

# 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  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Interchange**, noon, Minerva's Bar and Grill, 605-760-7082.  
**Whist**, 12:30 p.m., The Center, 605-665-4685  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Cribbage**, 1 p.m., The Center, 605-665-4685  
**Hand & Foot Cards**, 1 p.m., The Center, 605-665-4685  
**English as a Second Language classes**, 2-5 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.  
**English as a Second Language classes**, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.  
**Narcotics Anonymous "Road To Recovery" Group**, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton  
**Meditation Sessions**, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.  
**Sweet Adeines**, First United Methodist Church, 207 W. 11th, Yankton, Anyone interested in singing is welcome. Call 605-661-3029 or 605-668-0659 for more information.

## SECOND MONDAY

**Yankton School Board**, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998  
**Tri-State Old Iron Association**, 7 p.m., JoDeans Restaurant, 605-665-9785.  
**Yankton Area Writers Club**, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582  
**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street  
**NAMI**, 7 p.m., Avera Professional Pavilion, Room No. 2, Yankton. 605-661-3043.

## TUESDAY

**Table Tennis**, 8:30 a.m., The Center, 605-665-4685  
**Billiards**, 10 a.m., The Center, 605-665-4685  
**Explore the Bible**, 10:30 a.m., The Center, 605-665-4685  
**Weight Watchers**, 10:30 a.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Wii Bowling**, 1 p.m., The Center, 605-665-4685  
**Citizenship Class for Chinese students**, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.  
**English as a Second Language classes**, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.  
**Conversational English Class**, 6:30-8 p.m., Southeast Job Link, 1200 W. 21st St.  
**AA, Alano Group**, 7 p.m., step meeting, 1019 W. 9th St, Yankton.  
**Bingo**, 7-9 p.m., The Center, 605-665-4685. (Open to the public)

## THIRD TUESDAY

**Yankton County Commission**, 3:30 p.m., Yankton County Government Center, 3rd and Broadway.  
**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  
**Exercise**, 11 a.m., The Center, 605-665-4685  
**Whist**, 12:30 p.m., The Center, 605-665-4685  
**Partnership Bridge**, 1 p.m., The Center, 605-665-4685  
**Rummikub**, 1 p.m., The Center, 605-665-4685  
**Penny Bingo**, 1 p.m., The Center, 605-665-4685  
**Chair Massage**, 1:40-3:50 p.m., The Center, 605-665-4685  
**Citizenship Class for Chinese students**, 2-3:30 p.m., United Church of Christ (Sunday School rooms), Fifth and Walnut, Yankton. (605) 660-5612.  
**Meditation Sessions**, Olde Rectory at Christ Episcopal Church, 513 Douglas, Yankton, 7-8:30 p.m. 665-3344 or 665-2456.  
**Narcotics Anonymous "Road To Recovery" Group**, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W 11th St, Yankton  
**AA, Alano Group**, 7 p.m., discussion, 1019 W. 9th St, Yankton.

## 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  
**ASHH Toastmasters Club 6217**, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.  
**Pinochle**, 12:45 p.m., The Center, 605-665-4685  
**Dominos**, 1 p.m., The Center, 605-665-4685  
**Love Addicts Anonymous**, 7 p.m., for women, 120 West Third Street, Yankton. 605-760-5307.  
**AA, Alano Group**, 8:30 p.m., speaker, 1019 W. 9th St, Yankton.  
**Weight Watchers**, 5:30 p.m. (weigh-ins 30 minutes prior), 413 W. 15th Street. For more information, call 605-665-2987.  
**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  
**Yankton Area Banquet**, 6-7 p.m., United Church of Christ, Fifth and Walnut  
**English as a Second Language classes**, 6:30-8 p.m., United Church of Christ, Fifth and Walnut (entrance in the alley), Yankton. (605) 660-5612.

## THIRD THURSDAY

**HSC Friendship Club**, 5 p.m., December: Yesterday's Cafe, Yankton. 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7 p.m., at Sacred Heart Catholic Church/Community Gathering Space, 509 Capitol, Yankton, 605-665-4485. (September through June).

## BIRTHDAYS

### EMMA KOCMICK

Please send birthday greetings to Emma (Sedlacek) Kocmick, who will be 90 years old on Dec. 29, at 8118 South 40 St., Bellevue, NE 68147.



Kocmick

## Civil War Veterans Index Added To State Historical Society Website

PIERRE — The South Dakota State Historical Society Archives recently added to its website an index listing deceased comrades of the South Dakota Grand Army of the Republic, found within the organization's annual journals.

Each year during their annual meeting, leaders of the South Dakota GAR, a fraternal organization comprised of Civil War veterans, would list the known deaths of their members. Almost 1,300 Civil War veterans were listed in the annual journals dating from 1884 to 1937.

The list of deceased South Dakota GAR members can be found at <http://history.sd.gov/archives/Data/gardeaths/default.aspx>.

The indexes are organized by veteran's last name and post name. Fields found within the database include first and last name, GAR post name, number and town, death date and

place, the Civil War veteran's regiment, rank and company, the journal year and page number in which the entry was found and any special notes or remarks on the deceased.

The South Dakota GAR annual journals have been held in the collections of the State Archives since 1974.

State Historical Society volunteers added the information to the database.

"The State Archives is always thankful for the help our volunteers provide us and the people of South Dakota by making our state's history accessible to the public," said state archivist Chelle Somsen.

The State Historical Society Archives at the Cultural Heritage Center in Pierre is open 9 a.m.-4:30 p.m. CST Monday-Friday and the first Saturday of each month. For more information call (605) 773-3804 or visit [www.history-sd.gov/archives](http://www.history-sd.gov/archives).

# Go Spicy To Beat Holiday Weight Gain

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

Ho! Ho! Oh! No! 'Tis the season ... for packing on extra weight. Research suggests that holiday weight gain, year after year, can be a big reason the number on your bathroom scale continues to go up, up, up. Most people put on a pound or two (or three) this time of year, and rarely do they take off any of that holiday weight gain. Do the math: It adds up to an extra 10 to 30 pounds per decade. (On average, Americans gain 1.25 pounds a year after age 30, so these yearly holiday pounds are a major cause of the obesity crisis.) Other research suggests that if you're already overweight, you could exit the holidays carrying five extra pounds. That really adds up.

Sure, food deserves its important place at the center of the celebrations. We think enjoying your holiday favorites is a great way to reconnect with family traditions and start some new ones, too. Trouble is, high-calorie holiday foods and over-the-top portions spill over, changing the way you eat every single day between Thanksgiving and New Year's. Those cookies your co-workers leave in the coffee room? Those calories add up, perhaps more than you think. So what's a festive elf to do?

Our weight control strategy: go spicy. For the holidays, you need a unique weight-control strategy, one that lets you celebrate without downsides. So indulge in flavorful favorites like peppermint and chocolate (yes!), citrus, cinnamon and cranberries. They'll put you in healthy holiday spirits, and help you avoid all those mega-calorie holiday drinks and the candies, pastries and other seasonal fare that turn every pantry, fridge and table



## OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

into a high-calorie minefield. Here's how: Shopping pick-me up: Mint plus citrus. Oranges, tangerines and grapefruit were classic stocking stuffers in the 1930s and '40s. Bring back the tradition by carrying a piece or two of in-season citrus with you. Pair with a cup of mint tea for a delicious break from shopping, or a snack anytime. Health bonus: You'll get a booster shot of immune-strengthening vitamin C and compounds in mint that carry antiviral and antibacterial benefits, too.

Office snack: Dried cranberries, dark-chocolate chips and walnuts. Pack a zipper-lock snack bag with a mix of these treasures. Keep the overall portion to about 1/4 cup in order to control calories. Health bonus: 70 percent cocoa dark chocolate — keep a serving to less than two-thirds of an ounce — lowers the risk of heart disease, according to several recent studies. Walnuts deliver satisfying fiber and good fats, while cranberries contain inflammation-soothing polyphenols.

Winter warmer: Skinny hot cocoa with cinnamon and nutmeg. Stir cocoa into skim milk, add a pinch of sugar and a sprinkle of cinnamon and nutmeg. Health

bonus: Skim milk provides bone-friendly calcium and muscle-building protein. Studies show that cinnamon helps control blood sugar, and nutmeg may discourage inflammation. And you know just how good cocoa is for you; it's heart-friendly and mood-enhancing.

A merrier bagged lunch: Chicken sandwich with holiday trimmings. Sprinkle a little rubbed sage and a couple of dried cranberries over chicken slices, lettuce and chopped basil on whole-grain bread. Avoid dryness by adding avocado or balsamic vinegar. Health bonus: Sage helps cool inflammation and fuels your body's cell-protecting antioxidant system.

Spicy dinner upgrade: Ginger topping. Fresh ginger gives vegetables and main-dish proteins an exotic lift. Its flavor kick makes a spicy substitute for marshmallow topping on yams or a creamy sauce for salmon. Use a grater to add as much as you want to sauteed or steamed vegetables, baked sweet potatoes, grilled salmon or poultry. Health bonus: Ginger delivers inflammation-calming compounds.

Comforting breakfast: Hot cereal with dried cherries and warm spices. Say "no, thanks" to pastries and "yes, please" to your favorite hot, 100 percent whole-grain cereal, topped with dried fruit, a couple of walnuts and warm spices like cinnamon and nutmeg. Health bonus: You'll feel full and satisfied for hours — a treat worth celebrating.

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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AND MEHMET OZ, M.D.

## SCHOLASTICS

### MINNESOTA STATE UNIVERSITY, MANKATO

MANKATO, Minn. — Minnesota State University, Mankato presented 1,740 degrees during summer/fall commencement exercises at 9 a.m. and noon on Saturday, Dec. 12 in Taylor Center on the Minnesota State Mankato campus.

Graduates of the College of Arts and Humanities, College of Business and College of Science, Engineering and Technology participated in the 9 a.m. ceremony, and graduates of the College of Allied Health and Nursing, College of Education and College of Social and Behavioral Sciences participated in the noon ceremony.

Graduate-level doctoral degrees presented included three doctor of education

(Ed.D.) degrees and one doctor of psychology (Psy.D.) degree.

Graduate-level master's degrees presented included 69 master of arts degrees, 19 master of arts in teaching degrees, seven master of fine arts degrees, four master of business administration degrees, one master of music degree, 12 master of nursing degrees, four master of public administration degrees, 226 master of science degrees, 28 master of social work degrees and 27 specialist degrees.

Awarded at the undergraduate level were 75 bachelor of arts degrees, two bachelor of athletic training degrees, 31 bachelor of fine arts degrees, one bachelor of music degree, 1,141 bachelor of science degrees, one bachelor of science in computer engineering degree, four bachelor of sci-

ence in mechanical engineering degrees, eight bachelor of science in electrical engineering degrees, 13 bachelor of science in engineering degrees, 29 bachelor of science in social work degrees and 34 associate of arts degrees.

Undergraduate students that received recognition included 72 students graduat-

ing summa cum laude (3.8 grade point average and above), 191 students graduating magna cum laude (3.5 to 3.79 grade point average) and 197 students graduating cum laude (3.3 to 3.49 grade point average).

Area graduates included: • Katie Hanson, BS, Sociology, Jefferson

**Happy 91st Birthday**  
to our WWII & Korean  
War Navy Veteran  
**LeRoy Kuestermeyer**

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