

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.
Bingo, 7-9 p.m., Yankton Moose Lodge, 310 Walnut (through summer)

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
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
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

P&D Seeks Military Tribute Submissions

The *Press & Dakotan* is paying tribute to the military in its annual Heritage edition, coming out in September.

As part of the effort, we are asking for submitted items from our readers by Monday, July 29.

We are seeking first-hand accounts and photos of military experiences. The special edition will cover a wide variety of stories from different eras, from World War II to the present.

Submitted articles should not exceed 800 words in length.

We welcome a broad range of contributions. Areas of interest include family military history, Native American and women's military stories, and life on the homefront during wartime, just to name a few.

Of particular interest are photos from our readers reflecting both the war and home fronts.

For more information or to submit contributions, email kelly.hertz@yankton.net or call 665-7811 or (800) 743-2968, Extension 110. Submissions can also be mailed to Editor Kelly Hertz at 319 Walnut Street, Yankton SD 57078.

BIRTHDAYS

ETHEL REIFF

The family of Ethel Reiff invites you to attend an open house for her 80th birthday, Saturday, July 6th from 2-4 p.m. at First Presbyterian Church Fellowship Hall, Avon, SD. No gifts please.



Reiff

SYLVIA NICHOLSON

For a great lady because she's 80! There will be an open house for Sylvia Nicholson on Saturday, July 6, 2013 from 1-4 p.m. at 906 3rd Street, Springfield, SD. No gifts please.

YOU'RE NEWS!
The Press & Dakotan

It's the first of the month...

JULY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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HEATING & COOLING

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Meet Your Red Meat Alternatives

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

King Features Syndicate

Hey, New Orleans, hold the short ribs! Kansas City, cancel that T-bone! St. Louis, send back the sirloin. These beef-loving towns earned berths on Sharecare.com's newly released list of Top Red-Meat-Eating Cities for 2013. Men and women share their meaty enthusiasm in the Big Easy, but in Kansas City and Memphis, Tenn., women chow down more — and it may age them by accelerating wrinkling. In St. Louis and Columbus, Ohio, men are the supercarnivores and may lose potency — red meat promotes impotence!

How much meat are they downing? The biggest red-meat eaters have four (women) to six (men) servings a day — five to eight pounds a week! Red meat (beef, as well as pork and other red types) is a big source of saturated fat, which can raise levels of heart-threatening LDL cholesterol, reduce your body's ability to process blood glucose and increase your risk for diabetes, colon cancer and an earlier death. And new reports say that it contributes to a buildup in the blood of a substance called TMAO that triggers bodywide inflammation and promotes heart disease — all good reasons to opt for omega-3-rich salmon or ocean trout and skinless poultry. While Dr. Mike recommends that you eliminate red meat from your diet completely, if that's not gonna happen, aim for no more than one 3-ounce serving a week.

In fact, you're in luck. Just in time for grilling season, we're here to help everyone in Meat-Loving Land discover mouthwatering summer flavors that avoid (the best choice) or reduce (better than nothing) red meat's health dangers.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

Look for grass-fed meat. It has more omega-3 fatty acids than grain-fed types, along with other healthy nutrients that help prevent and control heart disease, cancer risk, high blood pressure, osteoporosis and more. Choose lean cuts like eye round and bottom round; serve them sliced thin. And remember: One serving is 3 ounces, the size of a deck of cards.

Skip processed and cured types. Sodium and nitrite preservatives in bacon, lunchmeats, ham and sausage raise blood pressure, interfere with healthy blood sugar and make arteries less flexible.

Toss something juicy on the grill. Go for skinless, fat-trimmed chicken or turkey. Or grill fish (grilled salmon is one of Dr. Mike's favorites). But don't overchar — and ALWAYS marinate your meat or fish in a nonfat marinade before introducing it to a flame. That cuts down on the carcinogenic chemicals that form when meat is browned. Heterocyclic amines (HCA) form when heat causes a reaction between protein and creatine in muscle meats; fat dripping onto flame sends polycyclic aromatic hydrocarbons (PAHs) back up in the

smoke to coat the food (they're linked to aging of your stomach).

Make a little meat go a long way. Instead of grilling steaks, how about kebabs? You'll use half to a quarter of the meat when you tuck onion chunks, mushrooms, colorful pepper slices (red, yellow, green), cherry tomatoes and zucchini rounds in between pieces of meat. Or grill up lean, grass-fed cuts and serve with other add-ins for make-your-own fajitas. We flip for whole-grain tortillas, guacamole, beans and grilled veggies. Who needs the meat, really?

Opt for meat substitutes. Soy crumbles, available in the refrigerator case at the supermarket, give chili, sloppy joes and spaghetti sauce the same meaty texture, minus the meat. Crumbles soak up flavor from whatever you cook them in, and that lets your culinary creativity shine through.

Find your favorite un-beef burger. Use ground turkey (white meat, without skin) or salmon burgers in place of ground beef. Or try out the many varieties of veggie burgers to see which one pleases you and your family. Some look, taste and have the texture of a beef burger. Others deliver Tex-Mex or even Indian spice medleys. Still others let their veggie flag fly — with visible grains and beans in each patty. Top yours with all the fixin's (lettuce, tomato, whole-grain bun, a dollop of ketchup and mustard) to tickle your taste buds.

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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Garden Grants Awarded From SDSU Extension

BROOKINGS — Twenty-five educational garden programs across the state were awarded vegetable and flower seed packets from the SDSU Extension Seed Bank this spring.

Seeds were donated by individuals, clubs and businesses across the state to assist youth and adult programs that are utilizing a garden to provide education. SDSU Extension is storing the seeds and coordinating the seed bank effort.

Projects that received seed included gardens for schools, learning centers, daycares, 4-H clubs or other non-profit groups, where the

produce will be used as part of the program or freely shared with those in need in the community. The awarded projects include a formal educational program with at least 15 participants.

This year's awardees include the United Church of Christ/Garden of Eden Project, Yankton

The Seed Bank will again be available in 2014, with applications opening in mid-January. If individuals are interested in donating seeds packaged for the 2014 growing season, contact Chris Zdorovtsov, SDSU Extension Community Development Field Specialist at 605-782-3290

or Christina.Zdorovtsov@sd-state.edu. Unopened seed packets less than one year old are preferred.

12 YOUTH SCHOOL GARDEN MINI GRANTS

Twelve youth and school gardens received funding this spring to launch or enhance garden programs across the state. The Community and Family Extension Leaders provided funding for the \$125 mini-grants.

SDSU Extension and the South Dakota 4-H Foundation administer the funds which support these projects. The gardens can use the funds to

purchase seeds, plants or small garden equipment or utilize the award to purchase programming materials.

Garden programs must have an SDSU extension partner, such as a Master Gardner, a county 4-H Youth Program Advisor, or FNP/EFNEP assistant. They must provide programming to a school-age group, K-12, incorporate hands-on learning experiences for a 4-12 week period, and incorporate plant science and nutrition education topics.

This year's awardees include the Marty Boys Girls Club, Lake Andes.

Labor And Regulation Secretary Issues Report

PIERRE — Gov. Dennis Daugaard has received a report from Secretary Pam Roberts, head of the South Dakota Department of Labor and Regulation, on the state Division of Insurance (DOI). Earlier this month the governor had requested a review of the division's investigative procedures for consumer complaints on long term care insurance providers. After reviewing the report, Gov. Daugaard has accepted the recommendations and directed that they be implemented.

"I thank Secretary Roberts and the division for their efforts," said Gov. Daugaard. "The Division of Insurance has the difficult task of balancing consumer protec-

tion and business needs. While perfect equilibrium will never be possible, implementing these recommendations will increase the balance between the division's priorities."

Recommendations from the report include increasing oversight from supervisors and the secretary, enhancing communication between DOI staff members, establishing an informal settlement process, setting new timelines and posting completed market conduct examination reports on the department's website.

Some of the proposed changes would require legislation.

Under existing law, the division can suspend, revoke or refuse to renew a license

until fines are paid, but cannot independently fine insurers or agents without their consent.

"Once DOI has revoked a license, they no longer have leverage over a licensee to ensure future compliance with South Dakota law and regulations," Roberts says in the report. "Consumers are then left with insurance con-

tracts that are still in force with an insurance company DOI no longer has authority to regulate."

Roberts will draft legislation for the governor to consider introducing in 2014 to allow the division to independently fine companies and order restitution to consumers.

Don't Drink And Drive During Holiday

The Fourth of July is a time to celebrate your freedom, not lose it. Make this special holiday a blast — not a bust. If you choose to drink and drive this Fourth of July, you will get caught.

The South Dakota Highway Patrol Motor Carrier Services wants you to have a safe holiday. Make sure you have a sober ride home.

Independence Day Deadlines

The following deadlines will apply:

Friday, July 5th newspaper	5 p.m., Monday, July 1st
Saturday, July 6th newspaper	5 p.m., Tuesday, July 2nd
Monday, July 8th newspaper	5 p.m., Tuesday, July 2nd
Tuesday, July 9th newspaper	5 p.m., Wednesday, July 3rd
Out On The Town (July 9th & 11th)	5 p.m., Wednesday, July 3rd

We will be closed Thursday, July 4th, for the Independence Day holiday.

There will be no newspaper that day.

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