

SUGAR SHOCKERS

# Everyday Foods Packed With Hidden Sugars

BY JULIE DEARDORFF  
Chicago Tribune (MCT)

Sugar has been blamed for a laundry list of health problems, including obesity and diabetes. But how do you know when you've had too much?

For the first time, Americans now have a benchmark: No more than 25 grams of added sugar a day for women and 37.5 grams for men, according to new guidelines established by the American Heart Association.

It's easy to soar past those limits. Downing just one 12-ounce can of Coca-Cola will give you 39 grams of sugar, exceeding your daily ration. But a lesser-known problem with sugar is that it's hidden in everything from soup to nuts. It's lurking in your lunch meat. It enhances bread. And if a low-fat product or frozen dinner tastes good, you may have added sugar to thank.

As a result, we're regularly ingesting an average of 88.8 grams of added sugar a day, according to the National Health and Nutrition Examination Survey — more than three times what the AHA recommends.

"When you really start paying attention to ingredients, you realize that sugar is everywhere," said New Jersey's Jen Maidenberg, 35, who has monitored her sugar intake for more than a decade to help treat allergies, asthma and irritable bowel syndrome. Among her pet peeves: "It kills me that Activia yogurt professes to boost your gut flora with probiotics, but then fills its yogurt with high amounts of sugar, defeating the purpose," she said.

Flooding your body with sugar often results in a blood sugar high — followed by a crash. Excess sugar intake has also been linked to inflammation, which can trigger a cascade of poor health conditions, including heart disease, high blood pressure and stroke.

But there's no recommended daily allowance for sugar because the body doesn't need it. The U.S. Dietary Guidelines vaguely advise us to "choose added sugars in moderation."

The AHA, however, felt consumers needed a specific target, said Rachel Johnson, lead author of the guidelines and professor of nutrition at the University of Vermont. The limits, released in September 2009, were developed after considering the number of discretionary calories a typical

American has left after fulfilling all nutritional requirements. So, a more active person would have more discretionary calories, said Johnson.

Of course, sugar occurs naturally in foods — lactose in milk and fructose in fruit, for instance. These natural sugars are less alarming because they're accompanied by nutrients. But nutrition labels don't distinguish between natural and added sugars, which are those used during processing. The guidelines only address added sugars.

That means it's important to look for sugar — and its euphemisms — in the ingredient list, said Karin Hosenfeld, a registered dietician in Texas. "If a food contains sugar or a simple carbohydrate derivative such as cane juice or high fructose corn syrup as one of the top three ingredients, and has no other redeeming nutritional value, then it's not a healthy choice," she said.

Watch for words ending in "-ose," such as lactose or maltose; those are simply chemical names for sugar. Brown rice syrup, molasses, raw sugar and evaporated cane juice may sound healthy, but "a calorie is a calorie," said Johnson. "Molasses or raw sugar still has 4 calories per gram, like any other sugar," said Johnson.

In addition to making foods sweeter, sugar is used to maintain color, texture and flavor, said Sean O'Keefe, a professor in the department of food science and technology at Virginia Tech.

Here are some of the unexpected places it pops up:

**Breads and crackers:** Sugar can help smooth and balance the flavor, said O'Keefe, who is also a spokesman for the Institute of Food Technologists. "Adding sugar to bread is one way of ensuring it rises properly before baking."

**Tomato-based products:** Sugar is used to give tomatoes the optimal sugar-acid balance and improve flavor if they're picked before they ripen. Tomatoes naturally have about 5 grams of sugar. Anything over that is likely added.

**Dairy:** Sugar is added for taste. Plain yogurt has about 12 grams of natural sugar; flavored can have up to 35 grams.

**Shelf-stable meals, canned soups and frozen dinners:** Virtually any packaged meal will have added sugar to help improve taste. Look for meals with less than 5 grams of added sugar.



BILL HOGAN/CHICAGO TRIBUNE/MCT  
Everyday foods, such as bread and cheese, contain hidden sugar which can add up to push you over healthy daily limits.

## DIABETIC: CHUNKY APPLE CAKE

- 1 c. all-purpose flour
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt
- 3/4 c. granulated sugar
- 3 Tbsp. stick margarine, softened
- 1 egg
- 2 Tbsp. low-fat milk (1%)
- 2 large baking apples, cored and sliced (3 cups)
- 1 tsp. granulated sugar
- 1/2 tsp. ground cinnamon

Exchanges: 1 1/2 carbohydrates, 1/2 fat

1. Pre-heat the oven to 350 degrees. Spray an 8x8x2 baking pan with nonstick cooking spray.
2. In a medium bowl, whisk together the flour, nutmeg, cinnamon and salt.
3. In another medium bowl, with an electric mixer at medium speed, beat the sugar and the margarine together until fluffy (about 2 minutes). Beat in the egg and milk until smooth, about 1 minute. Add the flour mixture to the margarine mixture in thirds, beating until smooth, (about 2 minutes). With a large spoon, stir in the apples until evenly distributed. Spread the batter in the prepared pan.
4. In a small bowl combine the sugar and cinnamon for the topping, then sprinkle evenly on the batter. Bake until brown and the sides start to pull away from the sides of the pan, approximately 40-45 minutes.

# Food Safety: How To Safely Handle Frozen Food

BY SHARON GUTHMILLER  
Extension Educator



SHARON GUTHMILLER

It is important to take a few precautions to ensure against loss in case of a power or mechanical failure or other problem that may cause a freezer to stop or malfunction. If for any reason you anticipate an extended power failure, reduce the freezer temperature to -10° or -20° F. The colder the food, the more time it takes to thaw.

As soon as your freezer goes off, determine how long the problem will last. If it is a power failure, ask the power company how long the power will be off. If it is a mechanical failure, check the instruction booklet that came with your freezer to see if you can remedy the problem. If not, schedule a repair service. Once you know when your freezer is expected to be operational again, assess whether you can leave food in the freezer or if you need to take additional steps to ensure that your food remains frozen.

Check any freezer occasionally to be sure it works properly. That is especially important if the freezer is not in an area that you walk by daily. It is best to plug your freezer into a dedicated outlet that is not connected to a circuit protected by a GFI (Ground Fault Interrupter) device. GFIs are easily tripped by power surges, shutting off power to your freezer.

Purchase a refrigerator/freezer thermometer and keep it in the freezer. If your freezer goes out for any reason and is off for some time, you can see how warm the freezer has become. Knowing the highest temperature that food has reached is the most important factor to determine whether or not the thawed food in your freezer is safe. Having a freezer thermometer also gives you more control over the

quality of your frozen food. Keep the freezer temperature at 0° F. Questions arise regarding the safety of food held within the freezer if the power has gone out. If you leave the freezer door shut, these factors affect how long food will stay frozen: Food in a full freezer will stay frozen about two days. Food in a freezer that is only half full may stay frozen up to one day. Keeping containers of ice in a partially filled freezer helps keep other foods frozen longer. Also, while the freezer is operating, less energy is required to keep the ice frozen than to keep empty space or air at 0° F. A freezer full of meat will not warm up as fast as a freezer full of baked food. The colder the food, the longer it will stay frozen. Obviously, a well-insulated freezer will keep food frozen much longer than one with little insulation. The larger the freezer, the longer the food will stay frozen, particularly if the freezer is full.

If food is safe to eat, it is safe to refreeze. When you find that your freezer is off, check the temperature in two or three locations. Then take a look at the packages of food. If foods still contain ice crystals and/or if the freezer is 40° F or less and has been at that temperature no longer than one to two days, then food that was safe when it was originally frozen should be safe now. It can be refrozen or cooked and eaten.

If food has been held at 40° or less but kept at this temperature for some time, examine it more closely. If the color or odor of thawed beef, pork, lamb or poultry

is poor or questionable, discard the meat away from possible human or animal consumption. If questionable food is consumed, the food may give someone food poisoning.

Often you cannot tell by the odor whether vegetables, shellfish and cooked foods are spoiled. Bacteria multiply rapidly in these foods so don't eat or refreeze any that have thawed completely. If ice crystals remain in these foods, it's usually safe to refreeze them. However, the texture will be mushier, the nutritional value may be lower, and the flavor and color will not be top quality. If the freezer is above 40° F and you know it has been at that temperature more than two hours, then the food probably is not safe. Fruits and bread products are exceptions. Fruits ferment when they start to spoil, but a little fermentation won't make fruits unsafe to eat. Fermentation will eventually spoil the flavor and odor of fruit. You can refreeze completely thawed fruits if they still taste and smell good. Or you can use them in cooking and baking or for making jams and jellies.

Breads will be staler, but they still may be acceptable. Toasting, steaming in the oven in aluminum foil, or microwaving in paper towel or plastic wrap will help refresh breads.

For best quality, refreeze food quickly. The faster food freezes, the smaller the ice crystals that form within the food. When food freezes slowly, larger ice crystals develop and pierce the cell walls within the food and cause the food to be mushier and to lose more flavor, nutrients and color.

If your freezer is full of thawed food, it will not refreeze quickly. Therefore, you will probably need to take the food to a locker plant to have it frozen quickly before moving it back to your home freezer. If a locker plant is unavailable, a neighbor may have space to refreeze a portion of your food. A common myth is that food must be cooked before it is refrozen. Frozen food will be of higher quality longer if it is not cooked (except for blanching vegetables). Cooked food can become unsafe faster if it is mishandled during thawing and preparation. (Source: Colorado State Extension Service)

Thought: When you are wrapped up in yourself, you are overressed.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.



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# Great American Cleanup Set To Begin On April 12

BY JULIE PERAKSLIS  
Director, Keep Yankton Beautiful



JULIE PERAKSLIS

The Great American Cleanup is coming in three weeks. Mark your calendars for the week of April 12th, with the community cleanup taking place on the 17th starting at Memorial Park South Shelter at 8am. This year we are dedicating our cleanup to Charlie Battery's return, which we hope will indeed be before Easter! The soldiers and their families make such a huge sacrifice for us, let's come out and clean up Yankton for them so that they can enjoy a beautiful, clean community this Spring!

We encourage businesses and homeowners to cleanup around their homes, neighborhoods and business during the week of April 12th. Keep Yankton Beautiful will provide garbage bags and gloves, to those who need them. Email us at info@keepyanktonbeautiful.org or call to (605) 838-0665 (you must dial the area code, but the call is local), or stop by our office at 324 Walnut next to the Dakota Theater.

We would like to see Yankton rally and come up with a healthy turnout to clean our city. Please contact us to pre-register yourself and/or your groups for your local business and neighborhood area cleanup as well as the large community cleanup on Saturday morning. It's only a few hours of your day and a great way to put some community effort into saying "we appreciate you" to our returning troops and "we care" to our beautiful city and our community!

We have volunteer opportunities for drivers with pick-up trucks, people to help distribute information, give out water and snacks and collect data, as well as the people assisting in the actual cleanup effort. We have had children as young as 4 participate and it is a great bonding and educational experience for kids and their families! Sponsors for the Great American Cleanup this year include Glad, who provided us with trash bags, Nestle who is providing the water and TroyBilt who sent us a leaf-blower and a string trimmer that we will raffle off on the 17th! The other Great American Cleanup sponsors include Pepsi, o.b., WasteManagement, Dow, Scotts

MiracleGrow, Wrigley and Solo.

Keep Yankton Beautiful is still working on our membership campaign, so do contact us if you are interested in membership. We would also like to thank the following people and organizations who have supported us with a membership so far this year:

**Visionaries:** Sapa Extrusions, Kennedy, Pier & Knoff, LLP, and Yankton Area Foundation, (Grant for youth-oriented educational programs). Legacy: Keep Yankton Beautiful Board, Avera Sacred Heart Hospital, and Lewis & Clark Specialty Hospital.

**Growth:** Benedictine Sisters. **Sustaining:** Ace Hardware, Art's Garbage, Cihak Insurance, John A. Conkling Distributing, CorTrust Bank, Eisenbraun & Associates, Fejfar Plumbing & Heating, Frontier Mills, Yankton Equipment, Hubbs Agency, Koletzky Implement, M.T. & R.C. Smith Insurance, TopNotch, Inc., Sherwin Williams, South Dakota Magazine, Vishay Dale Electronics, Drs. Michael & Darcie Briggs, Rudy & Kathleen Gerstner, Mike & Cindy Huether, and Brigitte Savage

**Family:** Chad Ekroth, Drs. Dan Johnson & Mary Milroy, FloorTec, John & Peggy Frank, GFWC Yankton Woman's Club, John Hageman, Jay & Joyce Hubner, Ernest & Marilyn Kratz, Merle & Virginia Larson, Joe & Janet Morrow, Ted & Nadine Mickelson, Penny Porter, Roger Duimstra, Roger's Family Pharmacy, Chip Simonsen, Roger & Ann Smith, and Dan & Deb Specht.

**Individual:** Joyce Christensen, Yankton Insurance Agency, Dixie Griffith, Charlie Gross, Emma Laird, June Lee, MidAmerican Energy, Paula Tacke, and Jerome & Louise Pierret. As you may know KYB does not receive any operational funding from the city or state, so your support and membership are crucial to achieving our vision of a cleaner, more beautiful Yankton. We appreciate your dedication and commitment that allows us to serve the entire Yankton community.

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## RELIGION DIGEST

## Spring Theology Institute This Weekend

"Gospel and Empire" is the theme of the Spring Theology Institute to be held at Sacred Heart Monastery, Yankton, on Saturday, March 27, from 9 a.m. - noon in the Monastery Chapter Room.

The presenter will be S. Shawn Carruth OSB, Ph.D. The institute is free of charge, but registration is requested for planning purposes. To register: email jeanne.rane@mtmc.edu or call 605-668-6024. S. Shawn Carruth is a member of Mount St. Benedict Monastery in Crookston, MN.

She is currently Professor of Religion at Concordia College in Moorhead, MN. She holds a BA degree in French from the College of St. Catherine, an MA in Theology from St. John's University, and a PhD in New Testament from the Claremont Graduate University.

She is a frequent presenter on biblical and monastic topics. Her essays and articles on monastic, biblical and feminist topics have appeared in books as well as The Bible Today, Tjuringa, and The American Benedictine Review.

## CDA Fish Fry Slated For March 26

PARKSTON — The fifth annual Catholic Daughters of the Americas Court No. 280 "All You Can Eat Fish Fry" will be held Friday, March 26, from 4:30-7:30 p.m. in the Parkston Sacred Heart Parish Center.

The menu is Pollack fish deep fried or baked, baked potato or potato wedges, coleslaw, buns, Jell-O Dream Cake.

## UCC Palm Sunday Concert Planned

Palm Sunday at the United Church of Christ (Congregational), 5th & Walnut begins with the children gathering in Pilgrim Hall to receive palm branches before proceeding into the sanctuary as the 10 a.m. service begins.

Music will be by the Adult Choir and Bell choir. Five confirmations will also be received into membership during the service. A reception in their honor will be held immediately after the service. The fifth annual Palm Sunday concert given by the Adult choir will be held at 2 p.m.

This year the concert features familiar choral music in the Lenten and Easter theme. Directed by Jennifer Powell, the choir will be accompanied by Ted Powell-organ, a brass quintet, the Bell choir and other instrumentation. The public is cordially invited to attend both services.

## Irene Community Easter Services Planned

Easter Week Worship Services will be held at the Irene United Methodist Church located at 228 S. Dakota Ave. Irene, South Dakota.

Community noon-time services will be held from 12:05-12:30pm on Tuesday, March 30, Wednesday, March 31 and Thursday, April 1. Area pastors will be leading the service on each day.

Also, on Friday, April 2nd a Good Friday service will be at 7 p.m. Everyone is welcome at the Little Brown Church!

## Kids Crossing: Learning About Easter Lillies

Kid's Crossing joins Krista K as she visits a greenhouse to talk with a florist that grows Easter Lillies on Sunday, March 28 at 10 a.m. as part of the Main Street Living Sunday morning worship telecast.

The featured speaker is Rev. Kevin Vogts from Holy Cross Lutheran Church in Dakota Dunes. The sermon theme is "He Walked for Us the Way of Sorrows!" The Main Street Living Choir will provide the hymns.

The program is interpreted for the hearing impaired. Additional information may be found on the Web site, www.mainstreetliving.com.

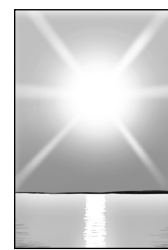
## Snowmobiling Or Taking A Nap And Buying Diapers?

BY JEREMY NELSON

Youth Pastor, Calvary Baptist Church

A couple of weeks ago I had a decision to make. We had one day off in the middle of four days of traveling to and from my grandpa's funeral. On the afternoon of that day, I had planned to go diaper shopping at Target with my wife and then return to my in-laws for a nap. That was the plan until my father-in-law offered to take me snowmobiling. The nap and diaper-run would have been relaxing, comfortable, and safe. I chose the snowmobiling. For two hours, I felt the wind hit the space on my face between the goggles and helmet, I tipped the speedometer over 80mph a couple times, and I saw some beautiful country. It was not relaxing, comfortable, or safe. But I'm glad I did it.

We too often settle for diaper-runs and naps. As I read through the New Testament, here's what I find. Life was not relaxing, comfortable, and safe for Jesus and those



REFLECTIONS

who followed Him. They reached out to people who had ugly diseases and uglier demons. They taught with authority. They rebuked and confronted religious people. They spoke the truth even if it led to their imprisonment, torture, ridicule, or death. Religion is usually relaxing, comfortable, and safe. We like to go to "nice" church services and live pretty impressed with our commitment to Him because we haven't missed a Sunday service in a long time, we've been ordering the Filet-O-Fish for the last few weeks instead of a Big Mac, we try to give as much as we can when the offering plate comes around, and we sort of talked to that one co-worker about Jesus once a few weeks ago. I think we're settling for a nap when we could be on

a snowmobile ride.

If we really want to follow Jesus, here are some promises to wrestle with. Jesus says in John 15:20 "If they persecuted me, they will persecute you also." The promise from 2 Timothy 3:12 is that "Everyone who wants to live a godly life in Christ Jesus will be persecuted." If giving up chocolate during Lent or praying before you eat in the commons at school is the hardest thing you've done as a follower of Jesus this year, it's time to step it up. It's time to read the Bible and obey it. Are you willing to sacrifice your reputation, your time, your hobbies, and your money for Jesus' sake?

Being an obedient follower of Jesus, a real Christian, makes life dangerous and uncomfortable. But like that snowmobile ride I took, it's worth it. While in prison for proclaiming the gospel, Paul said that everything he had gained he counted as a loss because of the surpassing worth of knowing Christ Jesus his Lord (Phil 3:8). I'm not there yet but I want that kind of faith. Do you?

## UMC Intenational Dinner This Weekend

The Sr. High youth of the First United Methodist Church, 207 West 11th Street, Yankton, will be hosting an International Dinner from 5-7 p.m. on March 28. Come taste food from Italy, Germany, Australia and Ireland. Tickets can be purchased from the church office or at the door. For more information call Gena Brandt 665-4100 or Diane Kisch 665-1500.

## First Assembly Of God Presents Easter Program

We know of Christ's Death... We know of His resurrection... But what of those days in between?

An Original Easter Production:

"Eyewitness to HisStory" A story of what Christ's friends may have gone through during the days after His death and before He rose. Told through drama and music.

Performances: Thurs., April 1st - 7pm • Good Friday, April 2nd - 7pm Easter Sunday, April 4th - 10am - Free Will Offering Only - Yankton First Assembly of God 801 West 25th Street • Yankton

## Good Friday Dinner Set For MVCA

Missouri Valley Christian Academy is hosting a Good Friday Dinner to be held at the school at 5:30 p.m. Friday, April 2. The menu includes homemade chicken noodle soup and a baked potato bar. Proceeds from the meal will benefit MVCA's general fund. For more information, call 664-2266.

## MVCA Second Annual Race For Christ April 3

Missouri Valley Christian Academy is hosting its second annual MVCA Race for Christ on Saturday, April 3 starting at the Summit Activities Center at 11 a.m. in Yankton.

There will be a 5K walk, 5K run, 10K run and a children's fun run/walk. The course follows the Auld-Brokaw Trail and finishes at the Williams Field Track.

There will be awards for each age division and special drawings for the children's fun run.

A pre-race meal will be held at MVCA Friday night. For more details and registration visit www.mvcamustangs.org or call 605-664-Easter Sunrise At The House Of Mary Shrine

## House Of Mary Shrine To Host Sunrise Service

The House of Mary Shrine will celebrate Christ's resurrection with the 29th annual Sunrise Service on Easter Sunday morning, April 4.

The celebration begins at 6:45 a.m. with Scripture readings and songs in the Chapel. A procession begins with more scripture as the ascent to the top of the hill and the three large crosses begins. A cross, signifying Christ's, is carried by volunteer "Simons." At the summit, all will witness the rising sun and recall the sacrifice of the Lamb of God. The procession continues to the tomb, where in scripture and song the faithful proclaim that JESUS CHRIST HAS RISEN!

## FUMC Continues Wednesday Lenten Series

The First United Methodist Church invites the public to the final Lenten video series on Wednesday evening in the sanctuary. The sixth topic in the series for Wednesday, March 31, 2010, 6:45 p.m. is entitled "I Have a Hope That Never Dies." In the episode Mary Magdalene's miraculous experience at the tomb is filled with a new message of hope and the promise of eternal life.

For those interested in the Lenten message but are unable to attend the Wednesday night, the First United Methodist Church has scheduled a "brown bag" session on Thursday, April 1, 2010 from 12-1 p.m. in the Upper Room. For additional information call the church at 665-2991.

## Cemeteries Aglow Hosts Grief Conference

Mitchell will be the site of the 2010 ComfortShare Kickoff Conference on Friday, April 30. It will be an evening of Caring, Sharing and learning about Grief.

This one-night event, sponsored by Cemeteries Aglow Inc., will be held at the Highland Conference Center and feature motivational speaker Abby Rike. She was a contestant on NBC's "The Biggest Loser." She will share her experiences since losing her husband, 5-year-old daughter and 2-week-old son in a tragic car accident. Through her journey she has learned about her strengths, weaknesses and how to face her fears. It will be a night of inspiration for many who may be facing their own fears - whatever they may be.

Following the Kickoff Conference Abby will be available to the public for autographs, pictures and book signings. This Kickoff Conference is a sneak peak at what Cemeteries Aglow, Inc. has planned for the ComfortShare Conference in 2011. For more information, contact Cemeteries Aglow, Inc. at 605-996-3722 or check out the conference Web site at www.comfortshare.com.

## CHURCH SCHEDULES

## Abundant Life

ABUNDANT LIFE MINISTRIES, 517 Burleigh, Lawrence and Barbara Hladky, pastors, 665-0889. SAT 7pm Praise and worship celebration, SUN, 10am Worship, WED, 7pm Worship. Teens prayer daily 10am.

## Alliance of Renewal Churches

LIVING WATER CHRISTIAN FELLOWSHIP, Sun, 10am Yankton Middle School (2000 Mulberry) Weds, 7pm Prayer. David Olson, pastor. (605)260-2138.

## Assembly of God

ASSEMBLY OF GOD, 801 W. 25th, Jeff Mantz, pastor, 665-6362 (office). SUN, 10am Worship Celebration. WED, 7pm Midweek service and Bible study for all ages.

## Baptist

\*CALVARY BAPTIST CHURCH, 2407 Broadway, Yankton. (605)665-5594. Rev. Jon Cooke, Pastor Jeremy Nelson, and Pastor Terry Port, Laura Kotalik, SATURDAY Mar. 27 1:00 PM EARTH 1:00 PM Food To Go SUNDAY Mar. 28 8:30 AM Intercessory Prayer 9:00 AM Sunday School for all ages 10:30 AM Worship Service "Weeping or Rejoicing" MONDAY Mar. 29 7:30 PM Service broadcast on Channels 3 & 98 7:30 PM Easter Sunday Worship Choir Practice TUESDAY Mar. 30 6:45 PM Divorce Care for Kids 7:00 PM DivorceCare WEDNESDAY Mar. 31 6:45AM Men's Prayer Time THURSDAY April 1 7:00 PM Celebrate Recovery FRIDAY April 2 7:00PM Good Friday Service with communion.

ANTIOCH BAPTIST CHURCH, 221 W. 3rd, Kevin Caskey, pastor, 665-0066. SUN, 9:30am Sunday School, 10:45pm Preaching Service, 4pm Afternoon Service. THU, 7pm Preaching & Prayer Service.

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## Baptist

BETHEL BAPTIST CHURCH, 303 517 St. Yankton. Mike Lindsey, pastor. (605)759-5020. SUNDAY Worship, 11:00a.m. evening 6:00pm WEDNESDAY Bible Study 12Noon, (402)357-2400. Sat 5pm Mass.

HARVEST INDEPENDENT BAPTIST, 100 W. 3rd, Mission Hill, Pastor Nathan Martin, 668-0708 (ch.) 665-1481 (home). SUN, 9:30am SS, 10:30am Worship, 5:30pm Worship, WED, 7:00pm Worship.

YANKTON BAPTIST CHURCH, SBC, Pastor Matt Green, 607 East 15th St., Yankton, 665-7587. SUN, 9:30am Bible study, SS; 10:45am Worship, WED, 7pm Midweek service.

## Bible Church

GRACE BIBLE CHURCH, 31102 Walleys Drive (Corner of Hwy. 52 and Walleys Drive, just east of Gavin's Point Dam road), Yankton, Joel Finck, pastor, 463-2070. SUN, 10am Worship.

## Catholic

HOLY FAMILY CHURCH OF CEDAR COUNTY (Immaculate Conception), St. Helena, NE. Rev. Eric Olsen. (402)357-2400. Sat 8pm, Sun 11am.

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## Catholic

ST. BONIFACE CHURCH, rural Friedman. For weekend Mass info see church bulletin or Rev. Matthew Vazhappilly. (605)583-4318.

ST. COLUMBA CHURCH, rural Irene. For weekend Mass info see church bulletin or Rev. Matthew Vazhappilly. (605)583-4318.

ST. GEORGE CHURCH, Scotland, SD. Rev. Matthew Vazhappilly. For weekend Mass info see church bulletin or call (605)583-4318.

ST. JOHN THE BAPTIST CATHOLIC, Lesterville. SUN, 10:30am Mass.

ST. JOHN THE BAPTIST CATHOLIC, Fordyce, Neb. Rev. David Fulton. SUN, 10:30am Mass.

ST. JOSEPH'S CATHOLIC CHURCH, Constance, Neb., Fr. David Fulton, pastor. SAT, Mass: 7:30pm.

ST. PATRICK'S CATHOLIC, Wakonda, Rev. Scott Trayner, 624-2697. SUN, 8:30am Mass.

ST. ROSE OF LIMA, Crofton, Neb. Fr. Michael Schmitz. SAT, Mass: 8:00am & 5:30pm. SUN, Mass: 8:30am. WED/FRI Masses: 8:15am. Confessions: WED, 11am-11:30am, SAT, 5-5:20pm.

ST. WENCESLAUS, Tabor, (605)463-2336. Rev. Joseph Puthenkulathil, SAT, 7pm Mass. SUN, 8:30am Mass.

THE HOUSE OF MARY SHRINE, 6mi. W. Yankton, Hwy.52. Masses: 1st Saturday 9:00am, Monday 8:30am, Res. Mass. Sunday. Open 7 days a week for prayer. thehouseofmaryshrine.org

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## Church of Jesus Christ

CHURCH OF JESUS CHRIST LATTER-DAY SAINTS, 2300 Douglas, Yankton, Randy Campbell, (605)665-2016. Family History Ctr 665-0901. SUN, 10am Sacrament meeting.

## Episcopal

CHRIST EPISCOPAL CHURCH, 517 Douglas, Yankton. Rev. James Pearson, (605)665-2456. Monday through Thursday Morning Prayer 8:30 Sunday 9:00 Serenity Service, 10:00 SS, 10:15 Holy Eucharist/Pot Luck Tuesday; St. Pats Supper 5-7; Wednesday: Noon Holy Eucharist, 6:00 soup supper/worship, 7:00 choir rehearsal.

## Evangelical

EMMANUEL CHURCH Yankton HS Theater, 1901 Summit, Sunday Worship @ 11 am (Sunday School for all ages at 10 am), Pastors Dan Freng & Jeremy Mulder, (605)665-0404.

## Faith Alive

FAITH ALIVE, 501 Cedar St., Yankton. 665-4797. Contemporary Worship & Family Values. SUN: 10am service. WED, 7pm Care/Cells "Small Groups For Building Relationships" Various Locations.

## Jehovah's Witnesses

JEHOVAH'S WITNESSES, 2215 Douglas, 664-2249. SUN, 10am Public Bible lecture, 10:35am Watchtower, WED, 7:30pm Bible Study, 8pm Ministry School, 8:35pm Service meeting.

## Lutheran

CALVARY LUTHERAN, Irene. 263-3527. SUN, 9:30am Worship, 10:45am SS.

CHRIST THE KING LUTHERAN CHURCH: 305 W. 25th, Yankton, 665-8848. Rev. Dani Jo Ninke. SUN: 8:30am AND 10:45am Worship, SS-9:45am.

FAITH UNITED LUTHERAN, 44874 303rd St., Volin SD 57072, (605)267-2277. SUN, Worship Services 9:30am. Children's Education WED. Evening (WOW) 6:30-7:30pm.

FIRST AMERICAN LUTHERAN CHURCH, 300 S. Carpenter St., Tripp, (605)935-6941. Pastor Mike Jacobson. SUN, 10:45am Worship (Holy Communion first and last Sundays), 9:30am Sunday School.

PRINCE OF PEACE, Wisconsin Synod, 201 East 25th St., Pastor Werre, 665-4793. Sat. 6pm Dinner last Thurs. 12pm.

TRINITY LUTHERAN CHURCH, 403 Broadway, Yankton, 665-7415. Worship Saturday, 5:30pm; Sunday, 8:15am & 10:45am. Classes, Coffee fellowship, 9:30am.

TRINITY LUTHERAN CHURCH, Hartington/Crofton, NE. Bob Bryan, pastor, (402)254-6606. SUN, 9am Worship (Hartington), 10am SS (Hartington), 11am Worship (Crofton).

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