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Your Good Health

Curse of the beer belly

Deep fat can increase risk of serious health threats, doctors say

By James Steinbauer
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At 265 pounds, Tony Wells was fat, and he'd tell you the same thing. The 44-year-old IT manager spent the better part of 10 years trying to get rid of his beer belly. But every time he closed in on a target weight, he'd hit a wall. When he got frustrated, Wells would stop dieting and his belly would return, getting larger as summer cookouts brought brats, burgers and, of course, beer. According to a survey from the National Institutes of Health, 74 percent of men age 20 and older are overweight or obese. But, despite the popular aphorism, beer has little to do with it.

The term beer belly is a bit of a misnomer, said Dr. Aaron Clark, a family physician at Ohio State University's Wexner Medical Center.

"Beer can be one cause of a big belly, but just because of the calories in it," Clark said. "It's easy to over-consume calories in liquid form."

However, the salty, fried foods and munchies that people often eat with beer play a larger role in causing a beer belly than the beer itself. Any excess calories will do.

It's also not an inherently male problem.

Women put on weight, too, said Dr. Michael Jensen, a professor of medicine at the Mayo Clinic, but they are more likely to gain fat in the hips and thighs.

"Hormones have a big effect," Jensen said.

Why do many middle-age men struggle with beer

bellies? Jensen said the reasons are complex.

"Research suggests that beer belly is accumulating because things go wrong in other fat cells," he said.

The main cause of the typical beer belly is when the subcutaneous fat — the "healthy" fat found just under the skin — isn't working well.

When that fat can't store and burn fat properly, it gets stored in the visceral or "deep" fat that wraps around the liver, pancreas and intestines. This causes beer bellies, and it should be a cause for alarm.

According to the Centers for Disease Control and Prevention, excess fat can increase the risk of diabetes, high blood pressure, heart disease, breathing problems, depression and anxiety.

The moment Wells realized he needed to make a lifestyle change was after a Christmas party three years ago. "I saw a picture of myself," he said. "I was so bloated. I didn't even recognize myself."

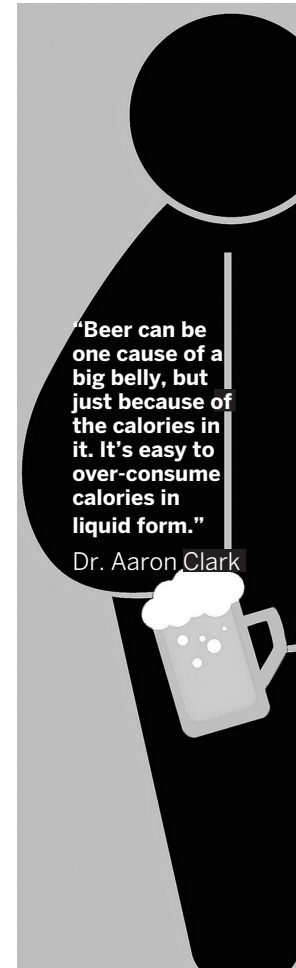
His knees ached. He developed sleep apnea and heartburn. And he couldn't push himself to get off the couch.

"Sometimes, inertia sets in and people just feel overwhelmed at the possibility of changing an entire lifestyle," Clark said.

Looking for a quick fix, Wells tried several fad diets and "beach-body" workouts. They didn't work for him.

"The bad thing about fad diets is not that people don't lose weight," Jensen said. "It's that they don't stick with it and they just regain all that weight they lost. They're unsustainable."

And when Wells started going to the gym, he had no idea what he was doing. He



started lifting weights and doing crunches, trying to attack his bulge.

But instead of losing weight, he gained muscle mass. His weight zoomed to 295 pounds.

Jensen said diet and exercise is the best prescription. High-intensity aerobic exercises such as running, biking and squats work best. Simply walking will do, too.

"Just starting your workout is the hardest part," Wells said. "But once you start, it's easy to finish."

His weight today is 240 pounds — most of it muscle.

— James Steinbauer can be reached at jsteinbauer@dispatch.com. Follow him on Twitter @JamesSteinbauer.

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ARTICLE FOR SALE

AUTO & TOOL SALE: Saturday, July 30th, 8a-4p, 2551 Bellis Road, Dundee (take Rt 54, 1st left hand turn after The Olney Place). Sand blaster w/vacuum side & front openings, numerous 350 Chevy parts, numerous cutting & sheet metal tools. 1938 Coke chest (restored), test motor stand complete w/radiator gauge, 4-speed GM transmission. sheet metal shears, lots of tools & automotive items. Craftsman table saw, Shop vac & air nailer, Built-rite car trailer w/wench - dual tandem axle - 4/new tires - steel bed.

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RUMMAGE & ESTATE SALES

MOVING - PRICED TO SELL. July 29-31, 8a-4p, 1236 Rock Haven Beach Road, PY (1-mi north of Dresden). Power & hand tools, fishing gear, kitchenware, LP'S.

BARN SALE: Fair Oaks - West side of Waneta Lake. Friday-Sat July 29-30 8a-6p. Hand painted wine glasses (dish washer safe), circular knitting needles, knit & crochet books, dishes (new & old), jewelry (new & old), Jewelry displays, electric train, flower arrangements, sewing material, odd tables, tree climber, 21' camper and much more.

Sudoku Solution #4057-M

6	1	8	7	2	3	9	4	5
4	3	7	5	1	9	8	6	2
5	9	2	8	6	4	3	7	1
1	4	6	3	7	5	2	9	8
8	7	3	6	9	2	1	5	4
2	5	9	4	8	1	6	3	7
7	6	4	1	3	8	5	2	9
9	8	5	2	4	6	7	1	3
3	2	1	9	5	7	4	8	6

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RUMMAGE & ESTATE SALES

FRIDAY-SATURDAY, July 29-30, 9am-3pm, 513 Court Street, PY. Blonde maple twin bedroom set, upright freezer, desk, love seat, household items and lots more!

BIG YARD SALE, 19 Grant Ave, PY. 7/28-7/30, 8 a m - 5 p. Something for everyone, lots of good clean treasures, too much to list! **RAIN DATE: Aug 4-6.**

JULY 29-30, 9a-4p. 14208 West Lake Road, Pulteney. Chain saw, wheelbarrow, park bench, office table w/chairs, smoker, and lots more!

HOUSEHOLD SALE, Outerwear, books, medical equipment, afghans, household odds + ends. July 29 & 30, 9-4. 1790 Rt 14A, Penn Yan

FRI-SAT, July 29-30, 8am-until? Treadmill, tools, puzzles, misc household items. 2467 Rte 364, PY.

3-FAMILY, 198 East Leach Road, PY. 7/29-30, 9a-4p. Furniture, household, tools. Lots more great items.

FAMILY SALE JULY 29-30, 8a-4p. 2986 Kinneys Corners Road, PY. Big Variety!

JULY 27TH-July 31st. 9a-until? 631 Ritchey Blvd, Penn Yan. Little bit of everything.

ON-SITE ANTIQUE ESTATE AUCTION

2492 Ferguson Corners Rd
Penn Yan, NY 14527
July 30th @ 10am
(Preview 8am)

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10am-4pm each day
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AAUW BOOK SALE, Saturday, 7/30, Side-walk Sale,136 Main St PY. Book donations welcome in Penn Yan banks until July 29. (No textbooks, condensed, or magazines.) Sale benefits scholarship.

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See photo gallery at auctionzip.com I.D. 42109.

Terms of sale are cash or good check. 10% buyer's premium on all purchases. Payment due auction day before removal of items. Everything sells as-is with no guarantee of condition or representation. Auction Company and consignors are not responsible for personal injury accidents, lost, stolen, or damaged property. Announcement made auction day supercedes printed material. I.D. required for bidder registration. Most of sale held inside under tent with seating. Comfort facility and food stand on site. Preview Friday, July 29, 1-6 p.m., and on auction day at 7:30 a.m.

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- 1 Back of the neck
- 5 French fries brand
- 11 Dressed (up)
- 14 Colorful cereal
- 15 Bulls' Rodman
- 16 "___ y Plata"
- 17 Way to beat the heat #1
- 19 Eggs
- 20 Left-hand page
- 21 Intensifies
- 23 Not yours
- 24 Actor Sharif
- 26 "Here ___, there..." ("Old MacDonald" lyric)
- 27 Bewitched
- 28 Hotel visit
- 29 With 42-Across, way to beat the heat #2
- 30 Potato feature
- 31 Cake section
- 32 "The Bells" poet
- 33 Way to beat the heat #3
- 39 Clamor
- 40 Fall follower
- 41 Stage signal
- 42 See 29-Across
- 45 Blackens
- 46 Quitter's word
- 47 Certain something
- 48 Story
- 49 Balance parts
- 50 "That man has my purse!"
- 52 Critic Roger
- 54 March word
- 55 Way to beat the heat #4
- 59 Record label inits.
- 60 Genesis locale
- 61 "Casablanca" heroine
- 62 GOP hq.
- 63 Italian spice

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- 64 Nevada county
- Down
- 1 Math degree
- 2 "Exodus" role
- 3 Venomous snake
- 4 Full range
- 5 Keats creations
- 6 Started over, in a way
- 7 Ship's hdg.
- 8 Tomorrow
- 9 Kitchen gadget
- 10 Tennis great Arthur
- 11 Moolah
- 12 Like some patches
- 13 Makes out

- 18 Charlemagne's domain: Abbr.
- 22 (or), briefly
- 23 Request opening
- 25 Like some vows
- 27 Mens ___ (criminal intent)
- 28 Trig figure
- 29 Fella, in slang
- 31 ___ de force
- 32 Pontifical name
- 34 Bargain-basement
- 35 Like some garages
- 36 "Yeah, it shows"
- 37 Women in habits
- 38 Understand
- 42 Dryer's partner
- 43 Fall

- 44 Hot and humid
- 45 Gong
- 46 Actress Fisher
- 48 Royal band
- 49 Delt neighbor
- 51 Miami basketball team
- 53 Kind of test
- 56 Secretive org.
- 57 "Don't ___!"
- 58 Noted Warhol subject

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HOTELS FOR HEROES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisher-house.org

LEGAL REPRESENTATION that will help you get what you deserve! Call for assistance with your personal injury, DUI, workman's comp, criminal defense, divorce and bankruptcy case. 844-865-3906.

NOTICES

LUNG CANCER? And 60+ Years Old? If So, You And Your Family May Be Entitled To A Significant Cash Award. Call 855-839-1565. To Learn More. No Risk. No Money Out Of Pocket.

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SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-919-8208 to start your application today!

NOTICES

STUDENT LOAN PAYMENTS got you down? We can help reduce payments and get finances under control. Call 888-602-8921.

ULTIMATE BUNDLE from DIRECTV & AT&T. 2-Year Price Guarantee-Just \$89.99/month (TV/fast internet/month) FREE Whole-Home Genie HD-DVR Upgrade. New Customers Only. Call Today 1-800-931-4807.

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HEALTH AND BEAUTY

IF YOU USED THE BLOOD THINNER XARELTO and suffered internal bleeding, hemorrhaging, required hospitalization or a loved one died while taking Xarelto between 2011 and the present time, you may be entitled to compensation. Call Attorney Charles H. Johnson 1-800- 535-5727

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AUTO SALES & SERVICE

1993 Z24 CAVALIER. 1994 Chevy S10 p/u. 1999 Ford Taurus, low mileage. Will consider trades for a lawn and garden equipment, etc. 315-719-3965.

LEGAL NOTICES

Notice of Formation of ENCORE GENEVA CENTER, LLC

Arts. of Org. filed with Sec'y. of State of NY (SSNY) on 06/10/16. Office location: Ontario County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 833 Rt. 5, Geneva, NY 14456. Purpose: Any lawful activity. LE09267-26PN6

LEGAL NOTICE

Notice of Formation of Proficient Concepts, LLC. Articles of Organization filed with the New York Department of State on 05/31/2016. Its office is located in Ontario County. The Secretary of State has been designated as agent upon whom process against the Company may be served. SSNY shall mail a copy of process to: 7 Berkshire Ln, Victor, NY 14564. The purpose of the Company is any lawful activity. LE09268-26PN6

LEGAL NOTICE

Notice of Formation of Simmons & Johnson LLC a domestic Limited Liability Company (LLC). Art. of Org. filed with the SSNY on June 16, 2016. Office location: Ontario County at 4800 County Road 33, Honeoye, NY 14471. SSNY is designated agent upon whom process against the LLC may be served. The SSNY shall mail a copy of any process to Robert Simmons Jr at 4800 County Road 33, Honeoye, NY 14471. PURPOSE: To engage in any lawful act or activity. LE09269-26PN6

LEGAL NOTICE

LAKE COUNTRY SAW-MILL, LLC Articles of Org. filed NY Sec. of State (SSNY) 6/22/2016. Office in Yates Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 2152 Porters Corners Rd., Dundee, NY 14837, which is also the principal business location. Purpose: Any lawful purpose. LE09271-27PN6

LEGAL NOTICE

NOTICE OF FORMATION of The Art Farm Gallery, LLC, Arts. of Org. filed Sec'y of State (SSNY) 6/27/16. Office location: Ontario County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o the LLC, 128 Carter Rd, Geneva, NY 14456. Purpose: any lawful activity. LE09284-28PN6

LEGAL NOTICE

NOTICE OF FORMATION DOMESTIC LIMITED LIABILITY COMPANY (LLC). Name: VIDPRO STUDIO LLC. Articles of Organization filed with NY Secretary of State, April 4, 2016. Purpose: to engage in any lawful act or activity. Office: in Yates County. Secretary of State is agent for process against LLC and shall mail copy to c/o Meredith Marsh, 342 Clinton St., Penn Yan, NY 14527 LE09285-28PN6

LEGAL NOTICE

Notice of formation of VP 4 LLC Arts. of Org. filed with the Sec'y of State of NY (SSNY) on 6/9/2016. Office location,

County of Ontario. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: 119 Victor Heights Parkway, Victor NY 14564. Purpose: any lawful act. LE09286-28PN6

NOTICE OF FORMATION

of Office Candor, LLC Art. of Org filed Sec'y of State (SSNY) 4/18/2016. Office location: Ontario County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to C/O United States Corp. Agency Inc., 7014 13th ave. ste 202, Brooklyn, NY 11228. United States Corp. Agency Inc. at 7014 13th ave. ste 202, Brooklyn, NY 11228 is registered agent of LLC upon whom process against it may be served. Purpose: any lawful business purpose. LE09293-28PN6

LEGAL NOTICE

Notice of Formation of COLVIN & SLOCUM PROPERTIES, LLC, Art. of Org. filed Sec'y of State (SSNY) 06/30/2016. Office location: Ontario County. Street address of principal place of business: 293 Main Street, Geneva, NY 14456. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: c/o the LLC, 293 Main Street, Geneva, NY 14456. Purpose: any lawful activities LE09294-29PN6

LEGAL NOTICE

Notice of Formation of MEANS ENTERPRISES, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/20/16. Office location: Ontario County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 3329 County Rd., #16, Canandaigua, NY 14424. Purpose: any lawful activity. LE09295-29PN6

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABILITY COMPANY

Name of LLC: Windy Acres Greenhouse, LLC Date of filing of Articles of Organization with the Department of State: 5/13/16 Office of the LLC: Ontario County Michael Jones has been designated as the agent upon whom process may be served. NYSS may mail a copy of any process to the LLC at: 2026 Bennett Road, Victor NY 14564. Purpose of LLC: Sales of plants and vegetables LE09296-29PN6

LEGAL NOTICE

Notice of Formation of 321 ROYCROFT DRIVE, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/1/16. Office location: Ontario County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 52 Avenue E, Geneva, NY 14456. Purpose: any lawful activity. LE09299-30PN6

LEGAL NOTICE

Notice of Formation of 34 TAYLOR STREET, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/1/16. Office location: Ontario County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 52 Avenue E, Geneva, NY 14456. Purpose: any lawful activity. LE09300-30PN6

LEGAL NOTICE

Notice of Formation of 231 YORK STREET, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/1/16. Office location: Ontario County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 52

Avenue E, Geneva, NY 14456. Purpose: any lawful activity. LE09301-30PN6

LEGAL NOTICE

Notice of Formation of KANANDARQUE, LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 3/8/13. Office location: Ontario County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: The LLC, 247 W. Gibson Street, Canandaigua, NY 14424. Purpose: any lawful activity. LE09302-30PN6

NOTICE OF FORMATION

One Up Service, LLC. Art. Of Org. Filed with SSNY on 4/8/16. Office location: Ontario County. Registered Agent: U.S. Corp Agents, Inc. 7014 13th Ave. Suite 202 Brooklyn, NY 11228. Copy of process may be served at 112 Jay St Geneva NY 14456. Purpose of LLC: Any legal activities. LE09303-30PN6

PUBLIC NOTICE

The Annual Meeting of Stockholders of Lakeside Country Club of Penn Yan, Inc., will be held at the Clubhouse on August 14, 2016 at 3:00 PM, for the purpose of electing Directors and for the transaction of any other business. Only stockholders of record and in good standing at the close of business on July 31, 2016 will be entitled to vote. LE09304-30PN4

NOTICE TO BIDDERS

The Village of Penn Yan will receive sealed Proposals for **Seneca Street Water Main Replacement, Phase 2**, located in Yates County, New York. Proposals will be received and bids publicly opened and read at the following place and time:

PLACE: Village Office Village of Penn Yan 111 Elm Street Penn Yan, New York 14527 DATE: **August 10, 2016** TIME: **2:00 PM**

The work to be performed consists principally of the furnishing of all labor and materials for:

Construction of approximately 1420 LF 8-inch DIP Water Main and appurtenances including boring steel casing at Finger Lakes Railway Corp. crossing and

related work as more particularly described in the plans and specifications.

The foregoing is a general outline of work only and shall not be construed as a complete description of the work to be performed under the Contract.

Contract documents may be obtained at the office of the Engineer listed below. Bid documents obtained from third parties are considered informational only and may not be relied on as complete documents for use in preparing a bid. Plans and Specifications may be obtained in person at the following location upon a refundable payment of **\$25.00** (checks **ONLY**, made payable to "Village of Penn Yan," sent to the Engineer's office) for each set of documents requested: Elliott Engineering Solutions 540 Packets Landing Fairport, New York 14450 (585) 377-0600

The full deposit payment will be refunded for complete Contract Documents which are returned within thirty (30) days after the award of the contract and in good condition. Plans and Specifications will be mailed from the Engineer's office to prospective bidders, upon request, provided that the prospective bidder submits an additional check for \$10.00 payable to Elliott Engineering Solutions prior to the Plans and Specifications being mailed.

Checks for Plans and Specifications must be made payable to "Village of Penn Yan" and must be submitted to Elliott Engineering Solutions. Plans and Specifications **will not** be available or be mailed from the Village of Penn Yan offices.

Plans, Specifications, and Proposal forms may be examined at the engineer's office above. Proposals must be made in writing on the forms furnished and shall be accompanied by a Bid Guaranty for an amount not less than five percent (5%) of the amount bid in accordance with the INSTRUCTIONS TO BIDDERS.

The Village of Penn Yan is exempt under Sections 1116 of the New York State Tax Law, and therefore, no sales tax shall be included in the bid.

The successful Bidder will be required to furnish and pay for a satisfactory Performance Bond and a Labor and Material Bond and provide insurance in accordance with the INSTRUCTIONS TO BIDDERS.

The Village of Penn Yan

reserves the right to reject any and all bids, and to accept any Proposal or individual item or items which may be deemed most favorable to the Village's best interests.

The Contractor is advised of the TIME OF COMPLETION requirements stated in Article II of the AGREEMENT (page A-2).

Small and minority firms, women's business enterprise, Section 3, and labor surplus area firms are encouraged to participate.

Gary Meeks, Village Clerk July 20, 2016 LE09305-30PN2

PUBLIC NOTICE COUNTY OF YATES PLANNING BOARD

The Yates County Planning Board will not be holding a previously specified regular meeting on September 22, 2016. This meeting will not be rescheduled.

Completed referrals submitted, to the Yates County Planning Department, after 12:00PM on August 16, 2016 up until 12:00PM on October 18, 2016 will be heard at the regularly scheduled Yates County Planning Board meeting on October 27, 2016 at 7:00PM.

Any questions or concerns please contact Timothy Cutler or Michele Gee, Yates County Planning Department, at 315-536-5153.

Timothy Cutler

Yates County Planning

Department

417 Liberty Street

Penn Yan, New York 14527

LE09306-30PN2

TOWN OF BARRINGTON ZBA BOARD PUBLIC HEARING NOTICE AND AGENDA

The Town of Barrington ZONING BOARD OF APPEALS will hold a Public Hearing, Wednesday August 3, 2016 at 7:00 p.m. at the Barrington Town Hall, 4424 Bath Road, Penn Yan, N.Y. 14527.

SU 2016-21- 6 Adam Sauder of 2511 Welker Rd. Penn Yan, N.Y. request a Special Use Permit to operate a Green House Supply business at this location and to construct a 60' x 100' building for supplies. Tabled from July 21, 2016.

AV 2016-17- 6 Kevin and Julia Mandia owners of 782 East Lake Rd. Penn Yan, N.Y. request an Area Variance to construct a stone retaining wall that is within the 25' lake set-

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4			5				6
5		2			4		7
	4			7		2	
8		3				1	4
		9		8			3
	6		1			5	9
	8				6		3
	2		9	5			8

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Spiriva 18mcg	90	\$174.99
Celebrex 200mg	90	\$109.99
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