until that happens, here's what you should know about this dangerous new craze:

Hookahs can hook you on tobacco for life. At this point, 9 percent of teens say they smoke cigarettes, and an equal number say they've used a hookah at least once in the past month! And 13 percent "vape" or puff on electronic

cigarettes. We've warned you about those before. But a recent Dartmouth College School of Medicine survey of 1,050 young smokers, age 15-23, found that within two years, 39 percent who had smoked a hookah had graduated to cigarettes. The young and impressionable get hooked at a more than 30 percent rate.

Share a pipe, and you're sharing disease-causing germs. Sharing saliva means sharing herpes or the flu. Health groups warn that hookahs may even spread chronic diseases such as hepatitis and tuberculosis, as well as acute infections!

Hookah smoke contains an alarming variety of harmful chemicals. Yes, hookah smoking is an ancient tradition. It dates back at least 600 years. And so does the falsehood that it's a healthy way to smoke. There's nothing healthy or natural about it. We mentioned a bunch of the risks already. Others toxins in the smoke include heavy metals, formaldehyde and a nasty radioactive compound called "Po." Short for polonium-210, this radioactive stuff concentrates in the delicate airways of the lungs and can cause its way throughout the body, causing genetic damage, and early and premature aging. Not a good situation!

Don't use e-cigs, snus or other "alternative tobacco products," either. Plenty of the same risks are present in those, too. Say no to Big Tobacco by steering clear of them all.

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](http://www.sharecare.com).

© 2015 MICHAEL ROIZEN, M.D.  
AND MEHMET OZ, M.D.

# New Tool Monitors Dams, Keeps Communities Safe

LINCOLN, Neb. — Agriculture Secretary Tom Vilsack has announced the availability of DamWatch, a new web-based application that provides real-time monitoring of rainfall, snowmelt, stream flow and seismic events that could pose potential threats to dam safety.

"We're using the newest tools and technologies to our advantage," Vilsack said. "This tool provides a 'one-stop' source for accessing critical documents, databases, onsite electronic monitoring devices and geospatial information. The intent is to help keep the public safe and protect infrastructure."

Through a secure interactive web interface, DamWatch will help watershed project sponsors monitor and manage dams that were built with assistance from USDA's Natural Resources Conservation Service (NRCS). By monitoring these structures, project sponsors — which in Nebraska are typically Natural Resources Districts — can better prevent and protect against hazardous, costly and potentially catastrophic events.

Tim Haakenstad, state engineer with NRCS in Nebraska says, "The DamWatch alert system will be an excellent tool for Natural Resource Districts (NRD) to prioritize post rainfall event inspections

of dams. DamWatch also can be accessed by the NRDs to provide valuable information about the structure such as previous site inspection records, 'as built' plans and photos of the dam. During a disaster event, pinpointing areas of highest potential for damage is critical to get people and resources where they are needed quickly and DamWatch will help NRDs and others get this done."

DamWatch offers project sponsors an effective way to manage watershed projects. It alerts personnel via email, fax or text message when dams experience one or more potentially hazardous conditions, resulting in the coordinated deployment of personnel and resources at the right time and place. Although NRCS personnel may elect to receive DamWatch alerts, the project sponsor is responsible for monitoring the dams and notifying authorities during an emergency. NRCS may be available to assist the project sponsor at the sponsor's request.

During record rainfalls last month in Nebraska, Oklahoma, Texas, Kansas, Missouri and other parts of the central plains, nearly 1,000 DamWatch alerts helped NRCS personnel focus their response efforts. NRCS personnel assisted project sponsors in reviewing the condi-

tion of hundreds of dams throughout the region.

In Nebraska, 735 structures are being monitored by DamWatch. When a large amount of rainfall occurs in an area where these structures occur, DamWatch triggers an alert that is sent to the local sponsor and NRCS staff. The information contained in the DamWatch alert will help local officials determine what action to take in monitoring and maintaining the structure.

According to NRCS, it is important these watershed structures continue being maintained. These structures benefit over 1.6 million acres in Nebraska. Benefits include significant savings in soil erosion, water conservation, road and bridge damage reduction, wetland/upland wildlife habitat creation and most importantly, saved lives and property. The total benefits to Nebraska exceed \$37 million each year, according to NRCS.

DamWatch, which was developed for NRCS by USEngineering Solutions Corporation, is currently monitoring nearly 12,000 dams across the country. For more information about the watershed program visit [www.nrcs.usda.gov/](http://www.nrcs.usda.gov/) or a local USDA service center.

## BIRTHDAYS

### ELDORA HANSEN



Hansen

Eldora Hansen celebrated her 90th birthday on June 20. Well-wishes may be sent to 106 W 7th St., Freeman, 57029.

### MARY SCHOENBERGER



Schoenberger

Mary Ann Schoenberger is turning 80 on July 6. Still always on the go, she is the youngest 80 year old we know! You can send a card to 2010 Elm Street, Yankton, SD 57078.

### WALTER NETH



Neth

Walter (Wally) Neth of Menno will celebrate his 80th birthday on Sunday, June 18, 2015. A card shower is requested by his family. Send your greetings to: P.O. Box 402, Menno, SD 57045.

## RTEC Sets Dates for Welding, CTE and 'Just for Fun' Classes!

### AWS Certification/Upgrade Welding Classes:

Applications are currently being accepted for RTEC's AWS Certification/Upgrade Welding course set to begin on **July 14, 2015**. It will be a 48-hour night class held from 4-8 p.m. on Tuesdays and Thursdays through Aug. 20, 2015. Cost is \$1,400 plus tax. Contact RTEC to enroll today.

### Welding Basics Class:

The Welding Basics class scheduled to begin **July 13, 2015**, is filling up fast. Applications are being accepted for this introductory 48-hour course which will be held from 4-8 p.m. on Mondays and Wednesdays through Aug. 19, 2015. Cost is \$1,400 plus tax. Contact RTEC at (605) 668-5700 for more information today!

### Coiled Creations "Just for Fun" Class:

Learn how to create a trendy, yet practical bowl/container that you can use to display small keepsakes, hold keys, beautify a flower pot or to organize items that might otherwise lead to clutter. Class runs from 5:30-7 p.m. on Monday, **July 13, 2015**. Cost is \$26.50. Bring a bowl/container that is 8-10 inches in diameter to be used to create the shape. Modge podge, rope and brushes provided.

### Jute-iful Baskets "Just for Fun" Class:

Have you been searching for the perfect decorative basket to organize things in your kitchen, bathroom, bedroom or den? Can't find the right style, size or color? Create your own during this Jute-iful Baskets class at RTEC. It will run from 5:30-8 p.m. on Thursday, **July 16, 2015**. Bring a scissors and either yarn or crochet thread in the accent color of your choice. Cost is \$26.50. Sign up today!

### Friday CTE Academy - Computer Aided Drafting (CAD):

Students enrolled in grades 11 & 12 at Avon, Bon Homme, Gayville-Volin and Irene-Wakonda school districts for the Fall 2015 semester are invited to participate in the Friday Career and Technical Education (CTE) Academy CAD Solidworks class. It will be held on Fridays at RTEC from 10 a.m. to 1 p.m. Completers receive high school credit and may be eligible for credit from Mitchell Technical Institute, if approved. Contact RTEC for complete details!

### Friday CTE Academy - Welding:

Students enrolled in grades 11 & 12 at Avon, Bon Homme, Gayville-Volin and Irene-Wakonda school districts for the Fall 2015 semester are invited to participate in this Friday Career and Technical Education (CTE) Academy welding class. It will be held on Fridays at RTEC from 1:30-4:30 p.m. Completers receive high school credit and are eligible for 1.5 credits from Mitchell Technical Institute.

Please contact RTEC for more information today!



1200 W. 21st St.  
Yankton, SD 57078  
(605) 668-5700  
[www.rtecedu.org](http://www.rtecedu.org)  
Like RTEC on Facebook!

Your  
News!  
The Press and Dakotan