

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.

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.
Yankton Alcoholics Anonymous, 8:30 p.m., open session, 1019 W 9th St.
Yankton Alanon, 8:30 p.m., 1019 W 9th Street

BIRTHDAYS

MILDRED HOLEC

Mildred Holec will be celebrating her 89th birthday on Jan. 28, 2013. Greetings may be sent to her at 2111 W 11th St. #336, Yankton SD 57078.



Holec

SONNY KNIFFEN

Harold "Sonny" Kniffen will celebrate his 85th birthday on Feb. 2, 2013. The family requests a card shower: c/o Yankton Care Center, 1212 W. 8th Street, Yankton, SD 57078.



Kniffen

PHYLLIS SMITH

Phyllis Smith, Yankton, will celebrate her 80th birthday on Feb. 3, 2013. A card shower is requested, all cards may be sent to

1606 Sunrise Drive, Yankton, S.D. 57078. Phyllis has five grandchildren and seven great-grandchildren.

LENORE LAW

Lenore Law will celebrate her 97th birthday on Feb. 5, 2013. Greetings may be sent to Walnut Village, 613 Walnut St., Yankton SD 57078.



Law

JEANETTE SCHRAMM

An 85th birthday party will be held for Jeanette Schramm at 2 p.m. Tuesday, Feb. 5, 2013, at Majestic Bluffs Assisted Living Dining Room on the second floor. All friends and relatives are welcome.

No gifts are requested. Cards can be sent to the same address above.

Why Flabby Isn't The New Healthy

BY MICHAEL ROIZEN, M.D.,
 AND MEHMET OZ, M.D.

King Features Syndicate, Inc.

If the headline-grabbing news that "overweight people live longer" inspired you to skip your daily stroll or reach back into that bag of sour-cream-and-chives chips, we've got important info that could really extend your life: Despite some seriously nutty headlines (our favorite: "Being Overweight Is Linked to Lower Risk for Mortality" — as if they'd found the fountain of perpetual life), flab is a major-ager. And trimming yours (especially around your belly) is a life-saving health move.

Where did the news flash that some excess body fat is healthy come from? A meta-study that reviewed 97 health-and-weight studies involving 2.88 million people. Its conclusions: Overweight people and those at the lower end of the obese range have a 5 percent to 6 percent lower risk for an early death compared with people at a normal weight. However, extremely obese people are 29 percent more likely than normal weight types to die prematurely.

Sounds impressive, but they excluded studies that looked at people with specific medical conditions or those undergoing specific procedures. If you were being treated for high blood pressure (67 million in the U.S.), high LDL (lousy) cholesterol (24 million) or diabetes (18.8 million), you were not included — even if your condition was a result of being overweight or obese. The only thing this group of overweight healthy people can tell us about the general risks of extra pounds is that they were somehow exempt from diseases related to being overweight and obesity.

The study also used body mass index (BMI)



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

to evaluate each person's fat and fit status. BMI — the comparison of weight to height — is no longer considered the best indicator of the presence, or absence, of health-harming body fat. The new standard: Belly fat (or, as we call it, omental fat, the deep abdominal fat that hangs off your stomach), not overall fatness, is the driving force behind life-changing health problems; it nearly doubles your odds for heart disease and cancer, and triples your risk for dementia. Carrying just three extra pounds of this inflammation-boosting fat can triple your diabetes risk!

So don't fall for the glib headlines or dubious study conclusions. If you're carrying extra pounds, ask yourself these questions before you start thinking that being overweight is OK:

What's my waist size? A middle that measures more than 35 inches for women and more than 39 for men is a health risk at any weight or BMI. That's because the bigger your middle, the more likely it is you're harboring excess

deep-belly fat. Your next move: Losing just 3 percent to 5 percent of your body weight (5.5 to 9 pounds if you weigh 180) with a healthy diet (lots of fresh produce, 100 percent whole grains, lean protein, good fat, low-fat dairy) and 30 minutes of walking a day can shrink omental fat by 20 percent!

How are my blood lipids, blood pressure and blood sugar? If they're elevated, work on losing pounds and belly fat to help lower lipids: Get LDL cholesterol to under 100, under 70 if you've had a heart attack or have diabetes, and triglycerides to less than 100. Get blood pressure to 115/75 or less, and fasting blood sugar levels at 90-100.

Am I truly both fat and fit? Big bones and/or lots of muscle might boost your weight despite getting regular exercise, eating well and controlling stress. But chances are your extra pounds are from fat. And slimming down, even if you are only a few pounds over your best weight, is worthwhile. Case in point: Overweight women who walk 10 miles a week are still 50 percent more likely than normal-weight active women to have a serious coronary event such as a heart attack or bypass surgery. So don't ever think that putting on extra pounds is good for your health. Get down to your best weight — you probably know what that is — by picking up the steps (10,000 a day, please!) and eating more fruits, veggies and whole grains.

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.

© 2013, Michael Roizen, M.D. and Mehmet Oz, M.D.

Guns

From Page 1

to pass any sweeping anti-gun legislation.

Gun advocates may find support from Senate Majority Leader Harry Reid (D-Nev.), Adamson said. "Harry Reid was endorsed by the NRA (National Rifle Association), and he controls the bills," the Yankton man said.

South Dakota maintains a strong tradition of hunting and gun ownership, but Adamson believes the Legislature may see efforts at tougher gun laws.

"People start passing gun legislation, and it begins to make the general public very nervous," he said.

He sees mental health bills as a way of keeping guns out of the wrong hands. "These (major shooting) crimes have been committed mostly by unstable persons," he said.

Adamson supports a balance of screening gun owners while protecting freedoms. "I'm not opposed to background checks, but I don't want to see them too intrusive," he said.

The Legislature is considering a bill allowing schools to arm teachers, staff members or volunteers. The decision on using school sentinels should be left up to each school district, but persons shouldn't use guns without proper training, Adamson said.

In the wake of the Connecticut shootings, the nation shouldn't rush to curtail or ban guns, he said.

"There is always a certain amount of violence," he said. "You have some people who are violent, but you shouldn't restrict every person because of it."

Second Amendment concerns helped fuel attendance at this year's show, according to gun show manager Chuck Harens. He also serves as a certified NRA shooting instructor.

"In past years, we averaged about 1,000 to 1,500 for the entire weekend," he said. "This year, we probably went past that number by (Saturday) afternoon."

The new Dakota Archery addition greatly expanded the available room for the gun show, Harens said. This year's show saw 80 exhibitors — double last year's number — manning 240 tables. As a separate event, the weekend included a handgun permit class.

The Dakota Territory Gun Club

includes more than 2,500 members in North Dakota and South Dakota, Harens said. The Yankton gun show draws people from a 300-mile radius, he said.

The Second Amendment was definitely on the minds of many attending the weekend show, Harens said.

"People today are afraid of gun legislation, especially national legislation," he said. "If allowed, (these laws) will take away their weapons."

Gun owners are addressing those fears with their feet and pocketbooks, Harens said. He has checked shops around eastern South Dakota and has seen a run on both guns and ammunition.

"I have been to five different shops, and at least half of the shelves were empty," he said.

The Dakota Archery building was packed Saturday noon with gun show visitors, and the crowd remained steady through the afternoon, said exhibitor Doug Sall of Yankton.

The visitors came ready to spend money, and demand was high, Sall said. He pointed to guns going for \$3,800, and a case of ammunition going for \$950. Certain types of shells were sold out.

"There is a lot of demand for 'black guns,'" he said. "People are also worried that (gun bans) will spill over into ammo."

For many gun owners, the message is simple, Sall said.

"They're saying, don't interfere with the Second Amendment," he said.

Another Yankton gun show exhibitor, Gary Harpster of Sioux Falls, took his Second Amendment message to Pierre. He spoke at a rally earlier this month in the capitol rotunda, supporting gun rights. The rally was one of several around the country.

"We carry our weapons so the government won't be a tyrant against us," he said. "Thomas Jefferson said, if we give up a little bit of freedom for security, we are neither free nor secure."

Harpster's business sells accessories for outdoors enthusiasts and as well as emergency and disaster needs. He said he isn't a gun carrier, but he saw the Pierre rally addressing the broader issue of freedom and the Bill of Rights.

"All 10 Amendments need to be protected," he said. "We mustn't forget the Second Amendment is in place to protect the other nine (amendments), including our free-

dom of speech, assembly and religion."

The gun issue resonates with a large part of the nation, Harpster said. He attended a gun show in Las Vegas that consisted of four floors with 2,800 booths drawing 65,000 people a day.

Gun rights advocates should become active in organizations promoting the Second Amendment, Harpster said. He sees President Obama gearing up for anti-gun legislation.

"You have the rhetoric, directly from the President, that's a contributing factor," he said. "I'm not vehemently anti-Obama, I'm more middle of the road. The direction he is taking us isn't the right direction."

Gun owners are responding to the message, Harpster said.

"Obama is the most anti-gun president we have seen," he said.

"But he's also the best friend for us, because gun sales and those of gun products have shot up while he has been in office."

The South Dakota Open Carry organization, which organized the Pierre rally, is working with state lawmakers on gun bills. Harpster said. However, he's concerned Gov. Dennis Daugaard doesn't back gun legislation.

"I believe the governor is not pro-Second Amendment. He is more anti-Second Amendment," Harpster said.

Politicians are striking out at guns because they can't, or don't, want to deal with school and mental health issues, Harpster said. He believes teachers and other school personnel shouldn't have their gun

rights taken away with gun-free zones.

"There have been horrible atrocities (such as the Sandy Hook shootings in Connecticut). A weapon was used incorrectly and for the wrong purposes," he said. "The laws they're proposing won't stop things like Sandy Hook."

People feel an uneasiness about everyday life, from the economy to domestic and foreign terrorism, Harpster said. "People aren't sure what will happen, but they feel something will happen and they need to be prepared," he said.

Despite such uneasiness, the Yankton gun show contained a very upbeat audience, Harpster said.

"This gun show has a very positive crowd. It's not a bunch of wing nuts," he said. "These people (at the gun show) are ahead of the game. They know that you need to be ready."

Adamson believes the Yankton gun show reflected the wide variety of gun owners.

"Most people here today are average people from all walks of life," he said. "We have the vice presidents of banks, doctors, sales guys, school teachers and lawyers. We have to stop the stereotypes (about gun owners)."

Adamson looks for the gun issue and political gridlock to continue for the next four years.

"I'm not sure what comes out of all this, but it's spurring on a lot of interest," he said.

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf

Johnson Electric, LLP

214 CAPITAL ST., YANKTON

COMMERCIAL • RESIDENTIAL • TRENCHING

605-665-5686

Gary R. Johnson • Chris Merkel
Rick Merkel • Ben Merkel

alfred dunner

& other famous brands

entire stock Sale

Mon-Wed

70% OFF

or more
ENTIRE STOCK of CLEARANCE

NOBODY will beat our prices on Alfred Dunner merchandise!

3-DAY SENIOR DAY

seniors take an extra 15% OFF

Mon/Tue/Wed Jan 28/29/30

Compare and Save – We have the lowest prices on Alfred Dunner

Sweaters for \$9.99	BOOKS 80% OFF	Notations Clearance 90% OFF
---------------------	---------------	-----------------------------

Monday through Wednesday

schwesers

Fashion For Less!

Yankton Mall

AM 1450

MORNING COFFEE

WEEKDAYS MONDAY-FRIDAY

Monday, January 28

7:40 am Yankton City Manager (Amy Nelson)

8:20 am MMC Choral Union (Kenneth Tice)

Tuesday, January 29

7:40 am L&C Theater Gala (Lynn Becker, Leila Elder)

8:20 am Squirt Hockey (Julie Perakslis)

8:45 am Dakota Musuem (Crystal Nelson)

Heart Screening

Date: February 2, 2013

Time: 9 a.m. – 1 p.m.

Location: University of South Dakota Health Fair, USD campus, Vermillion, SD

Cost: \$25 per screen

Get on board. Get screened.

Schedule your Heart Screen or Heart of a Champion screen (ages 12-24). Call (605) 33-HEART (43278) or (888) 996-4673 to schedule an appointment.