

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
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
Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

FIRST MONDAY

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
Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685
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.
Explore the Bible, 10:30 a.m., The Center, 605-665-4685
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
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
SHINE, 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

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Wii Bowling, 9:30 a.m., The Center, 605-665-4685
Quilting, 9:30 a.m.-3 p.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

NAMI Education Classes To Be Offered

The fall session of the Nation Alliance on Mental Illness (NAMI) Family to Family Education program will begin Tuesday, Sept. 16.

The program will require pre-registration by Sept. 10, to ensure there are enough student manuals on hand.

Classes start at 6:30 p.m. and end at 9 p.m. for each of the 12 class meetings. Meetings will be held at the Yankton Chamber of Commerce located at 803 E. 4th St. Building is across from Clark's Rentals.

The 12-session programs helps families and caregivers of people living with a mental illness to understand the illness' causes and origins, how to communicate when the illness is not well-controlled, self-advocacy and other topics.

The sessions cover major brain disorders such as schizophrenia/schizo-affective disorder, major depression, bipolar disorder, OCD, PTSD, borderline personality disorder and co-occurring mental illness and addiction disorders. It will include aspects of the diagnostic process, current treatments, seeking help, and coping strategies.

Research in the arena of mental illness is ongoing, and it is one of NAMI's many goals to keep up with the latest of discoveries and treatment protocols, which will be reflected in the course discussion and materials.

Each participant will receive a student notebook with about 250 pages. There are no costs to attend this program.

If interested, call Mike at 605-661-4434 to register by Sept. 10.

Library Conducts Online Survey

Now through Sept. 13, the Yankton Community Library is conducting an online survey to find out how our patrons use the library's computers and Internet connection and how this service has made a positive impact on their lives.

This information will help the library improve its technology services and communicate the value of providing free access to computers and the Internet within the community. The Impact Survey is anonymous, available in English and Spanish, and takes 10-15 minutes to complete.

The Impact Survey is the result of a successful research initiative from the University of Washington with support from the Bill & Melinda Gates Foundation and is coordinated by the University of Washington Information School. For more information about the Impact Survey, inquire at the library information desk.

You can support the library by accessing the web survey from the library computers or from the library website, <http://www.cityofyankton.org/yankton/library/index.php>, through Sept. 13.

Sneeze-Busting Strategies For A Monster Pollen Season

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

Tired of sneezing, congestion and itchy, watery, red eyes? This year, seasonal allergies just won't quit. First came the Pollen Vortex, last spring's double-header release of tree and grass pollen that created tissue-clutching misery for millions. Now pollen counters from Texas and Minnesota to New Jersey are warning that ragweed, the nondescript roadside plant that makes one in four Americans sneeze, is emerging ahead of schedule across the nation.

A single ragweed plant can release up to one million pollen grains a day; a prolific plant can hurl one billion into the air during ragweed season, which lasts until the first frost. Ragweed pollen grains are tiny microscopic spheres covered with sharp points. Inhaled, they wreak macro-havoc for millions of people, and they're tough to dodge. This light, dry pollen can breeze along for distances up to 400 miles! And ragweed's having a big year. Because of this summer's unusually cool temperatures, ragweed flowered earlier than usual, while global warming trends have pushed fall frost dates further back into the year. According to the U.S. Environmental Protection Agency, ragweed season is projected to be up to four weeks longer than usual. And that's nothing to sneeze at. (Well, yes it is!)

But don't grab that antihistamine yet. We said it was tough – but not impossible – to avoid the pollen that triggers your symptoms. Avoidance is your first line of defense, so try these steps:

- Know when pollen's at its worst. In general, daytime pollen levels are highest between 10 a.m. and 5 p.m., especially when it's dry, warm and breezy. Knowing the pollen count for your area



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

keeps you a step ahead of the sneezes.

- For detailed, local, pollen forecast information, check out these reliable online sources and smartphone apps: The National Allergy Bureau (www.aaaai.org; search for "pollen"); weather.com's PollenCast; and accuweather.com.

- Exercise indoors when pollen levels are high. At home, dust off the treadmill or take the exercise bike for a spin. You also can hit the gym or walk the mall on days when the air outdoors is full of pollen. Outdoor allergies are no reason to skip your daily workout.

- Stop pollen at the door. Ragweed pollen (those spiked, airborne sneeze-balls) stage home invasions by clinging to your clothes, shoes, hair, skin and even your pet's fur. Change clothes when you come indoors. Take a shower and wash your hair. Wipe down or brush off any outdoor pets before letting them inside.

- Condition your air. Running the AC on recirculate filters up to 90 percent of pollen from the air.

- Don't forget your eyes. When pollen counts soar, wear sunglasses to protect your eyes. Pick a pair with large or wrap-around lenses for best protec-

tion. If you have to mow the lawn and do gardening, take along a pollen mask, too.

- Use your car as pollen shelter. To filter the air either hit the AC or just recirculate if there's a chill outside. Now you're getting somewhere.

- Write yourself a stress-less Rx. Allergies not only cause anxiety, they can amplify any stressful situation, say researchers from Ohio State University. In one study, they noted how allergic reactions boosted the number of stressful flare-ups volunteers experienced. In another, people with seasonal allergies had reactions that were 75 percent stronger when they were tense. Practicing a stress-management technique, whether it's progressive muscle relaxation, yoga or mindful meditation, will help.

If the "allergen avoidance" steps above aren't enough, work with your doctor/allergist to pinpoint triggers. The standard method is the skin prick test. Allergies in spring often are caused by tree pollen; grass pollen is a top cause of summer allergies; and late summer and fall allergies often are caused by weed pollen, but it can be tough to pinpoint your exact allergies. Year-round sneezing may be caused by mold spores or indoor allergens such as dust mites. Don't sit around and self-diagnose. Get a test, get some relief and then come back and read this again.

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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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AND MEHMET OZ, M.D.

Yankton

Pennington's Grave To Be Marked

Amanda Pennington died in 1884 in a frontier land far from her home and two small graves. She and her husband John lost two of their five children in Alabama before they headed to Dakota Territory when he was named territorial governor in 1874.

The Penningtons started a new life in Yankton, raising their three surviving children while John became immersed in controversial issues like gold in the Black Hills, development of the railroads and establishing counties and cities.

They built a big brick house and several smaller houses at 3rd and Pearl in downtown Yankton. When John left the governorship, he also constructed a commercial structure on Third Street and started a weekly newspaper.

But Amanda grew ill and died in the winter of 1884. She was just 47. "She conversed freely with her husband and children up to within a few hours of her death, expressing willingness to go and her unswerving confidence in blessed immortality," according to the obituary in the *Yankton Press & Dakotian*. "The few intimate friends present were deeply moved by her perfect resignation and her



COURTESY PHOTO

The unmarked grave of Amanda Pennington, wife of territorial Gov. John Pennington, will receive a marker this Wednesday at her resting place in the Yankton Cemetery.

expressions of hope for the life to come."

A final wish was that she be buried beside the two little children who'd preceded her in death. The family had bought six plots in the Yankton Cemetery, and she was

buried there. But no marker was put up, probably because her husband intended to respect his wife's wishes and eventually return the body to Alabama.

Survey Shows SD Child Immunization Rates Up

PIERRE — A national survey finds more South Dakota preschoolers are getting immunized for pertussis, polio, rotavirus and other vaccine-preventable diseases according to the recommended schedule.

"Any increase in immunization coverage rates is good news but there is still work to be done, particularly with vaccines such as rotavirus that are recommended but not required for school entry," said Dr. Lon Kightlinger, state epidemiologist for the Department of Health. "We also need to focus on increasing rates for older children."

The 2013 National Immunization survey found the following vaccine coverage rates:

- diphtheria, tetanus, pertussis — 86.5 percent (79.2 percent in 2012);
- polio — 93.4 percent (93.0 percent in 2012);
- measles, mumps, rubella — 93.1 percent (93.3 percent in 2012);
- Hib — 84.7 percent (78.4 percent in 2012);
- Hepatitis B — 92.1 percent (92.2 percent in 2012);
- Varicella — 92.5 percent (92.6 percent in 2012);
- Pneumococcal — 83.6 percent (79.3 percent in 2012);

- Hepatitis A — 55.4 percent (45.3 percent in 2012);
- Rotavirus — 68.7 percent (59.5 percent in 2012).

Kightlinger noted that 78 of the 265 South Dakota clinics that give early childhood vaccines had rates at or above the 90 percent coverage goal for the diphtheria-tetanus-pertussis series while 58 clinics had rates below 70 percent.

He encouraged parents to watch the Sept. 10 episode of "Nova," the popular PBS science series. Vaccines — Calling the Shots, will explore how and why vaccines work, concerns and misconceptions about them, and the risks of deciding to forego immunizations. More information about the program can be found at www.pbs.org/wgbh/nova/body/vaccines-calling-shots.html/. "Vaccinating their children is an important decision for parents and questions are completely understandable," said Kightlinger. "Talk to your child's doctor, watch this program, seek the best available evidence to make decisions about how to protect your children."

Find out more about immunizations and the recommended schedule at doh.sd.gov/.

LUNCH & LEARN

Treating Pain Where It Hurts

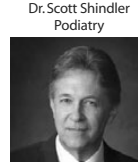
Medicated Topical Creams

—Keynote Speakers:

Dr. Scott Shindler & Dr. Don Swift II

Do You Have:

- Heel Pain
- Shoulder Pain
- Muscle Pain
- Joint Pain
- Back Pain
- Arthritis
- Migraines



Safe and effective way to manage your pain with minimal side effects.

DermaTran representatives will be available to answer any questions.

Thursday, September 11
Noon to 1:00pm

Minerva's, 1607 E. Hwy. 50, Yankton, SD

LEWIS & CLARK Specialty Hospital

Join us for a light lunch provided by Lewis & Clark Specialty Hospital
RSVP to 664-5300
by Monday, September 8

Lewis & Clark Specialty Hospital
2601 Fox Run Pkwy., Yankton
lewisandclarkspecialty.com

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