

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.

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, ASHH, 605-668-8000 ext. 456
Yankton School Board Meeting, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Yankton Area Writers Club, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582
Tri-State Old Iron Association Meeting, 7 p.m., JoDeans Restaurant, 605-665-9785.
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
YHS Booster Club Meeting, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

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

SECOND TUESDAY

Alzheimer's Care Givers Support Group, 5 p.m., The Center, 605-665-4685. (NOTE: This group in on temporary hold until further notice.)
VFW Auxiliary, 7:30 p.m., 209 Cedar Street

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
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
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

BIRTHDAYS

LORRAINE AASE

An open house to celebrate Lorraine Aase's 80th Birthday will be held on Saturday, Aug. 16, from 1-4 p.m. at Vangen Lutheran Church in Mission Hill. Please come and celebrate.



Aase

LOUIS VELLEK

Louis Vellek of Scotland will celebrate his 90th birthday on Aug. 16, 2014 with an open house from 1-4:30 p.m. at the Tyndall Community Center. This even is hosted by his daughter and friends and relatives are invited to come.



Vellek

DORIS SEES

A 90th birthday celebration open house for Doris Sees will be held at Broom Tree Lodge at the Youth Camp at 2-4 p.m. Sunday, Aug. 17. The camp is located 1 3/4 mile south on 446th Avenue off Highway 46. Your presence is your gift.

BIRTHS

ANDERS ENGBRETSON

Alan and Emily (Freng) Engbretson of Omaha, Nebraska announce the birth of a son, Anders Floyd Engbretson, born July 25, 2014, at St. Elizabeth Medical Center in Lincoln, Nebraska. He weighed 8 pounds and was 20 inches long.

He joins a brother, Everett Alan, 23 months
 Grandparents are Mark and Sue Freng of Yankton, and Brian and Nancy Engbretson of Yankton
 Great-grandparents are the late Floyd and Luella

Freng of Yankton; Kathleen and the late Richard Gorsett of Onalaska, Wisconsin; Harlow and Annette Lundquist of Garretson; Gordy Engbretson of Garretson; and Doris and the late Andrew Klug of St. Helena, Nebraska.

KINLEIGH REISNER

Colin and Amanda Reisner of Tyndall announce the birth of their daughter, Kinleigh Marie, born August 2, 2014 at 1:51 p.m. She weighed seven pounds, 13 ounces and was 20 3/4 inches long.
 She joins siblings Hailey,

Hidden Saturated-Fat Traps

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

King Features Syndicate, Inc.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Think you've figured out how to reduce your saturated fat intake and dodge the serious health risks that come from eating this cancer- and inflammation-promoting lipid? Take another look at your plate! Even if you're avoiding red meat, whole dairy, goosy cheese, crunchy bacon, tropical oils and creamy butter, you're likely munching more health-threatening, brain-fogging sat fat than you think. There are lots of sat-fat traps out there that you may not be aware of. Here are our top five.

SAT-FAT TRAP NO. 1: Cakes, cookies, muffins and biscuits. After cheese and pizza, flour-based desserts are the third-largest source of saturated fat in the American diet. Instead, enjoy your favorite fruit; try juicy peaches, sweet berries, flavorful mangoes and pineapples.

SAT-FAT TRAP NO. 2: Chicken. North Americans eat lots of fried chicken with skin (think Buffalo wings), and this sheer quantity, plus fatty cooking styles, bumps chicken ahead of hot dogs or burgers as your No. 1 sat-fat source! Keep chicken lean by keeping it out of the fryer; skipping the skin saves a couple of fat grams, too.

SAT-FAT TRAP NO. 3: Pasta dishes. We get more sat fat from creamy, cheesy or meaty sauces than from butter. One-fourth cup of Alfredo sauce can pack more than 15 grams of sat fat. Swap such sauces for veggie-filled ones, seasoned with garlic, fresh basil and oregano.

SAT-FAT TRAP NO. 4: Condiments. Just a scoop, shake or dip seems so harmless. But 1 tablespoon of mayo has 1.5 g sat fat, and there's probably at least 2 tablespoons of mayo in your

chicken salad sandwich. Then you shake that bottle of salad dressing, and out comes 3 tablespoons of creamy blue cheese with 16.5 g sat fat. And dipping that chip into tasty tzatziki sauce? Two tablespoons delivers 2.5 g sat fat.

SAT-FAT TRAP NO. 5: Processed foods and restaurant meals. From frozen break-fast entrees with a day's worth of sat fat to sandwiches, appetizers and oversized entrees packed with enough fat for two or three people, prepared foods are major fat traps — and major agers. Go for grilled fish or chicken, fresh veggies, whole grains and fruit at home and when you eat out. Why are we so adamant that eating saturated fat is one of the most serious health-damaging, RealAge-upping, nutritional mistakes you can make? Because despite all the recent hoopla about how it isn't that bad for you, new studies keep coming out that demonstrate just how much damage it can do.

—Saturated fat fuels bodywide inflammation. By flipping molecular switches, saturated fat increases inflammation. And inflammation boosts cancer risk and heart disease, and interferes with the body's ability to respond to insulin, boosting your risk for diabetes.

—Saturated fat encourages overweight and obesity. People with a genetic risk for packing on extra pounds are more likely to become overweight if they eat saturated fat, says a new Tufts University study of around 2,800 people. Saturated fat may do its dirty work by interfering with the brain's ability to pick up "I'm full" signals, so you keep eating, even though you've had plenty.

—Saturated fat adds body fat to all the wrong places. There's new evidence that saturated-fat-fueled weight gain builds up deposits of body fat in and around your abdomen and liver. By adding to these so-called visceral fat stores, saturated fat increases risk for heart disease, diabetes and other health problems.

—Saturated fat may weaken immunity. There are battalions of immune-system cells that patrol the body using special sensors to ID invading bacteria, so other parts of the immune system can mount an attack. But an overload of saturated fat seems to confuse this early warning system.

—Saturated fat may increase risk for common types of breast cancer. High-fat diets, particularly those full of saturated fat, boost odds for estrogen receptor-positive and progesterone receptor-positive breast cancer, says a recent Italian study of more than 300,000 women.

So get that sat fat off your plate; you'll feel better, dodge those health hazards and have a younger RealAge.

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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SCHOLASTICS

SOUTH DAKOTA STATE UNIVERSITY

BROOKINGS — The following students were candidates for graduation after the Spring 2014 session at South Dakota State University.

The names of honor graduates are marked with an asterisk (*) designate graduation with Cum Laude, two asterisks (**) Magna Cum Laude and three asterisks (***) Summa Cum Laude.

Justin Cunningham, Bloomfield, Neb. — Doctor of Pharmacy/Graduate School

Dana Merkel, Crofton, Neb. — Doctor of Pharmacy/Graduate School

Matthew Peitz*, Crofton, Neb. — Bachelor of Science/Arts and Sciences

Tyler Steffen, Crofton, Neb. — Bachelor of Science/Agriculture & Biological Sciences

Rachel Steffen, Crofton, Neb. — Bachelor of Science/Agriculture & Biological Sciences

Matthew Schempp, Alcester — Bachelor of Science/Arts and Sciences

Kelsey Hento, Avon — Bachelor of Arts/Arts and Sciences

Misty Tolsma, Avon — Bachelor of Science in Nursing/Nursing

Crystal Carnes*, Beresford — Bachelor of Science in Nursing/Nursing

Brian Limoges, Beresford — Bachelor of Science/Engineering

Kevin Myrmo, Beresford — Bachelor of Science/Engineering

Joshua Oakley, Dakota Dunes — Bachelor of Science/Agriculture & Biological Sciences

Andrew Krcil***, Dante — Bachelor of Science/Agriculture & Biological Sciences

ADOPTIONS

EMMA BUSBY

With long awaited joy, Jon and Kelli Busby of Belton, Miss., proudly announce the adoption of Emma Lucille Busby on June 8, 2014.

Emma was born An Xin Yu in Guangzhou, China, on June 15, 2011.

Grandparents are Nancy and Jerry Busby of Yankton and Barb and Ken Blackmore of Alma, Miss.

Great-grandmother is Lucille Wysuph of Yankton.

12, Madison, 10, Irelyn, 7 and Liam, 19 months.

Grandparents are Donna and Ron Zimmerman of Tyndall, David Winter of Parkston, Stephen Christie of Gresham, Nebraska, and Dale and Denise Reisner of Yankton.

Great-grandparents are Darell and Cora Mae Winter of Parkston, Anna Mae and Don Zimmerman of Tyndall and Alyce and Gary Coffin of Newburgh, Indiana.

Great-great grandparent is Margie Coffin of Columbus, Nebraska.

Announcing... **Yankton Citywide Rummage**

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- Your ad will also appear on-line at www.yankton.net
- Garage Sale Kit: 2 Yard Signs with Balloons

DEADLINE: 5PM, SEPT. 5TH

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