

Park Ranger Visits Beadle



SUBMITTED PHOTO

On Thursday, October 15, Teresa Mentzer from the National Park Service visited the 4th grade classes at Beadle Elementary. Teresa presented information about the Missouri River National Recreational River in South Dakota and Nebraska. She discussed with the students the importance of the park, especially in the area that we live. She also talked about some important historical landmarks that can be found within the Missouri River National Park and encouraged the 4th graders to take advantage of the "Every Kid in a Park" program offered to 4th grade students national wide as well as their families.

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
- Pinocle, 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.

FOURTH MONDAY

Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st 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.
- Pinocle, 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)

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 #217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
- Pinocle, 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.

BIRTHDAYS

JIM GALL

Jim Gall of Yankton will be celebrating his 85th birthday on Oct. 29. An open house will be held on Saturday, Oct. 31 from 1-4 p.m. at Jo-Dean's, 2809 Broadway, Yankton. Coffee and cake will



Gall

be served. His family requests a card shower. Greetings may be sent to 31112 445th Ave., Yankton, SD 57078.

ROSEMARY WUEBBEN

A card shower will be held for Rosemary Wuebben of Yankton as she celebrates her 80th birthday on Oct. 29. Greetings may be sent to 2109 W. 11th St. Apt. 102, Yankton, SD 57078.

BIRTHS

MACIE STUCKY

Jacob and Britta (Stenstrom) Stucky of Yankton announce the birth of their daughter, Macie Jean, on Oct. 4, 2015, at Avera Sacred Heart Hospital, Yankton. She weighed 6 pounds, 14 ounces. She joins sibling Kenley Joy, 2. Grandparents are Gary and Cindy Stenstrom and Jim and Michelle Stucky of Yankton.

Great-grandparents are Frank and Jan Vellek and Doris Stucky of Yankton.

LARISSA CROSSMAN

Lacy and Greg Crossman of Gayville announce the birth of their daughter, Larissa May Crossman, on Oct. 19, 2015, at 2:38 p.m. She weighed 7 pounds, 13 ounces and was 20 inches long.

Butter, Bacon, Cheese And Meat: The Big (Saturated) Fat Truth

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

If the saturated-fat revival sweeping the planet has swept you up and you're slathering more butter on your toast, chomping more bacon and munching more cheese than ever, you and a lot of other folks are in trouble. Credit Suisse Research Institute reports butter sales are up 20 percent, whole milk's surged by 11 percent, and red meat and egg consumption are also on the rise in North America.

Fueled by books and research claiming that artery-clogging, inflammation-stoking, saturated fat is good for your heart and blood vessels, even journalists (who should know better) and members of the U.S. Congress are questioning the wisdom of scientific advisors who recommend that Americans eat less meat, keep a lid on sat fat and focus on fruit, veggies, whole grains and good fats instead.

But don't believe B.S. (bad science)! A huge new study from the Harvard T.H. Chan School of Public Health is the first to directly compare the heart disease risks of eating saturated fat with consuming other types of fats and different types of carbohydrates – and it confirms that eating sat fat is a felonious assault on your body.

This important study followed 84,628 women and 42,908 men for up to 30 years, rechecking their diet and health via questionnaires every four years. At the outset, all were free of diabetes, heart disease and cancer. People in the study who swapped 5 percent of the calories they'd been getting from saturated fat with the same number of calories from healthier fats (like olive and canola oil,



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

nuts, avocados and the fat in fish) or from whole grains saw their heart disease risk fall by as much as 25 percent.

In contrast, those who reached for more refined carbs – white starches like white bread, white pasta, crackers made with refined grains and desserts and other sugary treats – had the same risk for heart disease as those who continued eating the same level of saturated fat.

This study clearly reinforces the findings of the PREDIMED (Primary Prevention of Cardiovascular Disease with a Mediterranean Diet) study and at least one other large randomized intervention study that indicated substituting healthy fats for saturated fats reduces the risk for breast cancer by more than 50 percent and/or heart disease and stroke by more than 25 percent.

So let's make it clear: Saturated fat contributes to the buildup of heart- and brain-threatening plaque in artery walls. It fuels inflammation throughout the body (boosting risk for heart disease; stroke; diabetes; dementia; breast, colon and prostate cancer; and more). And when

your saturated fat comes from meat, you also take in carnitine, which feeds digestive-system bacteria that churn out an artery-clogging chemical called TMAO (trimethylamine-N-oxide). Lecithin in egg yolks has the same effect. Meat also delivers a kidney toxin called butyl betaine.

A better way to eat? We like (most of) the advice in the Dietary Guidelines Advisory Committee report that recommends a diet rich in vegetables, fruit, whole grains, seafood, legumes and nuts; moderate in low-fat and nonfat (for folks 30-plus) dairy products and alcohol (among adults); lower in red and processed meat (we'd say none); and low in sugar-sweetened foods and beverages and refined grains (we'd say none here, too).

So aim for a max of 4 ounces of red meat or one egg yolk per week; you can have a lean steak or a scrambled egg once in a while, and you'll keep levels of carnitine and lecithin below the danger point. Instead of butter, bacon and other sat-fat "bombs," try foods like fish, olive oil, avocados and nuts. Keep sat fat low by choosing nonfat or low-fat dairy products, too.

Bottom line: The big fat, sat-fat science deniers are bigger deniers than those who say there's no truth to global warming, the drought in some areas of California, or the Cavs' chance to make the playoffs!

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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Tax Preparedness Series: Employees Should Take Time To Check Withholding

WASHINGTON — The Internal Revenue Service reminds taxpayers that the earlier in the year they check their withholding, the easier it will be to get the right amount of tax withheld.

Besides wages, income tax is often withheld from other types of income, such as pensions, bonuses, commissions and gambling winnings. Ideally, taxpayers should try to match their withholding with their actual tax liability. If not enough tax is withheld, they will owe tax at the end of the year and may have to pay interest and a penalty. If too much tax is withheld, they will lose the use of that money until they get their refund.

This is the first in a series of weekly tax preparedness releases designed to help taxpayers begin planning to file their 2015 return.

WHEN SHOULD TAXPAYERS CHECK THEIR WITHHOLDING?

When a taxpayer gets a big

refund, or finds that they have an unexpected balance due.

Any time there are personal or financial changes that might affect their tax liability, such as getting married, getting divorced, having a child or buying a home.

When there are changes in federal tax law that might affect their tax liability.

HOW TO CHECK THE AMOUNT BEING WITHHELD

Use the IRS Withholding Calculator on IRS.gov. This easy-to-use tool can help figure the taxpayer's federal income tax withholding so their employer can withhold the correct amount from their pay. This is particularly helpful if they've had too much or too little withheld in the past, their situation has changed, or they started a new job. Taxpayers may also use the worksheets and tables in Pub 505: "Tax Withholding and Estimated Tax", to see

if they are having the right amount of tax withheld.

HOW TO CHANGE THE AMOUNT BEING WITHHELD

Events during the year may change a taxpayer's marital status or the exemptions, adjustments, deductions, or credits they expect to claim on their return. When this happens, taxpayers may need to give their employer a new Form W-4, Employee's Withholding Allowance Certificate to change their withholding status or number of allowances.

Generally, taxpayers should give their employer a new Form W-4 within 10 days after either:

- A divorce, if they have been claiming married status, or
- Any event that decreases the number of withholding allowances they can claim.
- Other Considerations Taxpayers, who bought 2015 insurance coverage

through the Health Insurance Marketplace, should report changes in circumstances to the Marketplace when they happen. Reporting changes in income or family size will help taxpayers avoid getting too much or too little advance payment of the premium tax credit. Receiving too much or too little in advance can affect the amount of their refund or how much they may owe when they file their tax return. For help getting it right, see this change in the circumstances estimator.

Taxpayers may need to include Additional Medicare Tax and Net Investment Income Tax when figuring withholding and estimated tax. Taxpayers may request that employers deduct and withhold an additional amount of income tax withholding from wages on Form W-4 if they are affected by these taxes.

Find more information on this and other tax topics by visiting: www.irs.gov/Individuals.

Home-Canned Pumpkin Butter: Food Safety Risks

BROOKINGS — The USDA does not recommend home canning of pumpkin butter and mashed or pureed pumpkin or winter squash.

Joan Hegerfeld-Baker, Assistant Professor & SDSU Extension Food Safety Specialist, explains the reason.

"Pumpkin butter recipes often have acid, such as vinegar or lemon juice, added to reduce the pH level below 4.6 which is a level at which the pathogen Clostridium botulinum will grow," Hegerfeld-Baker said.

SUPPORTING RESEARCH

Food safety concerns related to pumpkin butter were studied by the University of Missouri in 1995. "Their research determined that pumpkin butters produced by home canners and small commercial processors in Missouri had extreme varia-

tions in pH values. Some pumpkin butters pH values were as high as 5.4, a level that supports the growth of pathogens of concern," she said.

When the pH of home canned pumpkin butters, with added acid, was tested in South Dakota by SDSU Extension Food Safety Specialists, Hegerfeld-Baker said similar results were observed. "The pH levels of three samples of pumpkin butter sent in by a home food processor ranged from 4.5 to 4.8," she said.

Pumpkin and squash butters have two inherent risks – pH greater than 4.6 and thick viscosity. "The pH is difficult to control, and the thick viscosity does not allow for good heat penetration when processing in a boiling water bath or pressure canner," Hegerfeld-Baker said.

The USDA will not recommend home processing of squash and pumpkin butters because they are pureed, and

the pH is difficult to maintain below 4.6. And, SDSU Extension will not verify the processes of these same products for sale at farmers markets and similar venues as an acidified or acid food.

USE A PRESSURE CANNER

In 1989, the USDA Extension Service Published the Complete Guide to Home Canning. This has served as the standard for Home Food Preservation, with recommended and tested home processing techniques. However, in 1994 a revision was made: the only directions for canning pumpkin and winter squash is to cube the squash or pumpkin and process in a pressure canner.

Many canning resources can be found by visiting iGrow.org, which is SDSU Extension's online platform.

Annual Indian Education Summit To Be Held In Pierre

PIERRE — The 2015 South Dakota Indian Education Summit will be held Nov. 1-3, at the Best Western Ramkota Hotel in Pierre.

This 12th annual summit will include more than 60 specialized sessions, cultural activities and student-led discussions.

The theme of this year's event is "Sharing Our Heritage; Building Our Future." A pre-conference session will focus on the WoLakota Project. Attendees will get updates on the project's first two years, and hear about plans for ways

this work on cultural awareness and understanding will continue in South Dakota and beyond. For more information on this project, visit www.wolakotaproject.org.

Keynote speakers include Donald F. Montileaux and Joseph Marshall III. Montileaux was born in Pine Ridge. He is a noted ledger artist who creates striking images of the Lakota way of life. He has exhibited in national art shows, illustrated book covers, and recently wrote and illustrated the award-winning book "Tasunka: A Lakota

Horse Legend."

Marshall was born and raised on the Rosebud Sioux Indian Reservation. He is a writer, historian, actor, teacher, craftsman, administrator and public speaker. He has written several award-winning books, appeared in television documentaries and helped found Sinte Gleska University where he is a charter board member.

Kevin Locke, known throughout the world as the preeminent player of the indigenous Northern Plains flute, will perform at the sum-

mit. This year's summit will also feature a special exhibit entitled "Lakota Emergence," which integrates the Lakota emergence narrative with museum objects and contemporary Lakota artwork.

To learn more and register, visit http://indianeducation.sd.gov.

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