

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, 605-760-7082.
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.

FIRST MONDAY

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
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

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
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

BIRTHS

CAROLINE ZEPHIER

David Zephier and Kristi Selwyn of Wagner announce the birth of a daughter, Caroline Zephier, born May 29, 2014, at Avera Sacred Heart Hospital in Yankton. She weighed 8.5 pounds. She joins siblings Orlando Zephier, 14; Alexis Zephier/Selwyn, 12; Johnny Zephier, 9; Allery Selwyn, 7; Eli Selwyn 7; and Krystina Selwyn, 6. Grandparents are Violet Provost, Jimmy Selwyn and Mary Zephier.

Great-grandfather is Alexander Zane Zephier.

TRACE TEICHROEW

Jennifer and Brandon Teichroew of Yankton announce the birth of their son, Trace Kevin Teichroew, on Sept. 20, 2014, at 3:32 p.m. Trace weighs 8 pounds and 7 ounces, and is 20.5 inches long. Grandparents are Angela Shuff, Mark and Cheryl Wenzlaff; and Kevin and Robin Teichroew, all of Yankton.

BIRTHDAYS

LEONARD CIMPL

Leonard Cimpl from Tabor will celebrate his 90th birthday on Oct. 11. His fam-

ily requests a card shower in honor of this event. Greetings may be sent to P.O. Box 128, Tabor, SD 57063.

Avoiding Those Sneaky Hidden Trans Fats

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

King Features Syndicate, Inc.



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

You know that saturated and trans fats are two of the Five Food Felons that you should eliminate from your diet to protect your heart, brain and sex life, and to make your RealAge younger. Saturated fat is pretty easy to spot. It's in all four-legged animal products and poultry skin, plus whole dairy and palm and coconut oils. But thanks to a loophole in federal rules, trans fats are hidden in 1 of 11 processed foods, and most of the time their nutrition labels claim there's zero! That's the conclusion of a shocking new Centers for Disease Control and Prevention study that found trans fats lurking in everything from cookies and frozen pizza to dips, frozen entrees, seasoned pasta, and grain and stuffing mixes.

Here's what you need to know about sidestepping sneaky trans fat and why we're in favor of the total trans fat ban currently under consideration by the Food and Drug Administration.

Trans fats, also known as partially hydrogenated fats, are made by bubbling extra hydrogen through hot oil to create a Franken-fat that's solid at room temperature. It's used to improve the texture and shelf life of processed foods.

Once widely used in everything from French fries to baked goods, trans fats fell out of favor after researchers discovered that even small quantities accelerate artery clogging. In 2006, the FDA required trans fats to be listed on nutrition labels. Since then, food makers have slashed the amount in the American food supply by 73 percent, which some claim has saved up to 9,000 lives a year. We think the number is much higher.

But a loophole lets manufacturers claim on the nutrition label that their products with less than 0.6 grams of trans fats per serving contain zero trans fats. The problem is that no amount of trans fat is safe to eat! That's why the FDA is considering declaring trans fat no longer "generally recognized as safe." That would effectively ban partially hydrogenated oils from being used in foods. We hope it happens! That change could prevent 10,000-20,000 heart attacks and other heart "events" per year, and save at least another 7,000 lives per year.

Until then, take these steps to ban them from your diet:

Start with the nutrition facts ... When buying processed food — anything that's not a fruit, veggie, plain dairy product, meat or unadorned grain — flip the package over and check the nutrition panel for trans fats. If the number is higher than "0," put the product back on the shelf.

... next, read the ingredients list. As you now know, trans fats hide out in processed foods that claim to have

none. So if a product says there are zero, double-check by scanning the ingredients list for the words "partially hydrogenated oil." That's trans fat. If it's there, say "no thanks."

Don't worry about "natural" trans fats in dairy and meat. You may have heard that bacteria in the stomachs of cows and sheep convert oils from the food they eat into naturally occurring trans fats. So far, there's no evidence that these raise risk for heart disease — although red meat does!

Away from home, steer clear of likely offenders. When you're out, eat smart by avoiding the food groups where trans fats hide most often. Have nuts instead of crackers, fruit instead of cookies or doughnuts, lean protein and veggies instead of pizza. Your heart and arteries will thank you: Making swaps like this regularly could help lower your risk for heart disease by 20 percent to 32 percent.

Do a background check on your favorite restaurant chains. Many fast-food and casual dining chains have stopped using trans-fat-laden oils, but not all. We found onion rings at one national chain with 3.5 grams of trans fat per serving; burgers with 3-4 grams at another; and mashed potatoes with a smidge at a third. Plenty of chains post their nutrition info online. It's worth reading on your smartphone before you order.

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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Ebola

From Page 5

try where Ebola is present. The Centers for Disease Control and Prevention has consulted with hospitals about more than 100 potentially suspicious cases in recent months. More than a dozen were worrisome enough to merit Ebola blood tests. Only the Dallas patient had Ebola.

HOW IT SPREADS

Ebola doesn't spread easily like the flu, a cold or measles.

The virus isn't airborne. Instead, it's in a sick person's bodily fluids, such as blood, vomit, urine, semen or saliva. Another person can catch the disease by getting those germs into his own body, perhaps by wiping his eyes or through a cut in the skin.

Bodily fluids aren't contagious until the infected person begins to feel sick. The initial symptoms are easily confused with other illnesses, however: fever, headaches, flu-like body aches and abdominal pain. Vomiting, diarrhea and sometimes bleeding follow as the disease progresses, increasing the risk to others.

In West Africa, the disease has spread quickly to family members who tended the sick or handled their bodies after death, and infected doctors and nurses working under punishing conditions, without proper equipment. Bed sheets or clothing contaminated by bodily fluids also spread the disease.

CAN YOU CATCH IT ON A BUS OR PLANE?

It's very unlikely. To be on the safe side, the CDC defines "contact" with the disease as spending a prolonged period of time within 3 feet of someone ill

with Ebola, a distance designed to protect health workers from projectile vomiting.

But health officials haven't seen real world cases of the virus spread by casual contact in public, such as sitting next to someone on a bus, said Dr. Tom Frieden, the CDC director.

"All of our experience with Ebola in Africa the last four decades indicates direct contact is how it spreads," he said, "and only direct contact with someone who is ill with Ebola."

Passengers who flew on the same plane as the Dallas patient, five days before he developed symptoms, are not considered at risk by the CDC. Nor are the schoolmates of children who came in contact with the infected Dallas man, but showed no symptoms of illness while in class.

As a precaution in case they become sick and there-

fore contagious, the children who were in contact with the infected man were pulled from school and are being monitored for symptoms.

Initially, about 100 people were assessed for potential exposure. Health officials said Friday that 50 were still being monitored, with 10 considered at the most risk during the disease's 21-day incubation period. Four family members who shared their apartment with the patient are under quarantine.

Outside those circles, the odds of getting infected within the U.S. remain minuscule, health authorities say.

WHAT HEALTH OFFICIALS ARE DOING

The CDC is overseeing multiple layers of response: • The Ebola-hit African nations are checking people at airports for fever, and asking them about any contact with an infected person, be-

fore allowing them to board planes out of the country.

• Airlines are required by law to watch for sick travelers and to alert authorities before landing.

• The CDC is warning doctors and hospitals to remember the possibility of Ebola and rapidly isolate and test sick patients with a risk of exposure to the virus, primarily those who have traveled recently from the hot spots.

"We all want to get to zero risk to the U.S. ... We can only do that by making sure that we get it under control in Africa. And we're beginning to see the response ramping up there. But it's going to be a long, hard fight," Frieden said Sunday.

The U.S. and other countries have stepped up aid to West African nations struggling with the disease. But the outbreak is out of control.

SHIINE (senior health information & insurance education)

Medicare Part D (Prescription Drug) Plan Enrollment Assistance

SHIINE volunteers will assist Medicare beneficiaries, free of charge, with information needed to make informed decisions and/or enroll in a new plan for the 2015 Medicare Part D (Prescription Drug) plan year.

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OPEN ENROLLMENT PERIOD:
October 15 - December 7, 2014

VOLUNTEERS AVAILABLE
Yankton Area Senior Center
900 Whiting Dr.
Yankton, SD 57078
For an appointment call (605) 665-4685

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Also online at www.yankton.net