

The Bookworm

Don't 'Weight' To Read This Look At Diets And Health

"Body of Truth" by Harriet Brown; © 2015, DaCapo LifeLong. 274 pages

BY TERRI SCHLICHENMEYER

Your summer clothes don't fit this year.

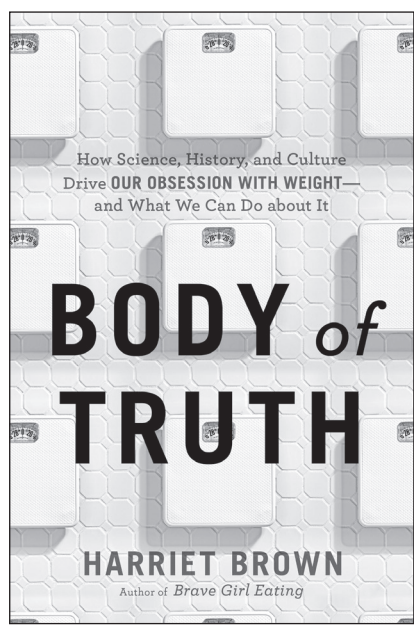
You'll admit that you weren't paying attention: too many holiday cookies, too little New Years' resolving. The pounds crept up and you need to lose them before they multiply again. It's for your health and well-being, right?

Or maybe not. In the new book "Body of Truth" by Harriet Brown, you'll see that everything you thought you knew about weight may be a big fat lie.

Some 25 years ago on a "sticky summer evening," Harriet Brown sat in a therapist's chair, sobbing about her weight. Once, she'd been thin but "three pregnancies and a whole lot of living" later, she couldn't take off the pounds.

She was absolutely stunned when the therapist asked if she could learn to be okay with the body she had. She "couldn't even consider the possibility" that having a few extra pounds wasn't such a bad thing.

Even the language we use for weight has changed in the past few years: what was once chubby or husky is now "obese" or "overweight," words that carry a meaner stigma. Yes, as a society, we've gained weight but our eating habits and our sedentary lives



are not solely to blame. There are, says Brown, several reasons for weight gain, one of which is that dieting is generally detrimental.

Statistically speaking, just five percent of dieters keep the weight off, long-term; the other 95 percent of calorie-counters usually gain back any weight lost, and then some. We understand that yo-yo dieting is unhealthy, but we may not know that some researchers believe there's no increased risk of death due to extra weight. Even so, says Brown, physicians sometimes

admit to having "weight bias," and treat (or don't treat) patients accordingly.

But our obsession with weight goes much deeper than just physical effects.

Negative social pressure can affect our mental health, which suffers when we loathe our bodies and indulge in "fat talk." What's worse is that our emphasis on weight adversely affects future generations: some pediatricians recommend that infants be put on diets and one study found three-year-old children who were "unhappy with their bodies."

Says Brown, "Something is definitely wrong with this picture."

Food for thought. No pun intended, but that's what you'll find in "Body of Truth." You'll also find a good amount of controversy.

For readers who struggle with their weight, there's a certain Ahhhhh-feeling of freedom that comes with author Harriet Brown's urging for acceptance. It's hard not to see that our attitudes about being overweight have gone overboard, and it's equally hard to argue with the experts and research she cites.

Definitely, this could cause weight-watching readers' heads to spin — but Brown is quick to reassure the flummoxed: "There's no one-size-fits-all approach..." when it comes to weight or loss thereof.

Overall, I really liked this book — in part, because it provides more balance in a world where new diets come out seemingly every day. If you've grown weary of that, then read "Body of Truth." You may have nothing to lose.

Bon Homme Play Set For Springfield

SPRINGFIELD — "In 25 Words or ... Death" is a light-hearted mystery-comedy by the comedy duo Newt Mitzman and William Dalzell that will be presented by Bon Homme High School Drama Personnel at the Springfield Gym on April 17, and 19.

Performances are at the Springfield Gym at the elementary school in Springfield. The house will open a half-hour prior to the curtain. Show time is 7:30 p.m. Friday, April 17, and 2 p.m. on Sunday, April 19. Season tickets will be honored, and other seats may be paid for at the door.

Sweet Adelines Set For Minneapolis

The Yankton chapter of Sweet Adelines (River City Harmony Chorus) are heading to Minneapolis soon. The woman's acapella barbershop group, under the direction of Ethel Cooper, will participate in the regional competition on April 25.

All Sweet Adeline choruses are required to compete at least once every three years to maintain their charter. Since this is an expensive trip the group has several fund raisers during the year to cover expenses.

Those attending the fourth annual GFWC style show on April 19 at the Calvary Baptist Church will get a preview of our competition performance.

Book Discussion Set For Vermillion

VERMILLION — In honor of Earth Day and the community-wide celebrations occurring during the week of April 20-25, the Edith B. Siegrist Vermillion Public Library will host a discussion of "A Sand County Almanac," by Aldo Leopold, on Monday, April 20, at 4 p.m. in the Kozak Community Room. The discussion will be facilitated by Prof. Dean Spader.

Admired by an ever-growing number of readers and imitated by hundreds of writers, "A Sand County Almanac" serves as one of the cornerstones for modern conservation science, policy and ethics. First published by Oxford University Press in 1949 — one year after Leopold's death — it has become a classic in the field equaled in its lasting stature only by Henry David Thoreau's "Walden."

All are welcome. The Edith B. Siegrist Vermillion Public Library is located at 18 Church Street in Vermillion. For more information, call the Library at 605-677-7060.

Literary Lunch In Vermillion April 22

VERMILLION — The Friends of the Vermillion Public Library will host the 26th annual Literary Lunch at 11:30 a.m. Wednesday, April 22. The Literary Lunch will take place in the Kozak Community Room of the Edith B. Siegrist Vermillion Public Library.

The guest of honor Matt Moen, Dean of the College of Arts and Sciences at USD.

Moen will be discussing his book, "Dumb Bunnies and Expecting Cats."

Tickets are available at the library Circulation Desk, and should be purchased by April 20 to secure a seat. Proceeds will be used to support the Summer Reading Program. Lunch will be served at 11:30 a.m.; program begins at 12:10 p.m.

Wayne State College Star Party April 22

WAYNE, Neb. — Wayne State College will host the Wayne State College Star Party at Ike's Lake just north of Wayne on April 22 from 5:30 to 10 p.m.

Directions for Ike's Lake: take Highway 15 north, turn left on 860th Rd, turn right on 574th Ave., and in 0.3 miles turn right into Ike's Lake — look for the white fish sign.

This star party is a service-learning project for the Honors Astronomy class. The early evening will include kinesthetic astronomy, a solar system walk, and a viewing of "Cosmic Voyage." When the Sun goes down, the telescopes will come out. Look in the sky for Venus, Mars, Jupiter, a crescent moon, the Andromeda galaxy, the Hercules cluster and the Dumbbell nebula. Honors students will show visitors where the center of the galaxy is located.

Tours of the constellations will be given. Anyone with a telescope or binoculars are encouraged to bring them. Other suggested items to bring: coats, blankets and outdoor chairs. Refreshments will be provided, but feel free to bring your own.

More information can be found at www.wsc.edu/planetarium, and any questions and/or comments should be directed to Dr. Todd Young (402-375-7471; toyoun1@wsc.edu).

Wayne State College, a regional, public four-year college located in northeast Nebraska, is a proud member of the Nebraska State College System.

Children's Choir In Concert April 26

Yankton Children's Choir, Ensemble-In-Residence at Mount Marty College, will present its spring concert, "I Love Animals," under the direction of Angela Larson, choral director; Michael Carlson, choral director; and Dixie Church, accompanist, on Sunday, April 26, at 2 p.m. at Trinity Lutheran Church in Yankton. The concert is open to the public with refreshments to follow. Donations welcome.

If you have any questions about Yankton Children's Choir and its schedule, you can contact Executive Director Dot Stoll, Yankton Children's Choir, P.O. Box 409, Yankton, SD 57078 or 605-660-1819.

MMC Band Spring Concert April 26

The Mount Marty College Concert Band will present the Spring Concert on Sunday, April 26, at 7:30 p.m. in Marian Auditorium on the Mount Marty College campus.

This will be the final concert for retiring Mount Marty College Band Director Dean Rettedal.

The concert is free and the public is invited.

New At The Library

Here's what's new at the Yankton Community Library this week:

ADULT BOOKS

- **The Alpine Zen** by Mary Daheim; Fiction
- **The Bookseller** by Cynthia Swanson; Fiction
- **Emma** by Alexander McCall Smith; Fiction
- **The Harder They Come** by T. C. Boyle; Fiction
- **Jennifer Johnson Is Sick of Being Single** by Heather McElhatton; Fiction
- **The Rules of Wolfe** by James Carlos Blake; Fiction
- **Target America** by Scott McEwen; Fiction
- **The Years** by Nicholas Delbanco; Fiction
- **Better Than Before** by Gretchen Rubin; Nonfiction
- **Craft a Creative Business** by Fiona Pullen; Nonfiction
- **Five Came Back** by Mark Harris; Nonfiction
- **Love Lessons from the Old West** by Chris Enns; Nonfiction
- **On the Clock** by Barry Wilner & Ken Rappoport; Nonfiction
- **Our Auntie Rosa** by Sheila McCauley Keys; Nonfiction
- **This Is Your Do-Over** by Michael F. Roizen, M.D.; Nonfiction
- **Weightless** by Gregg McBride; Nonfiction
- **What Would Buddha Say?** by Barbara Ann Kipfer; Nonfiction

ADULT AUDIO BOOKS

- **Cuba Straits** by Randy Wayne White; Fiction
- **The Dead Play On** by Heather Graham; Fiction
- **Endangered** by C. J. Box; Fiction
- **Get in Trouble Stories** by Kelly Link; Fiction
- **The Girl on the Train** by Paula Hawkins; Fiction
- **Robert B. Parkers' The Bridge** by Robert Knott; Fiction
- **The Sleepwalker's Guide to Dancing** by Mira Jacob; Fiction
- **A Spool of Blue Thread** by Anne Tyler; Fiction
- **A Touch of Stardust** by Kate Alcott; Fiction
- **Unbecoming** by Rebecca Scherm; Fiction
- **Better Than Before** by Gretchen Rubin; Nonfiction
- **Diary of a Mad Diva** by Joan Rivers; Nonfiction

ADULT DVDS

- **The Hobbit: The Battle of the Five Armies**; Fiction
- **The Imitation Game**; Fiction
- **Interstellar**; Fiction
- **Into the Woods**; Fiction
- **Unbroken**
- **Wild**

YOUNG ADULT BOOKS

- **Breaking Sky** by Cori McCarthy; Fiction
- **The Last Time We Say Goodbye** by Cynthia Hand; Fiction
- **This Side of Home** by Renee Watson; Fiction

YOUNG ADULT AUDIO BOOKS

- **Where She Went** by Gayle Forman; Fiction

JUNIOR BOOKS

- **The Blood Guard** by Carter Roy; Fiction
- **Gone Fishing** by Tamera Will Wissinger; Fiction
- **The Honest Truth** by Dan Gemeinhart; Fiction
- **The Questions of Miracles** by Elana K. Arnold; Fiction

- **Words with Wings** by Nikki Grimes; Fiction

EASY BOOKS

- **Is Everyone Ready for Fun?** by Jan Thomas; Fiction
- **Out Foxed** by Mike Twohy; Fiction
- **The Croaky Pokey!** by Ethan Long; Nonfiction



COURTESY PHOTO
The Alliance Brass Quintet of Chicago performs at the YHS/Summit Activities Center theatre in Yankton April 24.

YACA Series

Alliance Brass Quintet To Perform At SAC April 24

An exciting young brass quintet — The Alliance Brass — will perform at the YHS Summit Center on Friday, April 25, at 7:30 p.m. This performance is part of the Yankton Area Concert Association's current series of concerts.

Hailing from Chicago, the Alliance Brass is comprised of some of the country's finest young talent. Members of the ensemble, including Chris O'Hara, trumpet, Mary Galime, trumpet, Kelly Langenberg, French horn, Rachel Castellanos, trombone and William Russell, tuba, have performed all over the world from Canada and Mexico to Russia, the UK and Japan. They have shared the stage with orchestras such as the Boston Symphony Orchestra, The Chicago Symphony and the Cleveland Orchestra. They have also performed with other brass quintets including the Boston Brass and the Synergy Brass.

Dazzling audiences with a repertoire ranging from the early Renaissance to jazz and beyond, the Alliance Brass is

poised to become one of the world's finest brass ensembles.

The ensemble is also dedicated to the education of the next generation of musicians, and has served on the faculty at some of the top music institutions including the Boston University Tanglewood Institute, DePaul University and more.

Whether through performances, clinics, or workshops, the Alliance brass Quintet has an infectious enthusiasm they use to inspire a passion for music wherever they go.

If you still need to purchase your 2015-2016 concert membership, they can be purchased prior to the concert. For membership information, contact Vi Ranney at 605-665-3596 or Betts Pulkrabek at 605-463-2206.

**P&D Classifieds
Work For You!**

JUNE 26-27, 2015



Relay For Life of Yankton Area - TEAM MEETING
Wednesday, April 22nd, 2015 • 5:00pm - 7:00pm
Avera Cancer Institute - Yankton

Questions? Contact Darla Gullikson 668-8850
or Rebecca Giddens (605) 323-3542

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Tatag Gamelan Event At NMM

VERMILLION — A Tatag Gamelan mini-concert will be presented at a National Music Museum's "NMM Live!" event, at noon on Friday, May 1, at the museum in Vermillion.

You will have the opportunity to hear the NMM's extraordinary Kyai Rengga Manis Everist Gamelan percussion orchestra in a performance by area group Tatag.

Attendees are invited to bring a lunch and enjoy this free event.

For more information, visit www.nmmusd.org/.

2100 Broadway • Yankton

GRADUATION SHOW

Friday, April 17 • 3pm-6pm
Saturday, April 18 • 10am-4pm

Pick up a copy of the 2015 Graduation Party Planner and let our professional staff take care of the rest!

10% Discount for Orders Placed During the Graduation Show!