

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.

FOURTH MONDAY

NARFE (National Active and Retired Federal Employees Association) Chapter 1053, 10 a.m. at The Center, 900 Whiting Drive.

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

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

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

BIRTHS

BROOKLYNN MELLEME

Eric and Sarah Mellem of Volin announce the birth of their daughter, Brooklynn Faith Mellem, born Aug. 8, 2013, at 1:48 p.m. She weighed 7 pounds, 5 ounces and was 20 inches long.

She joins siblings Megan, 9; Kaitlynn, 7; and Jeffery 4. Grandparents are Jim and Ida Lefort; the late Jeffery Christensen; Paul and Julie Mellem. Great-Grandparent is Gladys Lien.

BIRTHDAYS

GLADYS BERGSTROM

Gladys Nysveen Bergstrom will be celebrating her 105th birthday on Aug. 31, 2013. Cards may be sent to Pioneer Memorial Nursing Home, 315 N. Washington Street, Viborg, SD 57070.



Bergstrom

ANNA MARIE HEGGE

Anna Marie Hegge will celebrate her 90th birthday August 20th 2013. Her family is requesting a card shower for her.



Hegge

Please send greeting to: Anna Marie Hegge Room 221 2111 West 11th Street Yankton SD 57078

JANET VYBORNÝ

Janet Vyborný, Utica, will be celebrating her 80th birthday on August 25, 2013. Her family requests a card shower in her honor, greetings may be sent to her at 43284 304th St., Utica, S.D. 57067 or call her at 605-364-7447



Vyborný

AGNES WILLIAMS

Agnes Williams, Delmont, will celebrate her 100th birthday at an open house on Sunday, Sept. 1, 2013, from 2-4 p.m. at the Delmont Steakhouse and Lounge. Agnes was born Sept. 8, 1913. Greetings may be sent to her at 300 N Dobson St. Tripp, S.D. 57376. No gifts, please.



Williams

EDNA WINCKLER

The family of Edna Winckler request a card shower in honor of her 90th birthday, Sept. 3, 2013. Cards and well wishes may be sent to Edna Winckler at 2015 Green St., Apt. #135, Yankton, SD 57078



Winckler

Here's Some Milk News That'll Shake You Up

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

King Features Syndicate, Inc.

Got dairy? Pouring a tall, cool glass of milk for healthy bones and better blood pressure has been the "good nutrition" rule for decades. But given the new research that is emerging, it's not something we can enthusiastically recommend anymore. As more scientific studies question cow milk's long-famous benefits and expose potential problems that eating dairy products may trigger, we want to tell you what we think about the new findings: We believe the evidence is troubling, but not conclusive. So here's our advice on the smart way to get some dairy into your diet — and how to get the bulk of nutrients it offers from other sources.

THE NEW CASE AGAINST MILK

- Milk is packed with natural sugars. Even reduced-fat milk may add fuel to the childhood obesity epidemic. One cup of 2 percent milk has 3 teaspoons' worth, more than the added sugars in a chocolate-covered peanut butter cup.
- Essential for strong bones? Maybe not. You do need calcium, along with magnesium, potassium and vitamins D and K, to build and maintain strong bones and protect yourself from late-life fractures that lower quality of life and lead to premature death. Milk's got all three minerals plus D, but it's not the only source. And while there's evidence that it can bolster bone density, there's also some research that indicates milk might not protect against fractures. That could knock out one big reason you drink milk.
- There's a suggestion of raised cancer risk. Some studies associate high levels of lactose, the amount of milk



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

sugar you consume from drinking three glasses a day, with a higher risk of ovarian cancer. And two preliminary studies have found that milk may increase levels of insulin-like growth factor, which can fuel the growth of cancer cells, and milk protein may increase cancer risk. However, these two studies' findings have not been duplicated.

HOW TO DO DAIRY TODAY

No. 1: Skip whole milk and other high-fat dairy products. You don't need all that saturated fat. It clogs arteries and raises inflammation levels, which puts you at risk for heart disease, diabetes and a host of other health problems. Instead, go with nonfat dairy. It can be rich and satisfying; just check out Greek yogurt! And limit your intake to two glasses of low or nonfat milk a day.

No. 2: Sidestep milk if you're lactose intolerant. If milk or other dairy foods leave you feeling crampy, gassy and bloated, and/or gives you diarrhea, you may lack the enzyme that breaks down the sugar in milk. It's a more common problem among people of Asian,

African, Native American and Hispanic descent, the elderly and premature babies. Skip milk, or if for some reason you can't, take pills or drops that break down the lactose for you.

No. 3: Don't skimp on calcium. We recommend 1,200 mg a day. It's fine to get up to 600 mg from a supplement (choose one that also provides vitamin D and magnesium). Get the rest from food. That could be two servings of low-fat or fat-free milk or one and a half servings of high-calcium, fat-free plain yogurt.

But why not widen your calcium horizons? Cooked greens, dried beans, canned salmon, calcium-set tofu and almonds are all good sources. Easy calcium boost: Keep frozen spinach or collard greens on hand. One cooked cup of either delivers a whopping 291-357 mg of calcium, on par with a glass of milk. One cup of white beans, edamame (green soy beans) or black-eyed peas delivers around 200 mg. A cup of whole almonds delivers 378 mg calcium — slightly more than a cup of milk — but don't gobble more than 15 at a time. One cup is loaded with 529 calories and 45 g fat (1 cup of milk has 146 calories and 8 g fat).

No. 4: Round up the rest of the bone-building team. Calcium doesn't work alone. Be sure to get 1,000 mg of vitamin D-3 daily. Then eat plenty of produce to get your fill of magnesium, potassium and vitamin K.

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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South Dakota State Fair

4-H Skill-A-Thon Set Aug. 31

BROOKINGS — As 4-H continues to prepare youth for the future, a new format called "skill-a-thons" is being incorporated into local and state 4-H contests. Skill-a-thons feature several stations focused on different topic areas and allow youth to demonstrate their knowledge, skills and abilities.

South Dakota 4-H Youth Program Director Peter Nielson explains that there are two reasons South Dakota is transitioning many of its contests to the skill-a-thon format. Foremost is the educational value they offer. "Skill-a-thons give youth an opportunity to develop and display a cross-section of knowledge as opposed to only ranking a class of four objects."

For example, a livestock skill-a-thon may feature stations with activities related to animal handling, nutrition, quality assurance and genetics to give individuals a broader industry knowledge.

The second reason South Dakota is transitioning to more skill-a-thon formats is to mirror similar contest changes on the national level. With these contests in place in South Dakota, youth teams at the senior level will be eligible to qualify and compete in skill-a-thon competitions on the national level.

The state horticulture contest has already transitioned to the skill-a-thon

format. It now includes judging of horticulture classes and reasons, combined with plant identification and a written test.

Last year, skill-a-thons in beef, sheep and swine were also offered for 4-H and FFA youth during the South Dakota State Fair. This year those contests will continue and a goat skill-a-thon has been added to the livestock offering.

The visual arts and photography contests will be merged into one skill-a-thon focused on visual and technology components and implemented in 2014. Additionally, in static judging a Consumer Decision Making contest will replace the family consumer science judging contest for the first time at the 2013 South Dakota State Fair. Topics will include nutrition, clothing, textiles, personal care, personal finance and entertainment and leisure. Senior contestants will also give oral reasons.

Upcoming Skill-A-Thons include:
• State Fair Skill-A-Thon Aug. 30-31: The South Dakota State Fair will host four separate Skill-a-thons: Beef, Sheep, Swine, and new to 2013 Goat.

Aug. 30 the Swine Skill-a-thon will be from 9 a.m. to 1 p.m. CDT and Sheep Skill-a-thon 4 p.m. to 8 p.m. CDT; Aug. 31 will be the Beef Skill-a-thon from 1 p.m. to 5 p.m. CDT and the Goat Skill-a-thon will run from 5 p.m. to 8 p.m. CDT. The new Goat Skill-a-thon will expose youth to both the meat and dairy production

sides of the goat project.

• State Fair Premier Exhibitor Program: In addition to the Livestock Skill-a-thons at State Fair, 4-H youth, ages 11 to 18, that are exhibiting beef, sheep, or swine may enter the Premier Exhibitor Program.

Participants in this contest will practice their decision making and communication skills by competing in four events: Industry Interview, Skill-a-thon, Production and Management Quiz, and Showmanship.

A panel of judges, representing the South Dakota beef, sheep, or swine industry, will ask a few short questions during the industry interview and score youth on accuracy of their answers and overall presentation skills.

Contact your local 4-H Youth Program Advisor to register for Premier Exhibitor.

• Western Junior Show Skill-A-Thon Finally, the Western Junior Show Oct. 9-12 in Rapid City will be adding a Livestock Skill-a-thon to its schedule for any youth to participate.

For a full list of rules and suggested study resources to help youth prepare for the Livestock Skill-a-thons this summer, reference the South Dakota State Fair 4-H Division Handbook.

If you have any other questions about the Premier Exhibitor or Skill-a-thons, contact SDSU Extension 4-H Youth Livestock Field Specialist Megan Nielson, megan.nielson@sdsstate.edu/.

USDA Offers Grants To Assist Rural Communities With Energy Costs

WASHINGTON — Acting Under Secretary for Rural Development Doug O'Brien announced that the U.S. Department of Agriculture (USDA) is accepting applications for grants to assist communities with extremely high energy costs.

USDA Rural Development is making available up to \$7.7 million in High Energy Cost Grants to assist communities where home energy expenditures exceed 275 percent of the national average. Grant awards range from \$50,000 to \$3 million.

The agency is also making available up to \$1 million in bulk fuel grants to state entities to establish a revolving loan fund to provide a more cost-effective means of purchasing fuel that cannot be shipped by road or rail. Eligible areas include places

where fuel delivery by surface transportation is not practical or is prohibitively expensive and where the area primarily depends on delivery by water or air.

Funds may be used to acquire, construct, extend, upgrade or otherwise improve energy generation, transmission or distribution facilities and to establish fuel transport systems that are less expensive than road and rail.

Applications are due Sept. 3. For additional information, see page 46908 of the Aug. 2, 2013 Federal Register at <http://www.gpo.gov/fdsys/pkg/FR-2013-08-02/html/2013-18689.htm>, or visit the Rural Utilities Service website at:

http://www.rurdev.usda.gov/UEP_Our_Grant_Programs.html/.

Eligible applicants include, states, local governments, businesses, federally-recognized Indian Tribes and Tribal entities, and other entities organized under state law.

According to O'Brien, this announcement is another reminder of the importance of USDA programs for rural America. A comprehensive new Food, Farm and Jobs Bill would further expand the rural economy — and he said that's just one reason why Congress must get a comprehensive Food, Farm and Jobs Bill done as soon as possible.

Labor Day Deadlines

The Yankton Daily Press & Dakotan will be closed Monday, September 2, for the Labor Day holiday.

The following deadlines will apply:

Out On The Town..... Noon, Wednesday, August 28
Tuesday, September 3 newspaper..... 5 p.m., Wednesday, August 28
Wednesday, September 4 newspaper..... 5 p.m., Thursday, August 29
Thursday, September 5 newspaper..... 5 p.m., Friday, August 30

There will be no newspaper on Monday, September 2, 2013

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SD-13-P-12

Thursday – Dollar Doubles

Double Load Washing \$1.00

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KD Laundry

3rd & Broadway, Yankton • 6:30am-10pm