

ACS advises: Reduce cancer risk by reducing excess weight

By the American Cancer Society

- Excess body weight increases the risk of developing and dying from many types of cancer.
- About one in three cancer deaths in the U.S. is related to nutrition and physical activity, with obesity as a major factor.
- Two out of three Americans are overweight or obese.

- Evidence suggests that a diet low in vegetables, fruits and whole grains, and high in red and processed meats can increase the risk of several of the most common cancers.
- Avoiding weight gain has clear benefits for reducing the risk of heart disease, diabetes, and cancer.
- Public policy efforts aimed at

obesity, physical inactivity and poor nutrition offer a critical opportunity for disease prevention, particularly among children. The Society is working in partnership with other organizations to improve nutrition and increase physical activity in schools and remove barriers to healthy lifestyles in communities.

- The American Cancer Society

recommends a diet high in fruits, vegetables, whole grains, and lean protein and limited consumption of processed and red meats and alcohol.

- Balancing caloric intake with physical activity plays an important role in maintaining a healthy weight or losing weight.
- The Society recommends at least 30 minutes of physical activity

5 or more days/week; 45-60 minutes is preferable.

- For tips on staying healthy, visit www.cancer.org/healthy.
- Overweight and obesity are clearly associated with increased risk for developing many cancers, including cancer of the breast (postmenopausal), colon, endometrium, esophagus, and kidney.

SCHOOL MENUS

Menus listed below are for the week of Jan. 10-16. Menus are subject to change without notice.

Vermillion Austin & Jolley Schools and VMS BREAKFAST

Tuesday - Breakfast Pizza, Fruit, Milk Choices
Wednesday - Breakfast Biscuit Sandwich made with Fresh Baked Biscuit, Fruit, Milk Choices
Thursday - Pancake Sausage Stick, Fruit, Milk Choices
Friday - Fresh Baked Cinnamon Roll, 100% Fruit Juice, Milk Choices
Monday - No School

Vermillion Austin & Jolley Schools LUNCH

Tuesday - Fajita or Fresh Baked Bread Sticks with Meat Sauce, Marinated Black

Bean Salad, Fresh Baked Chocolate Chip Cookie
Wednesday - Grilled Chicken Sandwich or Pizza Hut Cheese Pizza, Peas
Thursday - Home Style Beef Chili w/ Bread or Baked Corn Dog, Golden Corn, Fresh Baked Cinnamon Roll
Friday - Baked Chicken Nuggets or Country Fried Steak, Mashed Potatoes & Gravy
Monday - No School

Vermillion Middle/HS

Tuesday - Fajita or Fresh Baked Bread Sticks with Meat Sauce, Marinated Black Bean Salad, Fresh Baked Chocolate Chip Cookie
Wednesday - Grilled Chicken Sandwich or Pizza Hut Pizza, Peas
Thursday - Home Style Beef Chili or Baked Corn Dog, Steamed Broccoli,

Fresh Baked Cinnamon Roll
Friday - Chicken Dinner Bowl or Country Fried Steak, Mashed Potatoes & Gravy
Monday - No School

Elk Point/Jefferson Schools BREAKFAST

Tuesday - Breakfast Burrito
Wednesday - French Toast Sticks & Sausage Patty
Thursday - Biscuits & Gravy
Friday - Fruit & Yogurt Parfait
Monday - Eggs & Toast

Elk Point/Jefferson Schools LUNCH

Tuesday - Mr. Rib or Salsa Chicken, Baked Potato, Green Beans, Orange Jell-O
Wednesday - Meat Nachos or Hot Ham & Cheese, Rice, Corn, Apple Pie
Thursday - Buffalo Chicken Wrap or Pizza

Burger, French Fries, Peas, Fruit Mix
Friday - Chicken Nuggets or Beef Tips, Mashed Potatoes & Gravy, Broccoli, Peaches
Monday - Chili or Scalloped Potatoes & Ham, Pears, Green Beans, Cinnamon Roll

Irene-Wakonda School BREAKFAST

Breakfast includes Entree or Choice of Cereals, Fruit or Juice, Milk Choices.
Tuesday - Fresh Baked Fruit Muffin Square
Wednesday - Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit
Thursday - Fresh Baked Cinnamon Roll
Friday - No School
Monday - No School

Irene-Wakonda School LUNCH

Tuesday - Fajita or Baked Corn Dog, Refried Beans, Fresh Baked

Chocolate Chip Cookie
Wednesday - MS/HS: Chicken Dinner Bowl; ES: Baked Crispy Chicken Sandwich (M/HS - Spicy), Green Beans
Thursday - Macaroni and Cheese or Pizza, Peas
Friday - No School
Monday - No School

Centerville School LUNCH

Tuesday - Tacos
Wednesday - Hot Dogs
Thursday - Tater Tot Casserole
Friday - Sub Sandwich
Monday - No School

DAKOTA SENIOR MEALS

Served at the Main Street Center and Town Square, "Meals on Wheels." Please call before 9 a.m. to schedule or cancel a meal at 624-7868. Menus listed below are for the week of Jan. 10-16. Menus are subject to change without notice. All menus are served with whole grain bread and 1% milk, unless otherwise noted.

Tuesday - Chicken Shepherd's Pie, Broccoli, Peaches

Wednesday - Swedish Meatballs, Noodles, Peas, Coleslaw, Mandarin Oranges in Pudding
Thursday - Sloppy Joe on a Bun, Savory Potato, Parsley Carrots, Jell-O Salad with Peas, Seasonal Fruit
Friday - Beef Stew, Pineapple, Cranberry Juice Cocktail, Whole Wheat Dinner Roll
Monday - Holiday - No Meals

FOR THE RECORD

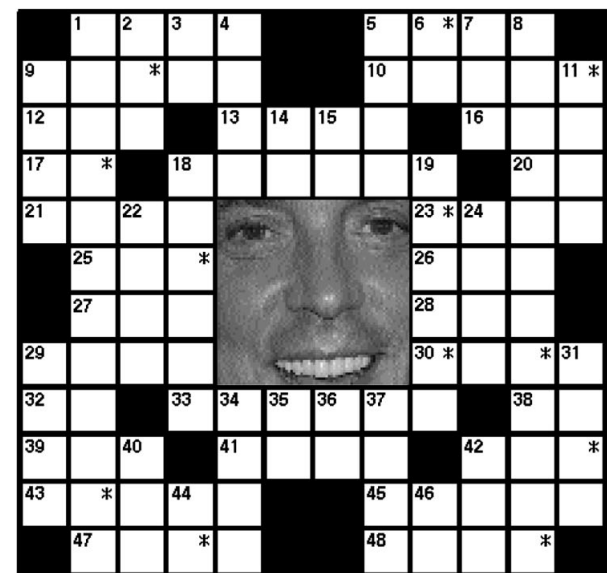
Cases Disposed 12/23-29/2011

Alexander Joseph Hammerstrom, 901 Rose St. #274, Vermillion; Renewal registration during assigned month, \$54.00 plus costs
 Lauralyn J. Brunz, 623 S. 2nd, Sioux Falls; Speed on four-lane in rural areas, \$59.00 plus costs
 Todd Giffin, 32805 478th Ave., Elk Point; County speeding, \$59.00 plus costs
 Todd Larsen, 30850 471st Avenue, Beresford; County speeding, \$59.00 plus costs
 Joseph D. Schieffer, 1300 W. 17th St., Yankton; County speeding, \$59.00 plus costs

Henry J. Schafer, 304 Canby St., Vermillion; Seat belt violation, \$25.00
 Drew Utterback, 1907 Helmer St., Sioux City, Iowa; Speeding other roadways, \$59.00 plus costs
 Tanner John Manning, 45409 River Drive, Meckling; Driving with suspended (not revoked) license, dismissed
 Lucas Iverson, 1119 Hawthorn, Vermillion; Certain operators required wear seat belts, \$25.00
 Lucas Iverson, 1119 Hawthorn, Vermillion; No drivers license, \$54.00 plus costs
 Vickie Lynn Pergande, 99 Main St., Jefferson; Renewal registration during assigned month,

\$54.00 plus costs
 Chad A. Brown, 406 E. Maple Street, Lawton, Iowa; Speeding other roadways, \$19.00 plus costs
 Chad A. Brown, 406 E. Maple Street, Lawton, Iowa; Seat belt violation, \$25.00
 Jacqueline Sinnett, 1403 Sunrise Dr., Yankton; Seat belt violation, \$25.00
 Carol Hohenthanner, 423 W. 12th St., Yankton; Speeding on state highway, \$39.00 plus costs
 Makayla Darlene Mae Tisdell, 919 East Grand Avenue #4, Laramie, Wyo.; Failure to stop, \$60.00 plus costs
 Jordan Sippel, 705 14th Ave. #8, Brookings; Fail to stop or slow down for school bus, \$54.00 plus costs
 Courtney Goeden, 509 Locust St., Yankton; Seat belt violation, \$25.00
 Jerod Slaba, 1105 Summit Street, Yankton;

Violation stopped vehicle with red/amber/yellow signals/lights, \$54.00 plus costs
 Courtney Goeden, 509 Locust St., Yankton; Speed on four-lane in rural areas, \$39.00 plus costs
 Kellie Boer, 401 1st Ave., Lyons; Seat belt violation, \$25.00
Judge Cheryle Gering presiding
 Brock A. Brower, 207 S. Franklin Street, Elk Point; Driving under influence-3rd offense, \$200.00 plus costs, Two years penitentiary time; Driving with revoked (not suspended) license, dismissed; Driving with suspended (not revoked) license, dismissed; Open alcoholic beverage container accessible in vehicle, dismissed; One year penitentiary time suspended based on the conditions of the court



The identity of the featured celebrity is found within the answers in the puzzle. In order to take the TV Challenge, unscramble the letters noted with asterisks within the puzzle.

- ACROSS**
1. Seymour or Pauley
 5. "___ Shoot Me" (1997-2003)
 9. 1983-88 James Brolin/Connie Sellecca series
 10. "The ___ Guys"; 2010 Will Ferrell movie
 12. Cry of discovery
 13. Soleil ___ Frye
 16. Period of time
 17. "Rachel Gunn, ___"; short-lived 1992 sitcom
 18. "___ Blue"
 20. CD followers
 21. "___" shanter;
 23. "___ Man Standing"
 25. Capture
 26. Monogram for the author of "Little Women"
 27. "Never ___ Alone"; 2004 David Arquette movie
 28. Suffix for part or tutor
 29. "___ John" (1988-92)
 30. "Step ___!"; words from the impatient
 32. Series for Eriq La Salle, once
 33. "America's Got ___"
 38. Initials for George Jefferson's portrayer
 39. "Life ___ House"; 2001 Kevin Kline film
 41. "___ of Honor"; 2008 Patrick Dempsey movie
 42. Wide band
 43. Actor Nick
 45. Choir members
 47. Marquee light gas
 48. "The ___ King"; highest-grossing film of 1994
- DOWN**
1. "Wipeout" host (2)
 2. "One Day ___ Time"
 3. 90 degrees from NW
 4. Red Muppet
 5. Singer ___ Mitchell
 6. Osmonds' home: abbr.
 7. "Murder, ___ Wrote"
 8. "The Mentalist" role (2)
 9. "___ to Hart" (1979-84)
 11. Actor George
 14. Tooodle-___; casual adieu
 15. "Gunfight at the ___ Corral"; old Western film
 18. Conrad or Wagner
 19. Former "Law & Order: SVU" role
 22. Actress Campbell of "In the House"
 24. "___ for All Seasons"; Oscar-winning movie
 29. Martin, for one
 31. "Ask ___ Old House"
 34. Sitcom about a deacon
 35. "___ Law" (1986-94)
 36. ___ O'Neill
 37. Actor ___ McDonough
 40. Fermented beverage
 42. "___ be in England..." (Robert Browning)
 44. "Lie ___ Me"
 46. Sean Penn's age

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Elk Point, SD

1704 Arnold Palmer Lane - \$219,900
 PRICE REDUCED
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402 E. Rose Street - \$83,000
 2-bedroom, 1-bath, many updates in kitchen and bath. Oversized attached garage w/work bench. Kitchen appliances and stacked washer and dryer included.

209 S. Walnut Street - \$89,900
 2 bed, 1 bath. Many updates; kitchen appliances, washer/dryer stay. Clean dry basement for storage. Single car attached new over sized 2 stall on alley. Main floor laundry in large utility room.

1804 Jack Nicklaus - \$208,000
 2 BR, 3 baths, multi-level home, slider from lofted living room to cedar deck, master w/bath & huge walk-in closet. Lower level family room. Triple car garage. Extra storage, extra clean.

SALE PENDING

Richland, SD

47760 Center Street - \$65,500
 RANCH, 2 bedroom, 1 bath, dbl sinks. New kitchen 2010. all appliances stay. Clean, dry full basement for storage or future finish. Huge detached garage with work bench. Rural water, RCZ elect, propane.

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