

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
Quilting, 9:30 a.m.-3 p.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
Divorce Care, 7 p.m., Calvary Baptist Church
Divorce Care For Kids, 7 p.m., Calvary Baptist Church
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

FIRST MONDAY

Yankton Republican Party Executive Meeting, 5:30 p.m., 2507 Fox Run Parkway, 605-260-1605
Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Heartland Humane Society Board Meeting, 6:30 p.m., 601 1/2 Burleigh
Yankton Parks Advisory Board Meeting, 5:30 p.m., RTEC, 1200 W. 21st Street

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
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.
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

FIRST TUESDAY

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
Quilting, 10 a.m.-3 p.m., 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

SECOND WEDNESDAY

Partnership Bridge, 1 p.m., The Center, 605-665-4685
Antique Auto Club, 7 p.m., The Center, 605-665-4685

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
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

5 Ways To Not Mess Up Blood Sugar

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



OZ AND ROIZEN
Dr. Mehmet Oz and Dr. Michael Roizen

With the diabetes epidemic picking up steam — 1.6 million new cases are diagnosed in the U.S. each year. Some say that by 2020, half of all Americans could have diabetes or prediabetes — you want to make sure you're not part of that statistic.

So listen up! We talk with people every day who have taken charge of their health and seen astounding benefits. They're happier, have more energy, do better at work and have a more satisfying home life, better sex and more fun. And we've said this before and we'll say it again: You, too, have the power to get and stay healthy!

Starting with one or two smart choices every day (no red meat; walk for 30 minutes) and believing in yourself (I can do this!) can be transformative. Then add the following simple and effective ways to make sure your blood sugar levels stay in a healthy range (before eating, 70-100 mg/dL); when they are elevated, that signals prediabetes or diabetes. And keep your eye on the prize: a much younger RealAge!

No. 1: Aim for seven to eight hours of quality sleep per night. Regular readers know our drill for natural, delicious sleep: No caffeine after noon. Exercise daily, but not within about four hours of bedtime. Create a routine that tells your body and mind it's time to wind down: a warm shower, cozy pj's, some stretching (and/or intimacy), light reading and then lights out. Make your bedroom cool, dark and stress-free (ban work and bill-paying, late-night TV and Internet-surfing).

This matters, says a recent report from Harvard Medical School, because getting less than

six hours of shuteye per day dulls the insulin-producing cells in your pancreas, and less insulin (insulin converts blood glucose into energy) means higher blood sugar levels.

Lack of sleep can slow your metabolism and translate into a 10-to-12-pound weight gain per year, another diabetes risk. And it only takes four low-sleep nights to make your body ignore insulin's "Hey you, absorb blood sugar!" signals. A recent University of Chicago report points out just four to five hours of sleep per night cuts insulin sensitivity by 16 percent to 30 percent! And just one more sleeplessness glitch: Tired fat cells stop absorbing excess blood fats, which raises your heart disease risk, too.

No. 2: Learn to manage stress. Chronic tension pumps up stress hormone levels in your bloodstream, which contributes to insulin resistance. This raises blood sugar levels and inflammation — two diabetes triggers. Reversing

this storm feels great. Calm, quiet breathing routines such as mindful meditation and progressive muscle relaxation are proven ways to reduce blood sugar levels.

No. 3: Dig into greens. Munching just one and a half servings of leafy greens per day can cut your risk for diabetes by 14 percent. Why? The fiber compounds are inflammation-cooling; they come with a booster shot of minerals and a smidge of good fats. A serving is just one cup of uncooked greens or 1/2 cup of cooked. So, say yes to salads; tuck lettuce into your sandwich, have a side of spinach, kale, bok choy, mustard or turnip greens at dinnertime — they all count!

No. 4: Know the foods that lower your diabetes risk (and say no to those that don't). A daily hot dog or serving of sausage, bacon or bologna could raise your diabetes risk by 51 percent! But a daily dose of whole grains lowers your risk 21 percent; nuts reduce your risk 19 percent; and low-fat dairy lowers it by 17 percent.

No. 5: Add strength training. If you're already walking for 30 minutes a day, pat yourself on the back. Now turn more muscles into sugar-burning machines: Strength train twice a week. Your body's biggest consumers of blood sugar are muscle cells. We tend to lose muscle as we rack up birthdays, but we can reverse that trend with a safe, simple strength-training routine (find one at realage.com). Your muscles will keep your RealAge younger as they consume their favorite fuel — blood sugar.

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, visit sharecare.com.

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BIRTHS

NORAH BERTSCH

Abbie Schaap Bertsch and Matt Bertsch announce the birth of their daughter, Norah Rhea, born April 6, 2013, in Yankton. She weighed 7 pounds, 15 ounces.

Grandparents are Randy and Nancy Schaap, Yankton, and Ken and Marsha Bertsch, Yankton.

Great-grandparents are Ray and Doris Schaap of Beresford and Clinton Wetrosky of Beresford.

ADRIAN WRIGHT

Erika Wright and Andrew Carter announce the birth of Adrian Ed-

ward Wright, who was born at 4:20 p.m. on April 22. He was 6 pounds, 3 ounces and was 19 inches long.

Grandparents are Brenda Haneklaus and Virgil Wright, and Wendy and Jerry Jungemann.

Great-grandparents are Karen and Roger Girard, and Evelyn Girard.

SYDNEY KAYE BERTSCH

Mason and Sarah Bertsch of O'Fallon, Mo., announce the birth of Sydney Kaye Bertsch, born April 26, 2013, in O'Fallon. She weighed 7 pounds, 13 ounces.

Grandparents are Ken and Mar-

sha Bertsch, Yankton, and Russell and Mary Ann Nauert, O'Fallon.

JALEN KUDERA

Jeremy and Jennifer Kudera of Yankton announce the birth of their son, Jalen Joseph, born March 14, 2013, at 6:59 p.m. He weighed 7 pounds, 3 ounces.

He joins siblings: Jackson, 3; and Jordyn 2.

Grandparents are Steve and Ruth Recker of Paulina, Iowa; Marilyn Kudera of Dell Rapids; and Steve and Rachel Kudera of Albuquerque, N.M.

RYKER JOHN FLEMMING

Kristi Flemming (Slama) and Denis Flemming of Watertown announce the birth of their son, Ryker John Flemming, born March 9, 2013 weighing 5 pounds, 12.5 ounces.

Ryker joins siblings Jordan, 6, and Alexys, 1.

Grandparents are John and Margie Slama of Tyndall and Vince and Shirley Flemming of Florence.

Great-grandparent is Betty Slama of Tabor.

BIRTHDAYS

LORINE SCHWARZ

Lorine Schwarz will be celebrating her 83rd birthday on May 6. Her family is requesting a card shower to honor her. Please send cards to Lorine at 2304 Laurel St., Tyndall, S.D. 57066.



Schwarz

ALDINE MAYER

Aldine Mayer of Gayville will celebrate her 85th birthday on May 9. Her family wishes she will be showered with cards and happiness at P. O. Box 183, Gayville, SD 57031.



Mayer

MARGARET MELBY

Please join us for a 100th birthday celebration honoring Margaret Melby. It will be Sunday, May 12, 2013, from 2-4 p.m. at St. Agnes Church, 416 Walker St., Vermillion.



Melby

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SAC To Offer Free Demonstrations

The Summit Activities Center will be offering free demonstrations on all weight and fitness equipment for both adult and youth ages 12-14 years. The demonstrations will be conducted by Summit Activities Center weight and fitness staff and are open to all SAC members.

A youth weight and fitness demonstration will be held at 11 a.m. Saturday, May 11. Youth participants, ages 12-14 years, that complete the class will be allowed to use the weight and fitness area at the SAC. Parents of youth participants are required to attend.

An adult weight and fitness demonstration will be held at 11 a.m. Saturday, May 25.

To sign up for the class or request further information, call 668-5234 or stop by the Summit Activities Center at 1801 Summit Street. Remember to follow the Yankton Parks and Recreation Department on Facebook.

112 W. 3rd, Downtown Yankton
665-1045
1-800-246-1045
We Accept Medicaid
Assignments (SD & NE)

ProCenter is excited to offer the hard-of-hearing individual a new breakthrough in hearing instrumentation technology called the *PRO*. This technology knows the direction of speech affording the client to hear speech in front of him/her in noise. It is truly one-of-a-kind on the market.



"Love these Hearing Aids. BEST ever and all works, TV & Phone."
text message from Tim S.

May is better hearing month. . . Call today and make an appointment for your free hearing exam and demonstration of the new PRO technology. Special pricing during May and always a FREE trial period is included.

Walk-Ins Welcome!

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Survivors Sign Up Now! www.relayforlife.org - search for event: Yankton, SD - select Yankton's Relay For Life then you can sign up to walk the Survivor Lap. You can select Survivor/non-then member or you can sign up on a team and mark that you are a survivor.

It's not too late! You can still be involved with this year's American Cancer Society's **Relay For Life of Yankton Area on June 28 & 29, 2013:**

Start a Team... Get some people together - sign up online at Relayforlife.org - Raise some funds - then come and walk!

Be on the committee... we are always looking for great ideas and people to make them happen, please contact one of those listed below.

Help at the event... we are always in need of helping hands to setup and take down luminaries, signs, sites, water stations, etc.

Sponsorship... support the event with one of the many levels of sponsorship - contact us for more information.

Support the many teams fundraising from now until the event... car washes, rummage sales, 5k run, flowers, vendor fairs, bake sales, and the list goes on.

Buy a raffle ticket! We have a great list of prizes!

Contact us today! Check Us Out On...
Darla Gullikson at 668-8850
Lindsey Holmquest at 1.800.227.2345
Carla Hummel at 668-8104

This message is proudly brought to you by the... **PRESS&DAKOTAN**

FREE Skin Cancer Screening
Tuesday, May 7th, 1pm-4pm

Yankton Medical Clinic®, P.C. Dermatologist, James Young, D.O., will be offering a free skin cancer screening clinic on May 7th. No appointment is necessary. Patients will be seen on a first come, first serve basis. Limit of 50 patients. Upon arrival at the Clinic please check in at Section N receptionist, upstairs in the expansion.

*For screening purposes. If further tests are needed, standard charges will be applied.

YANKTON MEDICAL CLINIC®, P.C.
1104 West 8th Street • Yankton, SD 57078 • 605-665-7841
www.YanktonMedicalClinic.com