

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  
**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 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.

**THIRD MONDAY**

**Yankton Golf Advisory Board Meeting**, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205  
**Friends Of The Yankton Community Library**, 5:15 p.m., Yankton Library, 515 Walnut  
**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  
**NARFE Chapter 1053**, 10 a.m. at The Center, located at 900 Whiting Drive.

**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  
**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.  
**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

**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  
**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

**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 meeting, City Hall, 3rd and Poplar, Freeman.

**Sioux Falls Schools To Offer Fee-Based Busing**

SIOUX FALLS (AP) — Parents in the Sioux Falls School District next year will be able to pay for their children to be bused to elementary schools with specialized programs.  
Six of the district's 24 elementary schools attract students from throughout the city with its programs, such as Spanish immersion or an emphasis on fine and performing arts.  
The *Argus Leader* reported Sunday that the district will begin offering the option to have buses pick up students from schools near their homes and bus them to the specialized schools starting next year.  
"It's something our parents are asking for," school board president Doug Morrison said.  
The fee will be \$150 per semester for most students, or about \$1.75 per school day. Students who qualify for free or reduced-price school lunches will pay less.  
Fees notwithstanding, the district expects to lose about \$115,000 next school year. To recoup that money, it will stop providing free bus service to gifted elementary school students attending the Challenge Center at Garfield Elementary.  
The district is promising children will spend no more than 60 minutes in transit to or from school.  
While other South Dakota school districts offer some form of fee-based busing, this is the first program for Sioux Falls. The school board will evaluate the program in spring 2014 to determine whether to do it again the following year.

**Omaha Looks To Combat Homicide Problem**

BY MARGERY A. BECK  
Associated Press

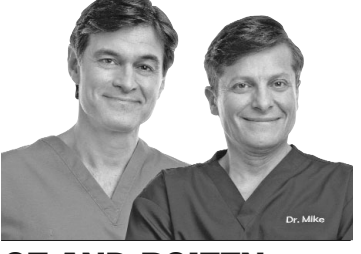
OMAHA, Neb. — At least 51 people were killed in Nebraska last year, and of those nearly 80 percent were slain in Omaha.  
That statistic has been fairly constant over the years, and it's led some to view Omaha as dangerous while others point to a clustering of the killings in the city's lower income areas and question the factors behind the deaths.  
Most Omaha neighborhoods had no homicides in 2012, but that hasn't stopped an image from spreading in the state that the entire city has a problem with violent crime, said John Crank, a criminal justice professor at the University of Nebraska at Omaha.  
"My wife is a Realtor, and she'll tell you that she has had clients tell her to turn the vehicle around when they go into the city," Crank said. "They say they don't want to live here."  
The Nebraska Crime Commission on Law Enforcement and Criminal Justice won't release statewide homicide totals until July 1, but media reports show there were at least 51 homicides in 2012. Of those, 40 occurred in Omaha, compared to four in Lincoln, the state's second-largest city.  
Most of the Omaha deaths were in lower-income areas near the city's core, and more than half were in northeast Omaha.  
A number of factors — from poverty and high unemployment to gangs and poor housing conditions — play into Omaha's high homicide rate, experts agreed.  
"That area of northeast Omaha has the highest level of concentrated poverty in the state; it has the highest concentration of unemployment," said Willie Barney, president of the Omaha Empowerment Network, a group committed to revitalizing north Omaha. "If you look at any map across the country that has heavily concentrated poverty, heavily concentrated unemployment — in places like Cincinnati, Newark, Baltimore, Chicago — you'll see the exact same thing."

Three-quarters of Omaha's 2012 homicides were committed with a gun, and half were committed by someone with gang ties, according to Omaha Police Chief Todd Schmaderer.  
While Omaha's murder rate has increased from 10 years ago, when the city saw 27 homicides, it has remained relatively steady over the last three years. But some said they're especially troubled by the random nature of many of those killings, like the October death of 16-year-old Montrell Wiseman in a drive-by shooting. Police have said the five charged in the case targeted Wiseman because he was wearing a red sweat shirt, leading them to mistakenly assume he was a member of a rival gang.  
"We had gangs when I was growing up; it's the attitudes that have changed," said Nia Williams, 32, a lifelong resident of north Omaha and an outreach specialist with the gang-intervention group Impact One. "Now, even when one of these kids loses a friend to a shooting, they don't even stop to grieve."  
"Used to, you'd go to a funeral, and kids would be wearing a RIP pin. Now, they're wearing four or five RIP pins. That's what their legacy is," she said.  
The police chief wouldn't speculate on why north Omaha claims the vast majority of the state's violent killings, saying, "I don't see what purpose that serves."  
But Schmaderer noted his department and others are taking action to reverse the trend. That includes working closely with north Omaha community groups, seeking legislation to keep convicted violent offenders from receiving prison furloughs and holding "gun amnesty" days in which people can turn over guns to police, no questions asked.  
Schmaderer has also restructured the police department since he took over as chief six months ago so that officers are assigned to specific Omaha gangs. The expertise those officers gain is used to help detectives at the scene of gang-involved shootings.  
Omaha police also attend weekly meetings

of Omaha 360, a group under the Omaha Empowerment Network dedicated to finding ways to reduce violence in Omaha. The meetings draw about 50 people each week, representing churches, schools, community groups, law enforcement and local, state and federal politicians.  
Police and community group members point hopefully to a summer jobs effort they think shows promise in limiting gun violence.  
Barney said the effort is a compilation of hundreds of summer job programs sponsored by dozens of businesses and community groups targeted for north Omaha — where unemployment is estimated as high as 25 percent, compared to less than 4 percent for all of Nebraska.  
Since the summer jobs effort began in 2007, gun violence in north Omaha for the months of May, June and July has dropped by half — from 43 gun assault in 2007 to 21 in 2012, according to Barney and police.  
"We've seen young men come to work every day for \$7 an hour, and some of them have led then into full-time opportunities, when they hadn't before really been given an opportunity or be successful in that environment," Barney said. "If we could expand that into a year-round effort, I know we would see gun violence drop."  
Crank, the professor who is also the chairman of Impact One, believes north Omaha's violent crime is a product of businesses disinvesting from the area. Getting them to reinvest will require tamping down the high rates of crime through increased police presence, he said.  
But he also is optimistic the city will see fewer homicides in the future.  
"Violent crime, overall, has decreased in the last 10 years. Gun crimes, however, have resisted that trend so far for some reason," Crank said. "But I don't think we're going to see the same levels in the years to come. I'd be surprised if we did."

**Proffin' Ibuprofen: How To Use It Safely**

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



Dr. Mehmet Oz and Dr. Michael Roizen

More than 20 million Americans and Canadians take ibuprofen every day, often popping the nonsteroidal anti-inflammatory drug (NSAID) before they exercise or do heavy-duty chores — to prevent muscle aches and pains. But a recent report says ibuprofen plus strenuous activity may be bad news for your intestines; it seems to trigger what docs call "leaky gut."  
Long periods of very strenuous activity reduce blood flow to your digestive system (your body needs that blood elsewhere). This makes the lining of your intestines vulnerable to injury. Ibuprofen further reduces your body's ability to protect and repair that lining. Combine these two effects, and the lining of the intestines becomes compromised, which can allow digestive enzymes and even bacteria to migrate from your intestines into your bloodstream.  
That's what Dutch scientists recently concluded when they found that endurance athletes who take ibuprofen before they exercise had elevated levels of a protein that signaled intestinal leakage into the bloodstream. They also found that the elevated protein levels disappeared about an hour after exercising stopped. So, no one is positive if this phenomenon does lasting damage. There's even some thought that a short blast of unexpected visitors in the bloodstream could help prime your immune system to better fight off invaders. But considering that up to 90 percent of

endurance athletes take ibuprofen before most work-outs and that so many other folks rely on it from time to time or daily, we recommend a new approach to managing exercise-related discomfort or pain. Here's our advice:  
Ease into heavy-duty activity. Weekend warriors, listen up. Instead of going from zero (you on the couch) to 100 mph (you doing a two-hour boot-camp exercise class or all-day yard work), make sure you get some exercise every day. Do a little bit (30 additional minutes of walking a day); then add a little bit more (each week, increase by 10 to 15 minutes per day); and then do even a little more (you're aiming for a total of 10,000 steps a day). When you build strength and endurance gradually, your muscles will sustain less microtrauma — microscopic tears and swellings — which translates into major aches the day after. It's the best way to minimize delayed muscle soreness.  
Reserve NSAIDs for swelling and pain. Over-the-counter NSAIDs are effective pain relievers, but they are intended for only short-term use. Never use an over-the-counter NSAID for more than 10 days, and make sure you take the dose as outlined on the label. Don't take extra (more than 25 percent of you do). And don't take these medications more frequently than recommended. Almost two-thirds of you do that!

Already achy? Chill out. Use indirect cold on tired muscles as soon as you can after exercising. Applying an ice pack wrapped in a towel for 20 minutes or less discourages excess inflammation and reduces pain dramatically. Save heat for later on; using a heating pad set on low for a short time will increase circulation and encourage healing. Heat is also a good soother for aching joints.  
What if you're taking aspirin daily? Many folks take aspirin for its benefits against cancer, heart attack and stroke; if that's you, by all means, stay with it. (We take aspirin with a half-glass of warm water before and after; it helps the aspirin dissolve faster, reducing the risk of stomach and intestinal bleeding and your risk of distress.) Just make sure to take the aspirin more than two hours before or one hour after you exercise.  
We haven't pointed it out recently, but aspirin really is a miracle pill, and so is ibuprofen. But taking the two together seems to cancel out their anticancer and anti-heart attack benefits, so stay with aspirin if your doc approves (since there are potential side effects, always check with your doc). If you must take ibuprofen also, do it 30 minutes before you take aspirin or eight hours afterward.

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**BIRTHDAYS**

**EVELYN FUCHS**  
On Jan. 29, 2013, Evelyn Fuchs will celebrate her 90th birthday. Greetings may be mailed to her at 2304 Laurel Street, Tyndall, SD 57066.



Fuchs

**RUTH PETERSON**  
Ruth Peterson will be 90 years young on Jan. 30. Greetings may be sent to P.O. Box 565, Viborg, SD 57070



Peterson

**BIRTHS**

**KATHERINE PALMER**  
John and Laurie Palmer of Rapid City announce the birth of their daughter, Katherine Maureen, born Dec. 17, 2012. She weighed 5 pounds, 14 ounces and was 18 3/4 inches long. Katherine joins her sister Ellie, age 2 1/2.  
Grandparents are Greg and Denise Palmer, Rapid City, and Lloyd and Virginia Nedved, Yankton.

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