

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.

SECOND MONDAY

Yankton School Board, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Tri-State Old Iron Association, 7 p.m., JoDeans Restaurant, 605-665-9785.
Yankton Area Writers Club, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
NAMI, 7 p.m., Avera Professional Pavilion, Room No. 2, Yankton. 605-661-3043.

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.

SECOND TUESDAY

Caregiver Dementia Support Group, 4 p.m., The Center, 900 Whiting Drive, Yankton.
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
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
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 Pavilion, 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
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 605-665-3738
Yankton Area Banquet, 6-7 p.m., United Church of Christ, Fifth and Walnut

THIRD THURSDAY

HSC Friendship Club, 5 p.m., July: Backroad Bar BQ (formerly Bruno's), South Yankton, 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).

USDA Seeks Applications

WASHINGTON — Agriculture Secretary Tom Vilsack has announced that USDA is accepting applications for loans and grants to support business expansion, create jobs and increase economic opportunities in rural communities.

"Small businesses are the engine that drives job creation and investment capital coupled with business savvy provide the spark that gets that engine running" Vilsack said.

Funding is being provided through USDA's Rural Micro-entrepreneur Assistance Program (RMAP). The 2014 Farm Bill reauthorized the program through 2018. For Fiscal Year 2015, more than \$16 million is

available in loans and grants.

Details about how to apply for this are on page 35299 of the June 19 Federal Register. Application forms may be obtained from any USDA Rural Development State Office.

RMAP provides loans and grants to Microenterprise Development Organizations (MDOs) to help microentrepreneurs — very small businesses with 10 or fewer employees — access capital to start or grow businesses. MDOs use the funds to provide training and technical assistance to small businesses or to establish revolving loan funds that provide micro-loans, typically \$5,000 to \$50,000, to rural microentrepreneurs.

BIRTHS

AMARILLIS DAVIS

Jamie Maule and Arturo Davis of Crofton, Nebraska, announce the birth of their daughter Amarillis Storm Davis, born on June 7, 2015, at 5:24 a.m. weighing 8 pounds 12 ounces and measuring 21 inches in length.

She has a 2-year-old sibling named Dreux Maule.

Her grandparents are Brian and LoRitta Maule of Ft. Worth, Texas, and Mark and Bonnie Davis of Vermillion.

Her great-grandparents are Marjorie Campbell of Santee, Nebraska, and Dean and Linda Maule of Bloomfield, Nebraska.

BIRTHDAYS



Marlene Nebola

MARLENE NEBOLA

Please join us in the celebration of Marlene Nebola's 80th birthday at an open house hosted by her family on Saturday, Aug. 1, from 2-4 p.m., at the Yankton Senior Center,

900 Whiting Drive, Yankton. Birthday celebrations can also be sent to her at Marlene Nebola, 2604 Pine Street, Yankton, SD 57078.

GARY GROVES

The family of Gary Groves would like to announce his 80th birthday. Family and friends are invited to an 80th Birthday Open House celebrating Gary on Saturday, July 18, at the Yankton Elks Lodge (504 W. 27th St) from 2-4 p.m. Please no gifts. Cards may be sent to 215 Catalina, Vermillion, SD 57069.

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

Summer's hottest food trend: Weird-o veggies and fruit, from wrinkled heirloom tomatoes and strangely shaped carrots to gnarly Jerusalem artichokes. They're turning up in farmers' markets and local grocery stores, providing a nourishing flood of nutrients, fiber and healthy phytochemicals.

We hope the increasing availability of these exotic-looking foods will help you learn to accept the not just "supposed-to-be-weird" varieties, but the less-than-perfect fresh fruits and veggies supermarket chains now throw away because consumers mistakenly think there's something wrong with them.

We've gotten so used to overly managed produce (it looks like it's had plastic surgery!) that we shy away from unmanicured pieces. We throw away carrot-topping greens, broccoli stems and oranges that are less than perfectly round and evenly colored because we've been taught they have no value.

Not so fast! Eating fresh "ugly produce" and its nasty bits fuels the good-guy bacteria in your digestive system, and that's a big deal. Those bacteria help promote a strong immune system, a healthy weight and comfy digestion, and might protect against depression, diabetes and even aging. Those unattractive parts are loaded with digestible and non-digestible fiber that good-for-you gut bacteria love to dine on. In addition, many types of produce are loaded with compounds called xyloglucans, which beneficial bacteria also like to eat.

Joining the ugly veggie movement helps the planet, too. You're investing in agricultural diversity when you buy tasty vintage apples, sweet little local strawberries, old-fashioned melon types and other deliciously eccentric

Trendy 'Ugly Veggies' Pack A Health Punch



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

fruit and veggie varieties that factory farms won't grow.

Five ways to embrace ugly produce, deliciously and easily:

No. 1: Use the weird bits. Stop tossing broccoli stalks, kale stems, beet greens and tough cauliflower cores. Sure, you've gotta cut off the bad spots and dirty ends, but use the rest by making slaw or adding pureed bits to soups or chopped bits to stir-fries. Mince carrot tops and add to chicken soup for a real flavor boost. Steam or saute beet greens and stems (delicious!). Or try slicing cauliflower cross-wise to create "steaks." Brush with olive oil and garlic, then grill. You'll get all the flavors you love and the nutrition you need — and you'll save money!

No. 2: Don't snub three-legged carrots or bent zucchini. Unless they're bruised or past their prime, fruit and veggies with imperfect shapes or colors are perfectly fine. And follow the advice of a French supermarket chain's wildly popular, 2014 "Inglorious Fruit and Vegetables" campaign: Chop 'em, mash 'em or toss 'em in soup. As one advertisement put it, "A Hideous Orange ... Makes Beautiful Juice."

No. 3: Try a truly hideous vegetable. Jerusalem artichokes, aka "sun chokes,"

look like potatoes with a self-esteem problem, but this ugly veggie adds juicy crunch to salads. Celery root is wildly hairy; but the veggie inside makes a tasty soup! They might temporarily increase your gas, but they increase your bacterial diversity, and unless you're an elevator operator, diversity wins that competition for your health. These strange veggies are all sources of inulin — a fiber that's a gourmet feast for good bacteria in your digestive system.

No. 4: Buy local. Local produce may not look as perfect as grocery-store goods, but often it's fresher and riper. Being picked at ripeness and sold quickly often makes it a more nutritious and tasty choice. Another tip: Chat up growers at local farm markets; some raise their crops via organic methods even if they don't have an official "organic" designation from the U.S. Department of Agriculture.

No. 5: Pair ugly fruit with gorgeous chocolate or wonderful red wine. So what if the peaches are lopsided, or the strawberries aren't perfectly formed? Slice and serve with dark chocolate, and no one will notice. Turns out good bacteria in your digestive system breaks down chocolate into compounds that cool inflammation and pamper artery walls. Red wine (in moderation, of course) provides polyphenols that encourage the growth of good bacteria while discouraging the bad guys, keeping your personal microbiome in balance. Now, that's beautiful!

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.

Benedictine Sisters Celebrate Jubilees

Celebrating their 50th Jubilee of Monastic Profession at Sacred Heart Monastery in Yankton were Sisters Marielle Frigge and Janice Mayer. Celebrating her 25th Jubilee of Monastic Profession was Sister Maribeth Wentzlaff. Family and friends joined the Sisters of Sacred Heart Monastery at a Mass celebrated by Father Thomas Wordekemper, OSB on July 11, coinciding on the community's Feast Day of St. Benedict. Ss. Marielle, Janice and Maribeth renewed their monastic profession in the presence of S. Penny Bingham, prioress.

SISTER MARIELLE FRIGGE celebrated her 50 years of religious profession at Sacred Heart Monastery, Yankton, on July 11 in the presence of her community, family and friends.

S. Marielle was born on June 3, 1944, to the late John and Amalia Frigge as the youngest in a family of three girls and a boy. At the age of 6, she began classes in a rural school a half mile from her farm home, the same farm where her father had been born and raised, in Bow Valley, Nebraska. S. Marielle was one of three first graders and her teacher was her oldest sister. As a student at Mount Marty High School she came to know the Benedictine Sisters. Marielle feels she was attracted to religious life as long as she could remember. There was that desire to know God and to develop a close relationship with God and to help others. She finally succumbed to that desire when she entered Sacred Heart Convent in August 1963.

As a Benedictine Sister, S. Marielle zealously shared her love of Scripture and theology in 32 years of teaching religious studies at Mount Marty College. Her excellent resource book, "Beginning Biblical Studies," is a valuable tool for all who seek to improve their knowledge of facts related to Biblical history and religious studies.

Reflecting on her entrance into religious life, Marielle states, "I entered the community less than a year after Vatican Council II began in October 1962. As a result, I lived through the tumultuous years of the later 1960s and early 1970s when United States culture, the Catholic Church and religious life were constantly undergoing monumental changes. While that made it much more challenging to discern and choose religious life, from today's vantage point, I can see that the long and sometimes very difficult process of discerning and making a commitment to monastic life in such times made me much stronger in that commitment. As St. Benedict tells us, monastic life requires lifelong, repeated transformations of life that will continue in years to come."

S. Marielle made monastic



Frigge



Wentzlaff



Mayer

profession on June 29, 1965, and now, 50 years later, she offers two quotations that summarize what that life means to her. The first is a familiar line from Scripture: "God's faithful love endures forever." The second is St. Benedict's primary instruction to monastics: "Prefer nothing to the love of Christ" (RB 4:21, 72:11).

SISTER MARIBETH WENTZLAFF celebrated her 25 years of religious profession at Sacred Heart Monastery, Yankton on July 11 in the presence of her community, family and friends.

S. Maribeth was born in Huron on Jan. 16, 1966, to Robert (now deceased) and Marivonne (Olsen) Wentzlaff as the youngest of five children. The family moved to Miller when Maribeth was 7 and she now claims Miller as her home town.

After graduation from Miller High School in 1984, Maribeth visited Mount Marty College and instantly fell in love with its aesthetic beauty and the friendliness of the people. As a student at Mt. Marty College she attended several retreats, all the time feeling God was nudging her in the direction of religious life. When at last she stopped fighting it, she was able to say "yes" to God with a sense of peacefulness. Maribeth entered Sacred Heart Monastery on Aug. 23, 1987, as a single entrant and made her first monastic profession on Jan. 16, 1990 on her birthday.

Maribeth states she felt like she "grew up as a Benedictine" because most of her early formation at home pivoted around prayer, work (doing chores) and leisure with the whole Wentzlaff family.

Maribeth feels much gratitude for the love and support of her many Sister friends who

have walked the journey with her, "a crowd of one," during her formation years in religious life. Like members of her family, Maribeth loves fishing and treasures the times Sisters join in with her at this sport.

After graduating from Mount Marty College in 1988, Maribeth taught at O'Gorman High School in Sioux Falls until 1996. She became Director of Campus Ministry at Mount Marty College from 1996-2011 and from 2013 to the present, serving as monastery vocation director in the interval.

About her Jubilee, Maribeth writes: "These last 25 plus years have brought me such true joy and peace. I know God drew me to these Benedictine women of Yankton so that we could multiply our gifts together for the sake of the Kingdom! I am eager and ready for where God will call me in the next twenty five years."

SISTER JANICE MAYER celebrated her 50 years of religious profession at Sacred Heart Monastery, Yankton, on July 11 in the presence of her community, family and friends. S. Janice, along with twin sister, Jean, grew up on a farm in the Dimock and Parkston area with twelve other siblings. Her parents, the late Peter and Clara Mayer, instilled in their children the love of church, family and farm life.

Janice attended school in Dimock where she was taught by Benedictine Sisters from Yankton. After graduation she worked five years in the Parkston Hospital before entering Sacred Heart Convent in August 1963. What sur-

prised her at first in convent life, she says, was getting up so early as well as some of the food being served, like cereal for supper.

After monastic profession in June 1965, S. Janice worked at the hospital in Tyndall for two years as nurse aide and as store room clerk before being assigned to Madonna Rehabilitation Home in Lincoln, Nebraska. At Madonna she worked six years as nurse aide, then was asked to serve at St. Joseph Indian School in Chamberlain. She returned to Madonna Home in Lincoln two years later in 1970 and was assigned to Dietary as Kitchen Supervisor and part time cook, a position she held for 32 years until she retired to the monastery in 2006. S. Janice prefers to say she worked with the kitchen staff instead of supervising them. She enjoyed the position and the people she helped very much.

In 2005, S. Janice was honored with the Caring Kind Award at Madonna and was pleasantly surprised to see many of her family members present in Lincoln for the ceremony.

In retirement at the monastery S. Janice continues to help in assisting the Sisters in the Care Center and at activities whenever she can.

Looking back on her experience as a Benedictine, S. Janice writes, "My life has become service for others. Mostly this has been for the elderly throughout the many years at Madonna Rehabilitation Hospital and now at our monastery Care Center for the older Sisters. I could not have imagined the joy and satisfaction I have received through these years. I thank God for these many blessings."

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