

## 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](mailto: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

### 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

### THIRD TUESDAY

**Yankton 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  
**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

#### MARLENE ESKENS

A card shower is being held for Marlene Eskens who, celebrated her 80th birthday on Jan. 17, 2014. Cards can be sent to PO Box 134, Coleridge, Neb., 68727.  
Happy Birthday Mom! Debbie, Jeff, Ron, Mark, Donna, Doris, Jim, Karen, Kristie and Pam



Eskens

#### DON Balfany

Don Balfany will be celebrating his 80th birthday Jan. 21. His family is requesting a card shower. Cards will reach him at 1400 N 37th St., Norfolk, NE 68701.

#### PHYLLIS CHRISTIANSEN

Please help us celebrate Phyllis Christiansen turning 85 on Jan. 25 by sending her birthday greetings to: Phyllis Christiansen, 2209 Burleigh Street #107, Yankton, SD 57078

## 'Gourmet Guys' Event Set For Jan. 25

There are still a few tickets available for Gourmet Guys, an event hosted by the Friends of the Yankton Community Library. This sixth annual event, which takes place at 6 p.m. Saturday, Jan. 25, is an evening of great food, relaxing music, socializing and fun.

This year's "Guys" are Joey Benoit, Andy Bryan, Shane Gerlach, Wendell and Darric Mortenson, Todd Rothenberger and Bruce Viau. Menu items include Fiesta soup, soybean bread with spreads, buffalo style pork meatballs, chili con queso, Bacon Bombs or Death by Bacon, cheesecake, wild bird stuffing, Western China rice pudding and Mediterranean kabobs with cucumber yogurt, plus other items that will be revealed that evening.

Bill Chase and Friends will provide dinner music. The Pick-A-Ticket game will help raise funds for new chairs for the family area of the library.

Tickets are available at the Hy-Vee customer service counter and the Yankton Community Library, 515 Walnut Street. For more details, contact the library at 668-5276.

### BIRTHS

#### GAVIN STOLP

Joe and Beth Stolp of Omaha, Neb., announce the birth of their son, Gavin Joseph Stolp, born on Dec. 27, 2013. He weighed 9

pounds, 6 ounces and was 22 1/4 inches long.

Gavin joins his sister Aubrey. Grandparents are Dick and Patti Stolp, Brookings, and Jerry and Janet Melick, Yankton.

# Neb. Lawmakers Pondering Options On Property Taxes

BY GRANT SCHULTE

Associated Press

LINCOLN, Neb. — Nebraska lawmakers heard repeated complaints about property taxes when they traveled the state, but they now face a critical challenge: Whose to reduce, and how?

Unlike the state income tax, property taxes are set entirely by local county governments, school boards and community colleges. But as they start the 2014 session, lawmakers are trying to agree on the best way to indirectly ease property-tax pressure on home and business owners, farmers and ranchers.

Gov. Dave Heineman and many rural senators are calling for a reduction in taxable agriculture land valuations, which would help farmers, along with an income tax cut. But some urban lawmakers say the state should focus on property-tax measures that benefit a larger number of Nebraskans, such as the state property-tax credit fund that also distributes money to homeowners. The difference sets up a likely debate between rural and urban senators in the Legislature.

"I think that's something we have to be concerned about," said Sen. Galen Hadley, chairman of the tax-focused Revenue Com-



Hadley

Hadley said lawmakers will have to carefully manage any reductions in ag-land values, because they're tied directly to county budgets, the state's school-funding formula, natural resources districts and community colleges. The school aid formula distributes state money to districts based on their needs, while accounting for what they can generate locally with property taxes. Reducing the taxable value of farm property and ranchland could shrink their tax base.

"We have to make sure that we don't inadvertently put a county or a school district in a bad financial position," Hadley said.

Renee Fry of the OpenSky Policy Institute, a Nebraska tax-policy think tank, said increasing state funding to counties and schools would ease the pressure on local governments to generate taxes locally.

mittee. "It takes 25 votes to pass something in this Legislature, so you have to have something that's perceived by a majority of the senators as being fair. For any tax proposals that I look at this year, I want to have them meet two criteria: Are they reasonable, and are they sustainable?"

Fry said reducing farmland valuations to 65 percent, as the Nebraska Farm Bureau has proposed, would result in a combined \$102 million revenue loss to local governments. Counties would lose \$21.9 million, and community colleges would see a \$6.2 million loss. Public schools would lose \$68.2 million in local property taxes, but Nebraska's state-aid formula would return only \$30 million to the districts.

"Local governments would either have to decide if they're OK with fewer services, or they would need to increase their local levy," Fry said. "That would shift the tax burden to commercial and residential properties."

Sen. Heath Mello of Omaha said lowering ag-land valuations benefits a small population within the state and offers no direct benefits to homeowners. He said he plans to introduce a "tax amnesty" bill to encourage delinquent taxpayers to pay their bills, and a measure that would require the Department of Revenue to pursue tax cheats. The money collected would funnel into the state's property-tax credit program, used to reduce property tax bills.

"It's an ongoing way to provide property tax relief by making sure that those who owe back taxes are paying up," Mello said.

## N.D. Derailment Boosts Push For Oil Pipelines

BY HENRY C. JACKSON

Associated Press

WASHINGTON — The explosive derailment of an oil train near Casselton last month has North Dakota's senators pushing harder than ever for expanded oil pipelines.

Both Republican John Hoeven and Democrat Heidi Heitkamp are longtime supporters of expanded pipelines. But the accident in Casselton that produced a fiery wreck and forced residents to briefly evacuate have the senators renewing their pitch to federal officials in recent days.

"I have been working on pipelines for years, both here and in North Dakota," said Hoeven, a former governor. "One thing the (Casselton crash) indicates is that we do need to consider more pipelines."

Hoeven and Heitkamp have met with several federal officials in the aftermath of the Casselton crash, including Transportation Secretary Anthony Foxx. Much of that discussion focused on increased rail safety and pressuring Obama administration officials to speed up their timeline for new rules governing tankers.

But the senators have mentioned pipelines as an alternative or something that needs to be considered in tandem with increased safety procedures. Hoeven said he has brought it up to Foxx and other federal officials. Heitkamp used a meeting with Canada's foreign minister and ambassador to the U.S. earlier this week to press the case for the Keystone XL pipeline, a proposed Canada-to-Texas pipeline that would bring oil from Canada's oil sands and the Bakken Shale in North Dakota to oil refineries near Houston.

Pipeline talk comes as federal investigators continue to look at the Casselton accident. A preliminary federal investigation from the National Transportation Safety Board last week showed that more than 400,000 gallons of oil were lost when a trail derailed and caught fire near Casselton. The Dec. 30 accident also prompted the U.S. Department of Transportation to issue a warning about the volatility of crude from the Bakken oil patch in eastern Montana and western North Dakota.

## South Dakota Meth Cases On The Rise

ABERDEEN (AP) — The number of methamphetamine cases is the rise across South Dakota.

The *Aberdeen American News* reports that there were 1,229 meth-related arrests in 45 counties last year compared to 669 in 36 counties in 2012. Data show there were 402 arrests in 30 counties in 2011.

Attorney General Marty Jackley says the 49 agents from the state Division of Criminal Investigation are spread thin.

Jackley says one extra agent was added last year to northwestern South Dakota to help with problems related to the oil boom in western North Dakota.

## County Group Under Fire For Appliances

RAPID CITY (AP) — The Pennington County Emergency Management Department is under fire for purchasing \$3,000 worth of kitchen appliances with state funds designated for preventing swine flu.

The *Rapid City Journal* reports that the department purchased items to create a makeshift kitchen for emergency purposes.

Officials said the department made the purchases without the knowledge of the county commissioners.

"It should have come through to the county commissioners for decision and approval," Commissioner Ken Davis said.

The purchases also concerned the county auditor's office.

"We did not feel they were pandemic flu-related expenses," Auditor Julie Pearson said.

Agency director Dustin Willett said he directed his department to purchase kitchen items in December after his department found that it couldn't cook food during the October blizzard that crippled the Black Hills.

"I wasn't trying to sneak anything by," he said. "I'm not trying to cover anything up. There's no case of conspiracy."

## Sioux Falls Business Damaged By Blaze

SIOUX FALLS (AP) — Authorities say a Sioux Falls business has suffered extensive smoke damage from a fire.

Sioux Falls Fire Rescue says the fire was reported early Sunday morning and the Natural Food Co-op.

Crews entered the building and located a fire near the entrance and the blaze was controlled in about five minutes.

There were no injuries and the building was unoccupied. The cause of the fire is under investigation.

## Oz And Roizen

# Knowing Just How Healthy You Are

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

King Features Syndicate, Inc.

When we heard recently that 77-year-old snowbird Guy Gentile had stuck to his walking routine for 6,575 straight days, covering 13,150 miles, we were impressed! Seems what keeps Guy going is never using anything as an excuse to stay home. Plus, he sets goals: At first he wanted to walk for as many consecutive days as Lou Gehrig's 2,130 consecutive games; now his ambition is to keep walking daily until his oldest grandson's 50th birthday in 2037 — Guy will be 100.

You know we love walking — 10,000 steps daily. But to really protect your health, use these Five Steps to Great Health. They'll help you dodge depression, diabetes, dementia, cancer and cardiovascular problems, plus a whole roster of other wear-you-down, shorten-your-life health challenges. You want to combine No. 1 Walking with:

No. 2 Strength training: Use barbells or stretch bands for a minimum of 30 minutes, two to three days a week.

No. 3 Smart nutrition: Eliminate red meat, trans fats, added sugars and syrups, and any grain that isn't 100 percent whole; take 900 mg of omega-3 DHA daily; and ask your doctor about taking a low-dose aspirin daily, with half a glass warm water before and after.

No. 4 Emotional connections: Stay close to friends and family; care for others; and nurture healthy sexual relationships.

No. 5 Stress and sleep control: Meditate daily, and get seven to eight hours of sleep nightly.

And whether you've already taken those steps to better health or not, we bet you'd like to know just how healthy you are right now and where you can make improvements.

Fortunately, there are three "no doctor required" tests that assess your health-related habits and health status. And they really work, because, as we've long said, your habits really do control your genes and how well and how long you live.

The Framingham Study (running — with updates and new participants — since 1948) established the reliability of using info on your blood pressure, smoking, obesity, diabetes, physical inactivity and blood lipids, as well as psychosocial issues (love, sex, family, work, etc.) to predict your risk of death from heart disease. And its Heart Health Test ([cvdrisk.nhlbi.nih.gov](http://cvdrisk.nhlbi.nih.gov)) has long been the go-to self-check.

Now a new study, published in the scientific journal PLOS ONE, explores such tests' usefulness. University of California San Diego researchers looked at the Fram-

ingham Heart Health Test and the 93-question RealAge Test ([www.sharecare.com/realagetest](http://www.sharecare.com/realagetest)) created by Dr. Roizen. They correlated the RealAge test results from a subset of takers with California Department of Public Health death records and found that if the RealAge Test said your RealAge was 35 (even if you were actually 50), your risk of dying was equal to a 35-year-old's. And it identified a person's mortality risk more accurately than the Framingham test. (Full disclosure: Dr. Roizen is a member of Sharecare's advisory board.)

Want an even faster way to get a snapshot of your health? Measure your waist circumference by placing a tape measure at belly button level. Belly fat is super-inflammatory and a trigger for cardiovascular problems, heart attack, insulin resistance, diabetes, cognitive problems, sexual dysfunction and more. Even normal-weight women with a waist of 35 or more inches triple their risk of death from heart disease. So, gals, aim for a waist circumference of less than 35 inches; guys less than 40.

Then there's one more test — it takes a doctor, but we recommend it! Have a hsCRP (high sensitivity C-reactive

protein) blood test. It measures your level of bodywide inflammation. A reading of 1.0 to 3.0 mg/L indicates average risk for inflammation-related conditions like heart disease, diabetes and dementia; above 3.0 indicates that you're at high risk for developing those health problems even if you're otherwise healthy and your lousy LDL cholesterol level is OK.

Next steps: When you get your results from any of these tests, you want to sit down with your doctor and make a plan to reduce your health risks using a combination of the Five Steps to Great Health and whatever medications and treatments are recommended. With that knowledge — and the stick-to-it-spirit of Guy — you can change your future!

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](http://www.sharecare.com).

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AM 1450  
**MORNING COFFEE**  
**WEEKDAYS 7:40AM MONDAY THRU FRIDAY**  
Yankton's Home Team!