

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, 605-660-8849.
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 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.

SECOND MONDAY

Yankton Diabetes Support Group, 1 p.m., Benedictine Center, AVSHH, 605-668-8000 ext. 456
Yankton School Board Meeting, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998
Yankton Area Writers Club, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582
Tri-State Old Iron Association Meeting, 7 p.m., JoDeans Restaurant, 605-665-9785
Yankton City Commission, 7 p.m., RTEC, 1200 W. 21st Street
YHS Booster Club Meeting, 7:30 p.m., Summit Activities Center Meeting Room, 605-665-4640

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

SECOND TUESDAY

Alzheimer's Care Givers Support Group, 5 p.m., The Center, 605-665-4685. (NOTE: This group is on temporary hold until further notice.)
VFW Auxiliary, 7:30 p.m., 209 Cedar Street

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

Oz And Roizen

Consider This Amazing Winter Produce

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

If you're rolling your grocery cart around the store perimeter and the winter-fresh fruits and veggies seem too lackluster or weird-looking (what is a rutabaga anyway?) to cook up every day, stop and roll back for a second look. Some of the biggest seasonal bargains in the produce aisle (like avocados, pomegranates, root veggies — that's turnip, parsnip and yes, rutabaga — and all that citrus) pack major flavor and a major health wallop. So here are some easy tips for enjoying these winter gems more often.

DO MORE THAN DIP INTO AVOCADO

If you're saving your avocados for Friday-night guacamole, you're missing some of this fruit's best assets. In addition to boosting satisfaction by increasing levels of hormones called incretins that put the brakes on your appetite and slow digestion, munching half of one with your lunch can cut your craving for an afternoon snack by a whopping 40 percent. Plus, avocados can help you boost your omega-3 intake, reduce levels of bad LDL cholesterol, bolster good HDLs and cut your risk for diabetes, stroke and heart disease.

Easy eating: Slice a ripe avocado in half lengthwise, remove the pit and scoop out the soft fruit with a spoon. Slice or chunk into salads, soups and stews, and sandwiches. Use it mashed in place of mayo.

Nutrition trick: To make sure you get the dark-green flesh closest to the skin (it contains the highest levels of benefi-

cial carotenoids, which feed your body's cell-protecting polyphenol system) slice the avocado in half lengthwise. Take out the seed and slice it in half again. Peel the skin off with your thumb to preserve more of the dark green-yumminess.

GRAB A GRAPEFRUIT

This tart citrus is rich in immune-boosting vitamin C, along with cancer-preventing lycopene (in the pink types) and naringenin, which may help lower bad LDL cholesterol levels. However, grapefruit and its juice can interfere with your intestinal wall's ability to process many medications, and that's risky. So make sure you check with your doctor or pharmacist to see if it conflicts with your meds before eating grapefruit. If it does, grab an orange instead!

Easy eating: Grapefruit is almost as easy to peel as an orange, making it the perfect take-along fruit. You can use peeled sections in fruit salad, salsas and delicious green salads paired with spinach and avocado.

Nutrition trick: Pair grapefruit sections and dark chocolate. Quercetin in citrus plus catechins in chocolate work together to discourage blood clotting.

PEEL A POMEGRANATE

You've probably heard that pomegranate juice may boost heart health by discouraging the buildup of plaque in arteries, and may help discourage cancers of the prostate and breast. What's behind those potential benefits? A host of 122 beneficial compounds in the red juice that surrounds each little pomegranate seed.

Easy eating: Wondering how to "break in" to that beautiful pomegranate you just purchased without making a mess? Cut off the top, cut the fruit into sections, and place in a bowl of cool water. Use your fingers to gently pull out the juice-filled seed sacs, then strain. Use in fruit salads, or eat them plain!

Nutrition trick: Eating pomegranate as a fruit, rather than juice, means you get the heart-healthy omega-5 fatty acids found in the seeds.

TAKE A CHANCE ON TURNIPS, RUTABAGAS AND PARSNIPS

Turnips and rutabagas are cruciferous veggies, great sources of the same cancer-fighting compounds, called glucosinolates, found in broccoli, cabbage, watercress, arugula and kale. Pale, thin, long parsnips are closely related to carrots, and pack a good dose of vitamin C and potassium — important for heart health and perhaps immune strength.

Easy eating: Treat 'em like taters. Peel turnips and roast with sweet potatoes. Or steam peeled, cubed rutabagas or parsnips, then mash.

Nutrition trick: Make baked "oven fries" with peeled, sliced rutabagas or parsnips instead of potatoes. Season with garlic and rosemary or your own favorite spice combo.

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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Documents Reveal Chaotic Abuse Record

BY YURI KAGEYAMA AND RICHARD LARDNER
 Associated Press

TOKYO — After a night of heavy drinking at the Globe and Anchor, a watering hole for enlisted Marines in Okinawa, Japan, a female service member awoke in her barracks room as a man was raping her, she reported. She tried repeatedly to push him off. But wavering in and out of consciousness, she couldn't fight back.

A rape investigation, backed up by DNA evidence, ended with the accused pleading guilty to a lesser charge, wrongfully engaging in sexual activity in the barracks. He was reduced in rank and confined to his base for 30 days, but received no prison time.

Fast forward a year. An intoxicated service member was helped into bed by a male Marine with whom he had spent the day. The Marine then performed oral sex on the victim "for approximately 20 minutes against his will," records show. The accused insisted the sex was consensual, but he was court-martialed, sentenced to six years in prison, busted to E-1, the military's lowest rank, and dishonorably discharged.

The two cases, both adjudicated by the 1st Marine Aircraft Wing, are among more than 1,000 reports of sex crimes involving U.S. military personnel based in Japan between 2005 and early 2013. Obtained through the Freedom of Information Act, the records open a rare window into the world of military justice and show a pattern of random and inconsistent judgments.

The Associated Press originally sought the records for U.S. military personnel stationed in Japan after attacks against Japanese women raised political tensions there. They might now give weight to members of Congress who want to strip senior officers of their authority to decide whether serious crimes, including sexual assault cases, go to trial.

The AP analysis found the handling of allegations verged on the chaotic, with seemingly strong cases often reduced to lesser charges. In two rape cases, commanders overruled recommendations to court-martial and dropped the charges instead.

Even when military authorities agreed a crime had been committed, the suspect was unlikely to serve time.

Nearly two-thirds of 244 service members whose punishments were detailed in the records were not incarcerated. Instead they were fined, demoted, restricted to their bases or removed from the military. In more than 30 cases, a letter of reprimand was the only punishment.

Among the other findings: —The Marines were far more likely than other branches to send offenders to prison, with 53 prison sentences out of 270 cases. By contrast, of the Navy's 203 cases, more than 70 were court-martialed or punished in some way. Only 15 were sentenced to time behind bars. —The Air Force was the most lenient. Of 124 sex

crimes, the only punishment for 21 offenders was a letter of reprimand.

—Victims increasingly declined to cooperate with investigators or recanted, a sign they may have been losing confidence in the system. In 2006, the Naval Criminal Investigative Service, which handles the Navy and Marine Corps, reported 13 such cases; in 2012, it was 28.

Taken together, the sex crime cases from Japan, home to the largest number of U.S. military personnel based overseas, illustrate how far military leaders have to go to reverse a spiraling number of sexual assault reports.

In one case, a woman alleged that a sailor raped her. Later, she confronted him in a recorded conversation. She accused him of pushing her down "for sex purposes," after which he apologized for hurting her "in that way."

An Article 32 hearing, the military's version of a grand jury, recommended a court-martial on rape charges, but the commanding officer said no. The charges were dropped.

U.S. Sen. Kirsten Gillibrand, who leads the Senate Armed Services' personnel subcommittee, said the records are "disturbing evidence" that there are commanders who refuse to prosecute sexual assault cases.

The AP story "shows the direct evidence of the stories we hear every day," said Gillibrand, who leads a group of lawmakers from both political parties pressing for further changes in the military's legal system.

"The men and women of our military deserve better," said Gillibrand, D-N.Y. "They deserve to have unbiased, trained military prosecutors reviewing their cases, and making decisions based solely on the merits of the evidence in a transparent way."

Air Force Col. Alan Metzler said the Department of Defense has been open in acknowledging that it has a problem.

"We have owned that," he said. "We have been public about it."

Metzler, deputy director of the Defense Department's Sexual Assault Prevention and Response Office, said the changes in military law and policy made by Congress and the Pentagon are creating a culture where victims trust that their allegations will be taken seriously and perpetrators will be punished. The cases in Japan preceded reforms the Pentagon implemented in May, according to defense officials.

The military, Metzler noted, is making progress. The number of sexual assault cases taken to courts-martial military-wide has grown steadily, from 42 percent in 2009 to 68 percent in 2012, according to department figures. In 2012, of the 238 service members convicted, 74 percent served time.

That trend is not reflected in the Japan cases. Out of 473 sexual assault allegations against sailors and Marines between 2005 and 2013, just 116, or 24 percent, ended up in courts-martial.

Austrian Jolts Olympics In Downhill

SOCHI, Russia (AP) — Matthias Mayer shut his eyes for a moment, his day's work over.

If he had trouble believing what had just happened as he stood before the crowd it was with good reason. The Austrian struck a big upset Sunday in one of the Olympics' marquee events, capturing the men's downhill and upending the elite of his sport.

"It's amazing to be an Olympic champion," he said. Mayer has never finished better than fifth in a World Cup downhill. That proved no obstacle in dismissing the preordained favorites — Aksel Lund Svindal of Norway finished fourth and Bode Miller of the U.S. eighth.

Among the eight gold medalists on Day 3 were: snowboarder Jamie Anderson, the American slopestyle queen who triumphed in her sport's Olympic debut; Irene Wust, who showed why speedskating is Dutch territory; and Russia in team figure skating, likewise an Olympic newcomer, for its first gold in Sochi.

Missouri All-American Says He Is Gay

By The Associated Press

Missouri All-American Michael Sam says he is gay, and the defensive end could become the first openly homosexual player in the NFL.

In interviews with ESPN, The New York Times and Outsports, Sam says he came out to his teammates and coaches at Missouri in August.

Sam says: "I am an openly, proud gay man." The 255-pound Sam participated in the Senior Bowl in Mobile, Ala., last month after leading the SEC in sacks (11.5) and tackles for loss (19), and he is projected to be a mid-round NFL draft pick.

He says: "It's a big deal. No one has done this before. And it's kind of a nervous process, but I know what I want to be ... I want to be a football player in the NFL."

600-Plus Evacuated From Syrian City

BEIRUT (AP) — Hundreds of civilians were evacuated Sunday from the besieged Syrian city of Homs, braving gunmen spraying bullets and lobbing mortar shells to flee as part of a rare three-day truce to relieve a choking blockade. Dozens were wounded as they fled.

The cease-fire came as Syrian officials arrived in Switzerland for a new round of talks with opposition activists-in-exile to try to negotiate an end to Syria's three-year conflict.

More than 600 people were evacuated from Homs on Sunday, said Governor Talal Barrazi. The operation was part of a U.N.-mediated truce that began Friday between the government of President Bashar Assad and armed rebels to allow thousands of women, children and elderly men to leave opposition-held parts of the city, and to permit the entry of food and supplies.

Forces loyal to Assad have blocked rebel-held parts of Homs for over a year, causing widespread hunger and suffering.

Dozens of people were wounded when they came under fire as they waited at an agreed-upon evacuation point in the rebel-held neighborhood of al-Qarabis, according to three activists based in Homs, who spoke to The Associated Press by Skype.

Copenhagen Zoo Kills Healthy Giraffe

COPENHAGEN, Denmark (AP) — Saying it needed to prevent inbreeding, the Copenhagen Zoo killed a 2-year-old giraffe and fed its remains to lions as visitors watched, ignoring a petition signed by thousands and offers from other zoos and a private individual to save the animal.

Marius, a healthy male, was put down Sunday using a bolt pistol, said zoo spokesman Tobias Stenbaek Bro. Visitors, including children, were invited to watch while the giraffe was then skinned and fed to the lions.

Marius' plight triggered a wave of online protests and renewed debate about the conditions of zoo animals. Before the giraffe was killed, an online petition to save it had received more than 20,000 signatures.

But the public feeding of Marius' remains to the lions was popular at Copenhagen Zoo. Stenbaek Bro said it allowed parents to decide whether their children should watch what the zoo regards as an important display of scientific knowledge about animals.

"I'm actually proud because I think we have given children a huge understanding of the anatomy of a giraffe that they wouldn't have had from watching a giraffe in a photo," Stenbaek Bro said in a telephone interview with The Associated Press.

BIRTHDAYS

HELEN KOUPAL

Helen Koupal will turn 107 years old on Feb. 17, 2014. The family requests that greetings be sent to: Firesteel Healthcare, 1120 E. Seventh Ave., Mitchell, SD 57301.

IRENE WUBBEN

Irene Wubben will celebrate her 86th birthday on Tuesday, Feb. 11. Her family is requesting a card shower. Cards may be sent to Irene Wubben, 304 James Place, Yankton, SD 57078.

HAROLD HOFFMAN

Harold H. Hoffman will celebrate his 80th birthday on Feb. 16, 2014. Greetings may be sent to 1808 Cedar Street, Yankton SD 57078.



Hoffman

www.yankton.net

LUNCH & LEARN

Varicose Veins are not always a cosmetic issue.

Varicose veins and heavy, painful legs can now be treated with the VNUS Closure® procedure

- Outpatient therapy
- Minimally invasive
- Fast and mild recovery
- Covered by most insurance & Medicare



Presented by Dr. Kynan Trail, Yankton Surgical Associates

Thursday, February 13
 Noon to 1:00pm
 Minerva's, 1607 E. Hwy. 50, Yankton, SD

LEWIS & CLARK

Specialty Hospital

Join us for a light lunch provided by Lewis & Clark Specialty Hospital RSVP to Jill Sprakel 664-5300 by February 11th

Lewis & Clark Specialty Hospital
 2601 Fox Run Pkwy., Yankton
lewisandclarkspecialty.com