

In the United States, the percentage of overweight and obese adults and children has soared. Studies show that with the increased weight comes an increased risk of developing certain types of cancers. Excess body weight, poor nutrition and/or physical inactivity leads to 1 in 3 cancer deaths. The American Cancer Society has always offered guidelines on nutrition and physical activity for cancer prevention, but is now offering a new way to focus on the task of staying well. The

Powerful Choice podcast series explores topics ranging from making healthy choices while dining at a restaurant to information about prostate cancer screening. Each podcast can be downloaded free through iTunes. For more information on podcasts, visit: http://www.cancer.org/healthy/eathealthygetactive/powerfulchoicespodcasts/.

For more great information on prevention come and join us at this year's Relay For Life! June 28-29, 2013 at Riverside Park from 6:00pm to 6:00am. And don't forget – Relay For Life Team Kickoff is February 25th at Avera Pavilion from 5:30-7:00pm

We welcome our 2013 sponsors as of date: Yankton Daily Press & Dakotan, City of Yankton, Dept. of Parks & Rec, Sara Lee Bread (raffle sponsor), Yankton Rodeo Association (luminaria sponsor).

If you would like to join these generous sponsors or for

more information contact:

Darla Gullikson (605-668-8850) or



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 Quilting, 9:30 a.m.-3 p.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, 605-660-8849. 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 nurch, 11th and Cedar, 605-661-7162 Church, 11th and Cedar, 605-661-7162 Divorce Care, 7 p.m., Calvary Baptist Church Divorce Care For Kids, 7 p.m., Calvary Baptist Church Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

FIRST MONDAY

Yankton Republican Party Executive Meeting, 5:30 p.m., 2507 Fox Run Parkway, 605-260-160 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 Hill-

crest. 605-664-5832 Billiards, 10 a.m., The Center, 605-665-4685

Weight Watchers, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour be-

fore. Yankton Alanon, noon, non-smoking session, 1019 W 9th Street **Nurse**, 12:30-3:30 p.m., The Center, 605-665-4685 **Wii Bowling**, 1 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 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

Tension-Taming Rx For Your Heart

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

The latest, must-know news about your heart: Feeling stressed-out too often raises your risk for deadly ticker trouble by a whopping 27 percent. That makes chronic tension as dangerous as smoking about two packs of cigarettes a week or having a 50-point spike in your LDL (lousy) cholesterol level!

That's the bottom line from a powerful new review of six heart-stress studies involving nearly 120,000 women and men. The results are so dramatic that we think they shouldn't be overlooked by anyone who feels too tense, too often. That includes you if you're among the one in four Americans who say they're living with extreme stress or if you're among the 39 percent who confess that their stress level has risen in the past couple of years.

What's so damaging about stress? Plenty. It stimulates the release of adrenal hormones that cause high blood pressure and elevated blood sugar. That encourages overeating and deposits of risky belly fat. When that happens, you end up with plaque deposits clogging your arteries, making you vulnerable to heart attack, stroke, impotence and wrinkles, and decreasing your ability to fight off cancer and infections.

And even if you avoid weight gain and keep exercising, you can't avoid chronic stress's damage: It flips switches on your genes that boost levels of a brain chemical called neuropeptide Y. That encourages storage of fat deep in your abdomen, where it raises your risk for diabetes, heart disease and some forms of cancer, and sparks release of proteins that boost bodywide inflamma-



oz and roizen

Dr. Mehmet Oz and Dr. Michael Roizen

tion — another ticker threat.

Stress also erodes the caps on the ends of every strand of DNA in your body, and that can shorten your life by more than 10 years!

Mighty sobering. So is the news that up to 80 percent of doctor visits are for signs of stress-related health problems, yet docs offer stress-reducing solutions just 2 percent of the time. That means it's up to you to take the lead by adopting these techniques that boost resilience and dial down stress:

No. 1: Face your fears and find solutions. Take a look at the tension-boosting problems in your life. Determine which ones you have the power to improve. Pick one and start making small changes. "Realistic optimism" is a stress-reducing, resilience-enhancing skill practiced by people, such as Navy SEALS. who thrive in high-stress situations. So is flexible thinking; so if one solution doesn't work, try another.

Even if you can't eliminate a big stressor like a chronic illness or divorce — look for

other ways to gain control of your life and stress by carving out time for things that are important to you (like No. 2 and No. 3, below). Or create a "me space" in your home where you can relax with a hobby that lets you experience "flow," a deep focus that helps you temporarily forget about everyday cares.

No. 2: Invest in your social network. Make time to talk with friends or get away for an afternoon of fun — museum-hopping, fishing or whatever floats your boat! Put together a group of supportive friends and family members you interact with regularly.

No. 3: Get up and move every day. Regular activity is as effective as antidepressants for the mild to moderate depression that stress can trigger. It also releases nerve growth factors that protect a brain region called the hippocampus from stress-induced shrinkage. That's important, because the hippocampus is part of a system in the brain that helps you have a calm response to stress. Exercise shields the caps on your DNA from the ravages of stress, too.

No. 4: Make time for meditation, yoga or simply being quiet. Focusing on one thing (your breathing, a special word, how your body feels in Downward-Facing Dog) slows the nervous system. You'll feel more in control, less distressed — and you get that deep-down ahhhh! feeling of serenity. That eases blood pressure and slows your heart rate, giving your hardworking ticker the break it deserves.

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, visit sharecare.com.

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State Fire School;

ing;

2012 cited by Kurtenbach in-

• improving the city's ISO rat-

• hosting the South Dakota

Strengthening Families Program 10-14 To Hold Facilitator Training

BROOKINGS — Individuals interested in helping youth and families grow together and build a positive future are invited to attend a Strengthening Families Program for Parents and Youth 10-14 (SFP 10-14) Facilitator Training on March 19-21 at the Ramkota Hotel located at 3200 West Maple Street, Sioux Falls.

Facilitators can be any adults interested in helping families make good decisions. This may include professionals and community members who care about families having a positive role in communities.

"By attending this training, facilitators learn about the background, evaluation, goals and content of the program and to take part in session activities. Training also includes information on practical aspects for implementing SFP 10-14, such as recruiting families and making this a vibrant part of their community,' said Andrea Klein, Extension 4-H Youth Development and Resiliency Field Specialist.

Klein explains that as a trained facilitator, individuals can bring the SFP 10-14 to communities they work and live in.

The local SFP 10-14 program consists of seven sessions for par-

cussion. The program sessions help parents build on their strengths in showing love and setting limits, youth develop skills in handling peer pressure and building a positive future and families grow together.

The Strengthening Families Program for Parents and Youth 10-14 is for all families and aims to help families be the best they can

dren become responsible young adults who are making good decisions," said Jessica Kirkham, SDSU Extension Prevention Coor-

Kirkham encourages interested individuals to take this opportunity to discuss this training with individuals they know who may like to get involved in this minimum of two certified facilitators. It is preferred that each implementing community have at least three certified facilitators.

ered, but it is expected that certified facilitators will facilitate a SFP 10-14 program within a year of

Registration deadline is Feb.

Fires

From Page 1

than the 3 minutes, 10 seconds averaged in 2011.

When calculating the total value of the property, such as vehicles and structures, that endured a fire, only an estimated 11 percent of that value was lost during the course of the year.

"Our value loss ratio was excellent," Kurtenbach said. "In 2011 (when we lost 41 percent), we went to several properties where, when we got there, they were totaled. A good example is a house on Locust that was burned down before we even got there. In some cases, we can't control that. In some cases, we can. If our response time is good and we get the fire knocked down, we can prevent losses.

One of the major events encountered in 2012 was an apartment fire at 801 Dakota Street early on the morning of Dec. 28. Seven civilians were treated for injuries as a result of the inci-

In total, there were eight civilian injuries recorded for the year. Additionally, one firefighter was injured and four injury reports were filed due to possible exposure to chemicals during an incident. Other accomplishments for

acquiring a new fire engine;
updating the Fire Safety House; • designing and purchasing a

Mobile Command Post with other local emergency response agencies: • holding several public fire

safety education events; • distributing 35 smoke detec-

tors; • expanding the fire service

chaplaincy program; • upgrading storm sirens from

the 1960s with modern replacements:

• narrow-banding radios in cooperation with other public safety entities in the county; and

• participating in several county-wide exercises and planning committees.

Looking to what lies ahead in 2013, Kurtenbach said the dry conditions will be a focus.

"We're preparing for what could be another busy year," he stated. "We have a lot of undergrowth still there, and it doesn't sound like we're going to get a lot of moisture. We'll have to be ready right away in the spring."

You can follow Nathan John-

Twitter.com/AnInlandVoyage

son on Twitter at

be. "The goal of the program is to build youth skills and give par-ents more tools to help their chil-

dinator. program. Each program requires a

being trained.

Cost for the training is cov-

kton 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 Quilting, 10 a.m.-3 p.m., 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 SHINE, 1-4 p.m., The Center, 605-665-4685 Yankton Alcoholics Anonymous, 7:30 p.m., non-smoking session, 10 W 0th St.

Springfield Footprints, 7:30 p.m., non-smoking open session, Catholic church, Springfield

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 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 meet-

ing, City Hall, 3rd and Poplar, Freeman. Yankton Alcoholics Anonymous, 8:30 p.m., open session, 1019 W 9th

St.

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Yankton Alanon, 8:30 p.m., 1019 W 9th Street

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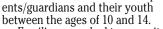
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Families are asked to commit two hours per session engaging in fun hands-on activities and dis-

BIRTHDAYS

MILFORD EKEREN

Milford Ekeren is celebrating his 75th birthday on Feb. 7, 2013. In honor of Milford's Ekeren way, #46, Yankton, S.D. 57078.

ALBE FORINASH



tend, cards may be sent to 410

22. For more information contact Kirkham at 605-688-6037, jessica.kirkham@sdstate.edu or Klein at 605-773-8120, andrea.klein@sdstate.edu

West Hoese, Hartington, Neb

BERNADETTE TRAMP

A card shower

is being held to

birthday on Feb.

15, 2013. Please

54859 885th Rd,

Bloomfield, Neb.

send cards to

68718.

JERRY FAULK

Happy 75th birthday dad!

Hope you have a great day! Love,

Tramp's 95th

honor Bernadette

68739.

BIRTHS

TALIYAH BROER

Karmen Lynn Brockmueller and Andrew James Broer of Yankton anniohnce the birth of their daughter, Taliyah Annalyse-Hanora Broer, born Jan. 26, 2013, at Avera Sacred Heart Hospital,

Yankton. She weighed 5 pounds, 14 ounces.

Grandparents are Bruce and Leone Brockmueller, Irene, and Conny and Ranae Hogberg, Wessington Springs.

Great-grandfather is Eugene Broer, Onawa, Iowa.





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special day, his family is requesting a card shower. Birthday greetings may be sent to: 2800 Broad-

There will be an open house for the 95th birthday of Albe (Haberman) Forinash on Saturday, Feb. 9, 2013, at 2 p.m. at

> on 112 West Main, Hartington, Neb. If unable to at-