

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
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.

THIRD MONDAY

Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.
Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.
Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209 Cedar 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.

THIRD 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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
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 Pavillion, 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
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut. Yankton. (605) 660-5612.
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

THIRD THURSDAY

HSC Friendship Club, 5 p.m., May: Donna's, Wymot, Neb. 605-665-5956.
Catholic Daughters (Court Willard 967), 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, 509 Capitol, Yankton, 605-665-4485. (September through June).

BIRTHDAYS

LINDA BEZUG

Linda Bezug will be celebrating her 104th birthday on May 22. Greetings may be sent to Menno Olivet Care Center, 402 S. Pine St., Menno, SD 57045.



Bezug

ELAINE NIELSEN

Elaine Nielsen will be celebrating her 80th birthday on Thursday May 21st. The family is requesting a card shower.



Nielsen

Cards may be sent to 900 Walnut St. Yankton, S.D. 57078.

VIOLA STOEBNER

Viola Stoebner will celebrate her 90th birthday on Saturday, May 23, from 1:30-3:30 p.m. at the Tripp Fire Hall, Main Street, Tripp, S.D. No gifts please. Cards may be sent to Box 441, Tripp, S.D. 57376.



Stoebner

Create A Healthier TV Habit

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

King Features Syndicate, Inc.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

What boosts your risk for heart disease, diabetes and cancer, and could shorten your life by five years? Your TV. Current research is showing that watching too much is a major health hazard. In one new study, binge-watching boosted the risk for metabolic syndrome (some combo of excess body fat, high blood sugar levels, increased blood pressure and abnormal cholesterol/triglyceride levels) by a whopping 30 percent!

But we're not going to scold you, tell you to shut it off or advise you to toss your new flat-screen out the window. Because if you're like us, you enjoy TV — whether its sports (Dr. Mike faithfully tunes in for Cleveland Cavaliers' away games), Sunday-morning news shows with your favorite pundits or Dr. Oz's daily dose of life-changing health info. But what if you're way over the top with TV time?

The average American watches five to seven hours of TV per day. A Danish study of 1.1 million people (and they bike a lot) observed that sitting just two hours a day increased risk for diabetes by 20 percent, for heart disease by 15 percent and for an early death by 13 percent. Next up, according to the landmark Australian Diabetes, Obesity and Lifestyle study that's tracking the health and habits of 11,000 adults, six hours of daily TV could shorten your life by five years. And prolonged TV time raised colon cancer risk by 54 percent in a major German study.

TV is dangerous because long periods of sitting mess with your metabolism, interfering with your body's

ability to burn fat and sugar for energy. If you snack while you sit, you're piling on calories and pounds, too. And if you trade an hour or two of sleep to catch late-night TV, you're creating a sleep deficit that boosts risk for obesity and diabetes.

Build a healthy TV habit with these steps:

Move while you watch. Bring your exercise bike, treadmill or other favorite piece of exercise equipment into the same room with your TV. Stow your hand weights, exercise bands and an exercise mat there, too. Then plan to stay active while you watch. You could work out during commercials or continuously. Just make a rule: You can keep watching only if you keep moving. That's what Dr. Mike does, and it works.

The good news: TV can help you stick with exercise — and may be better than going to the gym. In a recent University of North Carolina study, people who watched videos while they listened to music (kind of like the experience you have watching TV) said their routine felt easier than those who just stared at a wall while exercising. The

longer the workout, the easier it felt. And in other research, exercisers who could watch their favorite TV shows were the least likely to drop out of a 14-week exercise program. People were more likely to give up if they couldn't choose their own shows (the way it is at many gyms — and we know how few people really go after they sign up and pay for the facility).

Pick something funny. Love to snack while you watch a movie? Grab veggies ... and a comedy. In recent research from Cornell University's Food and Brand Lab, people who watched the tragedy "Solaris" ate 55 percent more popcorn than those who saw the comedy "My Big Fat Greek Wedding." And those who viewed the sappy "Love Story" ate 28 percent more popcorn than those watching the funny movie "Sweet Home Alabama." A comedy also could motivate you to exercise. In a recent Netflix poll of 1,000 viewers, 36 percent said they preferred working out while watching shows that made them laugh.

Watch something healthy ... especially if you love TV recipes. Don't feast your eyes on big-calorie foodie-food shows. For a good supply of healthy recipes, check out "The Dr. Oz Show" for daily food ideas that taste as good as they look!

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.

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'Spellebrate For A Cause'



SUBMITTED PHOTO

Those who attended "Spellebrate for a Good Cause" appeared to have a very good time. The spirit of competition was high, but everyone took time to be warm and friendly to their fellow players. Highlight of the games was a car hood painted to look like a Scrabble™ Game. Letters were magnetic and could be used to spell out different words on the "board." The wooden tiles, attached by magnets, were larger than the ones played by participants. Associate Warden, Rebecca Scheiffer from the Mike Durphy State Prison at Springfield, donated the unusual game. Winners were named at the end of three rounds of play. Carol Borchard won first prize, with JoAnn Bartlett taking second, and Michael Carlson took third. Pictured are the winners (in front of the "board" from Mike Durphy State Prison): Michael Carlson, third place; Carol Brochard, first place; JoAnn Bartlett, second place.

Strong Growth in Memorial Day Travel Predicted

SIoux FALLS — AAA projects a surprising 4.9 percent increase in the number of South Dakotans who will hit the highway over the long Memorial Day holiday weekend this year compared to last year.

"Gas prices have been rising lately but they're still more than \$1 below where they were one year ago," said Marilyn Buskohl, spokeswoman for AAA South Dakota. "Cheaper fuel is helping coax more South Dakotans off their couches and into their cars — in fact, we're saying we should see the highest number of state and U.S. travelers for Memorial Day weekend in ten years."

Overall, AAA predicts 115,300 South Dakotans will travel 50 miles from home over the holiday, 4.1 percent more than last year. Air travel will be up 2 percent and auto travel up by 4.9 percent. How-

ever, travel by other means (rail, boat, bus or inter-modal) will decline by 4 percent.

Nationwide, AAA expects 37.2 million Americans will journey from home over Memorial Day, a 4.7 percent increase from the 35.5 million people who traveled last year. Kicking off the summer driving season, 33 million travelers will be driving to their destinations. AAA defines this year's Memorial Day holiday travel period as running from May 21 to May 25.

Highlights from AAA's 2015 Memorial Day Travel Forecast:

- Most drivers will likely pay the lowest Memorial Day gas prices in at least five years. Today's South Dakota average price for self-serve regular gas is \$2.53, \$1.02 lower than the average price for Memorial Day last year. The nationwide average today is \$2.66, \$1.01 below the average one year ago.
- The 4.7 percent increase over Memorial Day 2014 is the highest forecast growth rate for any of the holidays tracked by AAA since Independence Day 2012.
- More than 88 percent of travelers (33 million) will travel by automobile, an increase of 5.3 percent over last Memorial Day.

Got News?
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New Construction
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Adult Summer Reading At Library Set

"Escape The Ordinary" is the theme of the Yankton Community Library's 2015 Adult Summer Reading Program. There are new programs on the calendar as well as a few popular programs from the past.

The summer kicks off with a "Big Bang Theory" Trivia Night on Tuesday, June 2, at 6:30 p.m. Register as a team of two or as an individual and we will pair you with another person that evening. Come in a "Big Bang Theory"-related costume and earn an instant reward. Prizes will be awarded throughout the game. There is no cost for this program but all participants must pre-register by May 30.

On June 9, at 6:30 p.m., Arthur L. Rusch, author of "County Capitols: The Courthouses of South Dakota," will talk about how he researched and wrote his book, using a PowerPoint presentation depicting historical courthouses throughout the state.

A special feature of the adult program is a reading Tic-Tac-Toe card. Each time you read a book from specially chosen categories, you can record the book on the card. When you've filled your card, you will receive a prize and be entered into our grand prize giveaway.

The 2015 Summer Reading Program is open to all adults with programs, prizes, and special events. The adult program begins on June 1 and runs through July 31.

Registration is now open and reading begins on June 1. Register and pick up your reading card and our calendar of events at the circulation desk. For more information, call the library at 668-5276.

YANKTON AREA RELAY FOR LIFE

JUNE 26-27, 2015 • RIVERSIDE PARK

SURVIVOR'S LAP • 6:00PM

4:30 - 5:30PM Survivor Registration • 5:00 - 5:30PM Survivor Celebration/Meal • 5:45PM Group Survivors Pictures

SURVIVOR REGISTRATION

Name _____ Gender M/F _____
 Phone _____ Email Address _____
 Date of Birth (optional) _____ Month and Year of Diagnosis _____
 Type of Cancer _____ T-Shirt Size (circle): YM, YL, S, M, L, XL, 2XL, 3XL, 4XL
 Signature _____

* I am interested in hearing more about patient-related programs/services of the American Cancer Society. Yes/No
 * Please contact me about volunteer opportunities with the American Cancer Society. Yes/No
 * Please send me information about donating to the American Cancer Society. Yes/No

Please send registration form by Friday, June 12th to:
 Avera Cancer Institute Yankton - Attn. Darla Gullikson, 1115 W 9th St., Yankton, SD 57078
 Survivor Registration form can also be completed on the Yankton Relay For Life website at www.relayforlife.org/yanktonSD (click on Survivors & Caregivers) by June 12th to ensure t-shirt size.