

# 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.

## THIRD MONDAY

**Servant Hearts Clinic**, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St., Yankton.  
**Yankton Lions Club**, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.  
**Yankton American Legion Auxiliary**, 7:30 p.m., VFW Building, 209 Cedar Street

## 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.

## THIRD TUESDAY

**Yankton County Commission**, 3:30 p.m., Yankton County Government Center, 3rd and Broadway.  
**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  
**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

## FOURTH THURSDAY

**Yankton County Farmers Union**, 7 p.m., Sunrise Apartments, 2015 Green St., Yankton. 661-7667.

## BIRTHS

### BARRETT WHITE

Brennan and Emily (Burbach) White of McCool Junction, Nebraska, announce the birth of their son, Barrett Joseph White, born June 26, 2015, at Bryan Medical Center, Lincoln, Nebraska. Barrett weighed 7 pounds, 3 ounces. Grandparents are Chuck and Paula Burbach, Wynot, Nebraska, and Brian and Jackie White, McCool Junction. Great-grandparents are Lucille Burbach, Yankton, and the late Joe Burbach, Wynot; Sherry Clark and the late John Clark, York, Nebraska; the late Paul and Evelyn Johnson, Yankton; and the late Joe and Connie White, McCool Junction.

### MELODY HUNHOFF

Robert and Stephanie Hunhoff (Stech) of Yankton announce the birth of Melody Theresa Hunhoff, born July 10, 2015, at Avera Sacred Heart Hospital in Yankton. She weighed 7 pounds, 6 ounces. She joins her big sister Annabelle, 2 1/2. Grandparents are Marvin and Mary Beth Stech, Osmond, Nebraska, and Tom and Lois Hunhoff, Yankton. Great-grandparents are Theresa Rice of Osmond and Bernie Stech of Osmond.

## REUNIONS

### EDELMAN REUNION

The Edelman family reunion will be held Sunday, Aug. 2, 2015 at noon at JoDean's Steak House and Lounge, 2809 Broadway St., Yankton, or a buffet meal. This includes all descendants of Jacob Sr., Jacob Jr., Andrew, George, Peter, Henry, John Edelman, Margaret (Edelman) Kost and Johanna (Edelman) Bender. For more information, contact Jerome Edelman at 605-660-1263 or email at sedelman4@yahoo.com.

### YHS CLASS OF 1975

The Yankton High School Class of 1975 will hold its 40th class reunion Sept 11-12, 2015. Plans are under way to have as many alumni present as possible with exciting activities and venues. Contacts will be made through email, Facebook and the postal service. For any questions at this time, please contact Karen Kostel-Rasmussen at kmkostel@yahoo.com or Ann (Bouska) Wiedmeier at alwiedmeier@gmail.com.

### YHS CLASS OF 1960

The Yankton High School Class of 1960 will have its 55th reunion on Sept. 11-12, 2015. For inquiries, have your e-mail addressed Donna DeJean (dijejean@iw.net) or call Jim Balfany 605-660-7030.

### YHS CLASS OF 1965

The Yankton High School Class of 1965 is excited to announce that we will be celebrating our 50th class reunion Sept. 18-19, 2015. We do not know where the time has gone and there are a number of class members that we do not know where they have gone either. If you are or you know members of the class and they have not heard from us, contact Shirley Ann Modereger (Shann Doerr) at 605-660-7439 or shann.doerr@vyn.midco.net or Wall Ann Flint (Schellpeper) 402-336-3425. We are especially eager to locate Bill Baughman, Jim Johnston, Becky Monette, Don Shelburg and Jacob Hoag.

# Five Things To Know About The Trans-Fats Ban

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

Good riddance to Franken-Fats! Thanks to a new Food and Drug Administration ruling, food makers must phase out the use of artificial trans fats over the next three years. That's big news for your heart, because this change could prevent 10,000 to 20,000 heart attacks and other heart events every year, saving up to 7,000 lives!

But, like Yogi Berra said, "It ain't over 'til it's over." So here's what you can do in the meantime to sidestep trans fats still lurking in food, and what you should know about fats that are stepping in as a replacement.

Keep reading labels. During the three-year phaseout, you'll still find trans fats in processed foods. Check the Nutrition Facts panel for trans fats content, but don't stop there. Under current FDA rules, food makers can claim "0 trans fats" as long as the product has less than 0.5 grams of trans fats per serving. That can add up to trouble for your arteries and heart. So read the ingredients list, too. If you see the words "partially hydrogenated fat" or "partially hydrogenated oil," there are traces of trans fats in the food. Make this a continuing habit, because food companies will be petitioning the FDA for exemptions to allow trans fats to stay in some foods.

Zero trans fats doesn't mean heart-healthy. Since 2006, when the FDA required the listing of trans fats content on Nutrition Facts labels, Americans have consumed 80 percent less trans fats, and we know what food companies have replaced it with. When Harvard Medical School researchers checked 83 brand-name packaged and restaurant foods reformulated to remove trans



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

fats, they found that over 90 percent had less total fat in their new recipes. That's good news, but it doesn't magically convert the types of foods that typically contain trans fats into health foods! Tub margarines, packaged cookies and crackers, fast-food fries and burgers are less heart-threatening than they used to be, but they still pack lots of calories and artery-clogging saturated fat.

The jury's still out on some trans fats replacements. Trans fats alternatives include controversial tropical oils like palm and coconut, a new type of processed fat called interesterified oil and, in some cases, butter and lard. While we know that vegetable oils (olive, canola, sunflower and soy, for example) can be healthy replacements and that animal fats can raise heart, cancer and brain dysfunction risks, we know less about the others. Palm and coconut oil, for example, might or might not be better for you than trans fats, because they contain large amounts of saturated fat. Two tablespoons of palm oil has 22 grams of saturated fat, compared with 14 grams in the same amount of butter!

In one review, researchers found that people who replaced trans fats with palm oil improved their cholesterol profile, but people who used vegetable oils had even better numbers. Palm oil has another downside: Increased use is destroying rain forests in Indonesia and Malaysia, home to orangutans and Sumatran tigers, as lands are burned for palm plantations.

Coconut oil's unique type of saturated fat, lauric acid, might explain why this tropical oil can boost levels of heart-healthy HDLs. But it does cause (in animal studies) gene changes that promote inflammation, especially in the brain. It's also high in calories and clearly not as healthy as olive or canola oil.

Meanwhile, the biggest question mark is "interesterified oil," which is showing up on the ingredient lists of some processed foods as a trans fat stand-in. Produced by linking saturated fatty acids to vegetable oil molecules, this newer fat hasn't been well-studied. But early research hints that it might increase levels of heart-threatening LDLs, reduce levels of healthy HDLs and even mess with blood sugar.

Find healthy replacements. Use the time to transition away from all saturated fats, refined carbohydrates and added sweeteners. Replace junky foods with sliced veggies, your favorite fruit, nonfat, no-sugar-added yogurt, nuts and healthy dips.

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.

# State Historical Society's Sioux Horse Effigy Returned

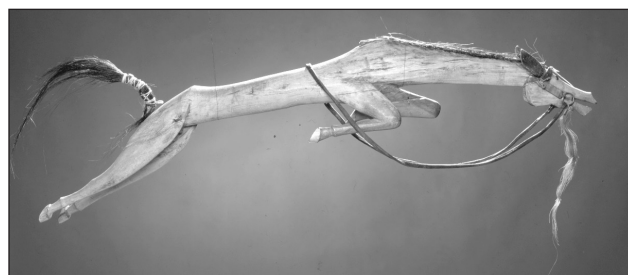
PIERRE – Representatives of the South Dakota State Historical Society announce the return of South Dakota's Great Sioux Horse Effigy to the Cultural Heritage Center in Pierre.

The effigy was returned to the museum collection storage area of the Cultural Heritage Center. Immediate plans for redisplaying the effigy include a special Return Celebration Oct. 10-12 at the Cultural Heritage Center.

"We are pleased to relate to the citizens of South Dakota that the effigy has returned to us in excellent condition, with no damage and no signs of wear," said Jay D. Vogt, director of the State Historical Society.

The return follows the effigy's display as part of the international touring exhibition "The Plains Indians: Artists of Earth and Sky." The exhibition of Plains Indian masterworks, which featured the iconic effigy, was on display beginning April 2014 in Paris at musée du quai Branly, the Nelson-Atkins Museum of Art in Kansas City and the Metropolitan Museum of Art in New York City. Over 500,000 people viewed the exhibition at its three venues.

The effigy, which also serves as the logo of the State Historical Society, earned



SUBMITTED PHOTO

high praise at each venue, including acclaim from New York Times reviewer Holland Cotter, who wrote: "In a history of great sculpture, past and present, from the North American continent, it [the effigy] has a place in the highest pantheon."

"We wanted to do something special to mark the return of the effigy to South Dakota," said Jay Smith, museum director for the State Historical Society. "We are designing a new display for the effigy that will include loaned effigies from the State Historical Society of North Dakota and the National Museum of the American Indian."

The display coming in October is groundbreaking, Smith said, in that it features two effigies known to have been carved by Hunkpapa Lakota leader No Two Horns, who is also believed to be

the maker of the Great Sioux Horse Effigy.

"While evidence suggests that No Two Horns made our wonderful artifact, there has been some mystery about its origins because our research and provenance does not prove beyond a shadow of doubt," Smith said. "So, for the first time we are aware of, these three effigies will be on display at the same time. Our visitors will be able to view the artifacts, review some of the evidence and judge for themselves."

The new display featuring the effigies will be on exhibit for approximately two years. This will be the first time the South Dakota State Historical Society has borrowed an artifact from a Smithsonian Museum since becoming a Smithsonian Affiliate in 2013.

Along with the new display will be a series of

events beginning on Saturday, Oct. 10, which will include presentations, craft demonstrations by American Indian artists from South Dakota, and programs about Sitting Bull and the Good Earth State Park at Blood Run.

On Sunday, Oct. 11, there will be a make-and-take activity and American Indian craft demonstrations at the Cultural Heritage Center, as well as a special performance by Indian hoop dancers inside the Capitol dome that afternoon.

A blessing ceremony will take place at the Cultural Heritage Center on Monday, Oct. 12, as part of Native American Day celebrations.

"Additionally, we are going to host a special dinner on Sunday evening the 11th, featuring speakers Kevin Gover, the director of the National Museum of the American Indian; and Gaylord Torrence, senior curator of American Indian Art at the Nelson-Atkins Museum of Art," said Vogt. "With South Dakota Public Broadcasting taping the dinner for future broadcast purposes, we hope to spread the word about the importance of our Indian history in South Dakota, as well as the amazing collections at the Cultural Heritage Center."

# Elk Point Facility Wins Quality Citation

SIoux FALLS — The American Health Care Association and the National Center for Assisted Living (AHCA/NCAL) has announced the names of the long-term and post-acute care organizations that have earned a 2015 Silver Achievement in Quality Award and Bronze Commitment to Quality Awards. These awards are part of three distinct awards possible through the AHCA/NCAL National Quality Award Program, which honors select centers across the nation that serve as models of excellence in providing

high-quality long term and post-acute care.

Included in those recognized are the following Long Term Care Facilities in South Dakota:

- Silver level — Wheatcrest Hills, Britton
- Bronze level — Welcov Assisted Living, Elk Point; Good Samaritan Society Prairie Creek Assisted Living, Sioux Falls; and Palisade Healthcare Community, Garretson.

## BIRTHDAYS

### ODILIA ELLIS

Odilia Ellis will celebrate her 90th birthday on July 30.

Friends are encouraged to send birth-



Ellis

day greetings to Odilia at: 1204 Ellis Road, Yankton, SD 57078. A family dinner is planned in honor of her birthday.

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