

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 (entrance in the alley), Yankton. (605) 660-5612.
English as a Second Language classes, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), 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., 232 Capital 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
Weight Watchers, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.
Pinochle, 12:45 p.m., The Center, 605-665-4685
Wii Bowling, 1 p.m., The Center, 605-665-4685
Citizenship Class for Chinese students, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Conversational English Class, 6:30-8 p.m., Southeast Job Link, 1200 W. 21st St.
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)

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
Citizenship Class for Chinese students, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.
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
English as a Second Language classes, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.

FOURTH THURSDAY

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

F.C.S.L.A. Halloween Party Set

TABOR — The annual Halloween Party for F.C.S.L.A. WO93 members, family and friends will be held at 5 p.m. Oct. 25 at Beseda Hall in Tabor. There will be a pot luck, prizes/best costume/all ages Meeting, games, etc.

Also, the FCCLA WO93 will host the District 13 state meeting in Beseda Hall at 12:30 p.m. Nov. 8. All South Dakota FCCLA members are requested to attend. The state will provide

lunch; RSVP with your local officer as soon as possible for a meal count. Volunteers for help would be appreciated.



AM 1450

MORNING COFFEE

WEEKDAYS 7:40AM MONDAY THRU FRIDAY

Yankton's Home Team!

BIRTHDAYS

RUTH BIESMA

The family of Ruth Biesma is requesting a card shower for her 80th birthday on Oct. 19. Cards may be sent to Springfield Assisted Living Center, c/o Ruth Biesma, 701 Pine St., Springfield, SD 57062.

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

King Features Syndicate, Inc.

Here's a great way to have more food-fun every day and lose weight at the same time: Ditch the tired old recipes that you and your family have gotten bored with, and start enjoying some of Mother Nature's most interesting offerings. You'll cut calories and bump up nutrition while you wake up your brain and excite your senses of taste, smell, sight and even touch. That'll make you eat more mindfully — a key to putting the brakes on overeating.

According to a recent study from our friend Brian Wansink and his crew at Cornell University's Food and Brand Lab, adventurous eaters are slimmer and healthier than people who stick with the same old, same old for breakfast, lunch, dinner and snacks. They found that middle-aged women "foodies" who eat the widest variety of unconventional foods weigh less than conservative eaters. These women's food choices would please the most daredevil celebrity chef, with edibles like eel, beef tongue and quail eggs. Plus, they were more likely to have tried goodies such as kale, quinoa, tempeh (a tofu product) and polenta (Italian cornmeal).

So if you're curious about rabbit, seaweed, venison or kimchi, go for it! But if that's never going to be quite your style, don't fret. You don't have to scour your local grocery store for weirdo foods to invite healthy, weight-friendly new edibles to your plate. Start your foodie adventure with these little swaps:

If you love potatoes, try turnips or rutabagas. These old-fashioned, autumn root veggies have a tangy taste that white potatoes just can't match. Peel, dice and roast in the oven with a drizzle



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

of olive oil, some fresh or granulated garlic and chunked onions. Steam or boil, along with half the usual amount of potatoes, then make a 50-50 mash.

Calories: About 34 per 1/2 cup, cooked. Nutrition bonus: You get host compounds called glucosinolates; they have anti-cancer properties and help your liver detoxify harmful chemicals and hormones.

If you love spinach, try Swiss chard or turnip greens. Steamed, stir-fried or stirred into soups and casseroles, these robust greens are a great change of pace. Try scrambling chard or turnip greens with tofu for breakfast or stir-frying then layering on a whole-grain pizza with low-fat cheese, garlic and sun-dried tomatoes. Is your mouth watering yet?

Calories: 29-35 per cooked cup. Nutrition bonus: Chard delivers hard-to-get phytonutrients (beneficial plant compounds) called betalains that help cool inflammation and fuel the body's cell-protecting defenses. Chard's ruffled green leaves are also a source of syringic acid, which research suggests can aid blood-sugar control. Meanwhile, the bold flavor of turnip greens is packed with calcium and those glucosinolates that your body converts into cancer-

preventing isothiocyanates.

If you love broccoli, try kohlrabi. Peel and slice the bulb of this widely available Asian veggie. Then use as if it were broccoli or cabbage. Shred for slaw, slice thin and serve with dip for a super-healthy, extra-crunchy, veggie chip or stir-fry with mushrooms, carrots, red pepper and ginger.

Calories: 48 per cup. Nutrition bonus: Fiber, vitamin C, potassium and 32 milligrams of cancer-battling glucosinolates in every half-cup serving.

If you love carrots, try parsnips. Sure, they look like pale, hairy carrots. But their sweet flavor emerges when you roast, steam or add parsnip slices to soups.

Calories: 55 per half-cup. Nutrition bonus: You get fiber, calcium, blood-pressure-friendly potassium and inflammation-cooling plant chemicals called phthalides, too.

If you love pumpkin pie or pasta, try organic acorn, butternut or spaghetti squash. Bake acorn squash with cinnamon and a dash of maple syrup; boil and mash butternut squash chunks (peeled, of course) with sweet spices; or create a savory masterpiece by topping strands of baked spaghetti squash with your favorite homemade marinara or olive oil, garlic and basil.

Calories: 100 per cooked cup. Nutrition bonus: Orange and yellow-fleshed varieties are top sources of vision-guarding lutein and zeaxanthin and of other cell-protecting carotenoids.

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.

NFIB Online Scholarship Application Available

DENVER —The National Federation of Independent Business (NFIB) Young Entrepreneur Foundation announced today that its scholarship application for the 2016 NFIB Young Entrepreneur Awards is now available.

High school seniors who run their own business and plan to attend a two- or four-year university, college, or vocational institute during the fall of 2016 are eligible to apply.

"These ambitious young business owners continue to impress us with their innovation, spirit and work ethic each year," said Director of the Young Entrepreneur Foundation Molly Young. "It is so important that we support tomorrow's business leaders and encourage them to fulfill their entrepreneurial dreams."

The NFIB Young Entrepreneur Foundation offers scholarships that recognize high school seniors who have demonstrated entrepreneurial spirit and initiative through having established and run their own businesses. The scholarship program's goal is to raise awareness among the nation's youth of the critical role that private enterprise and entrepreneurship play in the American economy.

As an added bonus this year, VISA Inc. has agreed to double the awards. Ninety-five of the scholarship winners will now receive a \$2,000 award and five students will be chosen as Young Entrepreneur of the Year Award finalists. The finalists will qualify for NFIB's two top scholarship awards and attend a ceremony in Washington, D.C., where the winners will be named. The Young Entrepre-

neur of the Year recipient will receive \$25,000, the Dan Danner Leadership Award winner will receive \$15,000 and the remaining three finalists will each receive \$10,000.

"The increase in the amount of money we will be providing to young entrepreneurs across the country shows NFIB's and VISA's commitment to supporting youth entrepreneurship and the future of small business," said Young.

What do students need to know?

* Students are able to apply through Dec. 18, 2015.

* The independent selection committee will review all applications and select semifinalists. Semifinalists will be notified by mid-January.

* Semifinalists must be interviewed by an NFIB member, who will be assigned to each semi-finalist.

* The Award recipients are selected by an independent scholarship organization.

Scholarships are merit-based, not based on financial need.

Since 2003, the NFIB Young Entrepreneur Foundation has awarded more than 2,700 scholarships totaling \$2.7 million. Last year the Foundation awarded 100 deserving student entrepreneurs \$145,000.

"Any high school senior who runs their own business and plans to further their education is encouraged to apply for this scholarship," Young continued. "We could not be more excited to open this year's application and see what wonderful things the class of 2016 has to offer. We wish all of the applicants the best of luck!"

More information is available at www.NFIB.com/YEF.

Getting a mammogram?

SMART

Getting a more accurate one?

GENIUS™

Yankton Medical Clinic is first with
Genius™ 3D Mammography.

In a potentially life-saving step, we are now delivering Yankton's first 3D mammograms, detecting 41% more invasive breast cancers, and reducing recalls by 40%.
Genius™ 3D Mammography is approved by the FDA and covered by Medicare.

Yankton's ONLY Comprehensive Breast Care Center

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