

## C O M M U N I T Y

## 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.

## 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  
**Ladies Pool**, 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  
**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  
**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  
**Ladies Pool**, 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

## Movies Set For Library This Week

The Yankton Community Library, 515 Walnut Street, will be showing movie matinees during the upcoming winter break for children of all ages and adults in the library meeting room. A different movie will be aired each afternoon Dec. 26-28 and Monday, Dec. 31, at 2 p.m. The movies are all rated PG and are approximately 90 minutes long.

On Dec. 26, the library will feature the movie "ParaNorman." This movie is about a "misunderstood boy who takes on ghosts, zombies and grown-ups to save his town from a centuries-old curse."

Thursday's showing will be the movie "Thunderstruck": "NBA superstar Kevin Durant plays himself in this action-packed film about a basketball star who switches talents with a klutzy 16-year old."

Friday, Dec. 28, brings back the

ever-popular "Ice Age" characters in the movie entitled "Ice Age: Continental Drift". "The action begins when Scrat's acorn obsession sparks a continental catastrophe that sends Manny, Diego and Sid on an epic adventure involving a ship full of fearsome pirates."

The final film, "Diary of a Wimpy Kid: Dog Days," will be on Monday, Dec. 31: "During his summer vacation, Wimpy Kid Greg Hefley, the hero of the phenomenally successful book series, hatches a plan to pretend he has a job at a ritzy country club — which fails to keep him away from the season's dog days, including embarrassing mishaps at a public pool and a camping trip that goes horribly wrong."

For more information, contact the library at 668-5275.

## Oz And Roizen

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

As if there weren't already loads to love about beans, these tasty and oh-so-satisfying legumes are looking even more appealing thanks to a headline-grabbing new report. Eating beans regularly knocks down high blood sugar, lowers blood pressure and cuts the risk of heart disease by a respectable 8 percent. A healthy boost for more than 100 million North Americans who have diabetes, prediabetes or a related health risk called metabolic syndrome. (Other legumes, like peanuts and green beans, are also good for you, but they're not the beans we are talking about here.) Beans are high in protein and can help flatten your belly and reduce belly (omentum) fat — the toxin-filled flab that threatens your vital organs.

That's a stellar payday from a versatile food you can serve cold as a salad, room temp as a party dip, warm as a comfort-food side dish, baked into muffins or piping hot as a hearty main dish!

Inside your favorite bean — whether it's white, pink, red, black, pinto, lentil or garbanzo — is a squadron of powerful, health-boosting compounds. A half-cup of beans gives you 6 grams of satisfying fiber: 2 grams of blood sugar-lowering soluble fiber and 4 grams of colon-cleansing insoluble fiber. But that's just the beginning. Beans are a starchy food, but the type of starch they contain digests v-e-r-y slowly. They have a low glycemic index, which keeps blood sugar lower and steadier than faster-digesting carbohydrates like refined flour in pasta or bread. In fact, 10 percent to 20 percent of the starch in beans never gets digested at all!

Beans are a great source of the blood pres-



## OZ AND ROIZEN

*Dr. Mehmet Oz and Dr. Michael Roizen*

sure-controlling minerals potassium and magnesium. They're also packed with chemicals called phenols that protect cells throughout your body from oxidative damage, which helps explain the mighty bean's reputation for lowering risk for some forms of cancer and reducing odds for heart disease. Getting into the bean habit also can cool off chronic, bodywide inflammation — another way they help lower your odds for diabetes, heart disease, cancer and more.

"But how many beans do I have to put on my plate ... and how do I deal with the, er, side effects?"

Glad you asked. One cup of beans a day delivers their health benefits, and rinsing them thoroughly (either after you soak dried beans or when you take them out of the can) removes gas-generating sugars. (Dr. Mike suggests putting Bean-O in the water you soak dried beans in!) Still rumbling? You can take Bean-O by mouth before you eat beans; that'll break down starches in your gut before gas-producing bacteria do it for you. So now

you're ready to up your bean intake.

Beans at breakfast. Have beans instead of toast with your eggs. Add a little hot sauce, guacamole and fat-free sour cream for a Tex-Mex morning treat.

Take beans to the party. Mix black beans with corn kernels, chopped tomato, pepper, lime juice, olive oil and seasonings for a hearty salsa. Toss cooked white beans with olive oil and seasonings for a great dip. Create homemade hummus, a Middle Eastern spread with chickpeas, tahini and other ingredients. Check [www.realage.com](http://www.realage.com) for recipes.

Bake with beans. Trendy, gluten-free bean flour adds flavor, protein and tenderness to muffins, quick breads, even cakes. White bean and chickpea flour also work well in baking. Black-bean flour is terrific as a thickener in sauces.

Serve a new comfort food. Warm beans seasoned with your favorite spices and a dab of oil are a great replacement for mashed potatoes. Serve skinless, herbed chicken, grilled salmon, or shrimp skewers on a bed of white beans flavored with rosemary, garlic and a dash of olive oil.

Try a meatless or nearly meatless bean entree. Three-bean chili, lentil burgers, bean soups and stews — there are plenty of ways to harness the satisfaction of beans in a meatless meal. Or add a little meat, like lean pork or chicken; you don't need a lot with this versatile all-star on board.

*Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Medical Officer at the Cleveland Clinic Wellness Institute. For more information go to [www.RealAge.com](http://www.RealAge.com).*

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## Guardsmen, Reservists Encouraged To Nominate Supportive Employers For Nation's Top Honor

ARLINGTON, Va. — Employer Support of the Guard and Reserve (ESGR), a Department of Defense agency, is now accepting nominations for the 2013 Secretary of Defense Employer Support Freedom Award.

The Freedom Award is the nation's highest award for civilian employers that support their employees serving in the National Guard and Reserve. Nominations may be submitted by Guardsmen, Reservists, or family members acting on their behalf, at [www.FreedomAward.mil](http://www.FreedomAward.mil) through Jan. 21, 2013.

Nearly one million Americans serve in the Guard and Reserve, making up almost one-half of the nation's total military. For more than 10 years, these Citizen Warriors have responded to unprecedented national security demands and humanitarian missions spanning the globe. The civilian employers of Guardsmen and Reservists have shared in their service to our nation by standing firmly behind employees, providing essential support and greater peace of mind.

"Employers of every size and industry continue to go to extraordinary lengths to demonstrate their unwavering commitment to employees serving in the Guard and Reserve," said James G. Rebholz, National

Chair, Employer Support of the Guard and Reserve. "I urge all Guard and Reserve Service members who have benefited from their employer's support to nominate that employer for this most prestigious award. A Freedom Award nomination allows service members to acknowledge and thank their employer for the essential role they play in supporting their military career and in our nation's defense."

Each year, up to 15 of the nation's most supportive employers are selected as recipients and honored at a ceremony in Washington. Past Freedom Award recipients' supportive measures have included arranging child-care services for deployed employees, sponsoring trips to visit injured employees, and working

longer hours to cover the shifts of employees at military training.

The Freedom Award was instituted in 1996 under the auspices of ESGR to recognize exceptional support from the employer community. In the years since, 175 employers have been honored with the award. Established as a DoD agency 40 years ago, ESGR develops and maintains employer support for Guard and Reserve service. ESGR advocates relevant initiatives, recognizes outstanding support, increases

awareness of applicable laws, and resolves conflict between service members and employers. Paramount to ESGR's mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce.

For questions or interviews regarding the Freedom Award, contact Beth Sherman, ESGR Public Affairs, at 571-372-0705 or by email at [ESGR-PA@osd.mil](mailto:ESGR-PA@osd.mil).

## BIRTHDAYS

## MARY ANN HANS



Hans

Mary Ann Hans will celebrate her 85th birthday on Dec. 27, 2012. Greetings may be sent to P.O. Box 64, Wynot, NE 68792.

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**Merry Christmas!**

See you Wednesday for great After-Christmas Bargains • 9:30-5:30!

THE PANTRY

215 W. 3rd  
Historic Downtown Yankton  
665-4480

**BIRTHS**

**HENRY JANSEN**

Bill and Stephanie Jansen of Omaha, Neb., announce the birth of their son, Henry, born Dec. 6, 2012, at 5:33 a.m. Henry weighed 7 pounds, 13 ounces and was 21 3/4 inches long.

Grandparents are Kim Mostek of LaVista, Neb., Larry Mostek of Loup City, Neb., and Art and Twila Jansen of Fordyce, Neb.

**BRINLEY CORLEY**

Nicole and Eric Corley of Fremont, Mich., would like to announce the birth of their daughter Brinley Marie Corley on Dec. 18, 2012.

*Wishing you joy during the Holiday Season and throughout the New Year!*

*-Emma and Chuck-*

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**Avoid the Holiday Buzz with New Year's Fun Week**

**Free Family Games** - Boys and Girls Club (BGC) - Dec. 27, 1-4 pm.

**High School Hollidazzle Teen Dance** - ShBooms/Bowling Alley - Dec. 27, 6-10:30 pm, \$5 pre-sale tickets at BGC, \$7 at the door. Proceeds go to BGC of Yankton. Must show valid High School ID for entry.

**Middle School Dance** - Sacred Heart Link Auditorium - Dec. 28, 7-10 pm. \$5 admission. Proceeds go to Parents for a Safe Prom.

**Coalition Theater Productions** - Yankton City Hall - Activities and skits for all ages - Dec. 29th, 6-9 pm.

**Family Movie Night** - Carmike Cinemas - Dec. 30, free youth ticket with purchase of every adult ticket.

**Free Swim and Gym** - Summit Activities Center - Dec. 31, 1-4 pm.

**Talent show and Faux Fireworks** - Yankton City Hall - Dec. 31, 6-9 pm.

**Free Ice Skating** - Alcoa Arena - Dec. 31, 6-9 pm.

Door Prizes! Refreshments! A family friendly, alcohol, tobacco, & drug free celebration.

For more info, contact Jennifer Berg, Community Prevention Specialist at L&C Behavioral Health 605.665.4606

COALITION FOR A DRUG-FREE YANKTON BOYS & GIRLS CLUB OF YANKTON

**GOT NEWS?**

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**Clinic Schedule Christmas Eve & Christmas Day**

The Yankton Medical Clinic®, P.C. will be closing early Monday, December 24th so that our staff may enjoy the holiday with their families. Clinic Hours – 8:00AM to 12PM. ConvenientCare will be open from 12PM to 5PM. The Clinic and ConvenientCare will be closed Christmas Day, Tuesday, December 25th. Regular ConvenientCare hours will resume on Wednesday, December 26th.

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