

# How To Make The Holidays Special

BY VAL FARMER  
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Val FARMER

What makes the Christmas holidays special? For most of us, the religious significance of the birth of Jesus Christ gives meaning to our lives. It is a time for a renewal of faith and Christian charity. It is more than that however. The holiday encompasses people from other faiths and secular persuasions as well. The traditions of sharing and gift giving are wonderful.

**Christmas is a time for family togetherness.** We come together. We exchange gifts. We renew memories and create new ones. We connect with friends and the events in our lives.

It is a time for traditions. By its traditions, a family shows that it cares about certain things deeply. Christmas traditions are the way we show one another who we are and how special we are to each other. Our love helps us make that extra effort and planning to make the holiday season a meaningful expression of family togetherness.

**Christmas is a time for the renewal of friendships.** People without strong family ties depend on friendships to satisfy their need for belonging and love. Friends are great. True friendships are like precious jewels. They are to be treasured, polished and openly displayed. Friends can also have traditions. Keep in touch in special ways to let each other know that someone cares.

For people with strong family ties, friendships are an embellishment of a life already full of opportunities to share love. With less family connection, these friendships are essential.

The travel, expense and sacrifice of family and friends to get together during the holiday season are worth the effort. Wonderful new memories crowd out the hassle, the cost and inconvenience.

**The holiday season can also be a downtime.** It can be a lonely time for those away

from home. It is an empty time for those who are alone and sense the world is coming together without them.

• The holidays are not the same for families who have lost a loved one, especially the first or second year. Going through the Christmas season without a loved one present is a disorienting and painful experience. The holiday is an excruciating reminder of the enormity of their loss.

• If the laughter of a child has been stilled, the vitality of that young life has been robbed from the season. The absence of a loving spouse means half of you is not there. A close sibling is no longer there to support you. These unwanted emotions are there reminding the survivors that their loss goes on and on.

• People who have gone through a separation or divorce during the previous year experience the loss of connection, of family and of their past life — however happy or unhappy it may have been. Some parents are separated from their children for the first time on this holiday. It seems unnatural to be alone and away from those who they love the most.

• For elderly childless couples, the holiday season can be an empty and lonely time. Christmas is for children. The world conspires to remind them of that which they don't have. Young single adults, unavoidably away from home, also experience the loneliness of the holidays. If they are aggressive enough, they band together with their friends to create a holiday spirit with each other.

• There are others who have their family and friends around them. Unfortunately, their rela-

tionships are marred by strife and conflict. Their hearts ache for what should be and is painfully not present. Where is the love? Why do others have it and not themselves?

In their loneliness, they suffer in silence. Others assume that their family nurtures them during the holidays. To feel alone while being around those who are supposed to care and don't is to feel profoundly alone.

**Reaching out to others.** I have a simple formula for those who find themselves in these difficult situations. Find someone less fortunate than yourself and serve them. Help someone else have a better holiday. Give even if you don't have much to give. It is in the giving that peace and connection comes. You are truly needed. Your open hearts are needed by a world with too much suffering in it.

For those of us fortunate enough to be surrounded by family and friends, let's put our arms around one another in love and cherish these moments together. The season brings us together. We need to extend our arms and say the words.

Remember others who would benefit from human attention and concern at a time when they need it the most. We need to take the time to make a phone call, send an e-mail, write a letter, make a visit, invite to a meal, recognize a loss or listen to a heart. It can be your best holiday season ever.

For more information on family holidays, visit Val Farmer's website at [www.valfarmer.com](http://www.valfarmer.com).

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## VISITING HOURS

# Making Holiday Eating Healthier

BY RACHEL PINOS  
Avera Sacred Heart Hospital & Hy-Vee Dietitian



The season of joy, giving and sharing is upon us. For many, food is deeply intertwined in our gatherings and celebrations with family, friends and neighbors. It always seems to be a struggle to strike the proper balance between enjoying and overindulging. Here are a few key concepts to keep in mind to make it through the season without feeling the need to jump on a diet bandwagon come January 1st.

Remember the essentials of a balanced diet

- Start each day with a healthy breakfast, including complex carbohydrates and lean protein.

- Stay hydrated throughout the day, sipping water wherever you are.

- Fill up with fiber from whole foods such as fresh fruits and vegetables and whole grains.

In reality, most of our time spent during the season is devoted to work and the hustle and bustle associated with the celebrations. There are likely only specific occasions during which we need to stay on top of our game. When the situation arises, follow these tips:

- Surviving holiday parties
- Don't skip meals to "save up" on calories. It's a poor strategy that leaves you overly hungry and likely to overeat later.

- If you are concerned about their being a healthy option on hand, bring a dish to share, such as raw vegetables and hummus or a Greek-yogurt based dip with whole-grain pita chips.

• Survey the table before making your selections. Keep portions small; one taste might be enough to quench a craving.

Don't let one slip-up get you down. If you overindulge at a party one evening, get right back on track the next day. The true pitfalls occur when slip-ups become routine.

Wise food choices are definitely essential during the holidays but remaining active is another important piece of the weight maintenance puzzle. Try not to steer too far from your normal eating and exercise routine. Keep all things in perspective and recognize the truth to the quote, "People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas." Take a step back and enjoy the reason for the season.

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## SOCIAL SECURITY

# Make A Resolution To Think About Retirement

BY JENNIFER H  
Social Security Claims Representative in Yankton

Happy 2012 from Social Security! With the new year, many people put together lists of goals and resolutions. Allow us to share with you some new year's resolutions that you may find worth keeping.

Think about retirement. Whether you're 26 and beginning a career or 62 and thinking about the best time to stop working, give some thought to what your retirement plan will be. Social Security is the largest source of income for elderly Americans today, but it was never intended to be your only source of income when you retire. You also will need sav-

ings, investments, pensions or retirement accounts to make sure you have enough money to live comfortably when you retire. The earlier you begin your financial planning, the better off you will be. For tips to help you save, visit [www.mymoney.gov](http://www.mymoney.gov).

Plan ahead. The best way to begin planning for retirement is by using the free resources provided by Social Security. Start by using our Retirement Estimator, where you can get a personalized, instant estimate of your future retirement benefits using different retirement ages and scenarios. Visit the Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

Make sure you have all your numbers. While tax season may seem far away, now is the time

that many taxpayers start gathering records and documentation for filing tax returns. One of the most important things you need is a Social Security number for everyone whom you will claim as a dependent. If you don't have a number for one of your dependents, you need to apply now to have the Social Security number in time to file your tax return. Learn more at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

Do a little light reading. The best way to learn more about Social Security, the benefit programs, and what they mean to you and your family is to browse through our online library of publications. You can find overviews as well as more detailed booklets. Our library at [rity.gov/pubs is always open.](http://www.socialsecu-</a></p>
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Help a loved one. Sometimes we get the most satisfaction out of helping someone else. If you have a grandparent, parent, relative, or friend who could benefit from Social Security, share our website and online services with them. You can even help a loved one apply for retirement or Medicare benefits — or for Extra Help with Medicare prescription drug costs — in as little as 10 minutes. Whether you forward a publication or sit down to help someone apply for Social Security, the place to go is [www.socialsecurity.gov](http://www.socialsecurity.gov).

We hope you'll consider some of these resolutions. Happy New Year from Social Security!

# Airport

From Page 1

(in October)," he stated. "Three weeks later, Carlson Aviation backed out of the terms of that agreement and essentially left us looking in different directions. We decided on an avenue to approach ... and will be looking at doing what we can to continue services at the airport from that direction."

Gary Carlsson declined to comment on the situation when contacted by the *Press & Dakotan* Tuesday.

However, Dave Tunge, a member of the City Commission-appointed Airport Advisory Board as well as the committee formed to develop guidelines when the FBO search process began last summer, said the move is a huge mistake.

"It's going to fail miserably," he said. "The biggest comment I hear from people in the city is that they are shocked the whole thing happened, and nobody can understand why. I'm still that way. Why would Doug jeopardize everything we've done at the airport?"

Although it wasn't asked for its input, the advisory board voted earlier this month to recommend

to the City Commission that the contract under consideration be approved with several changes. Among those changes were that Carlson Aviation would continue to be allowed to occupy the front office in the airport terminal, the firm would be allowed to use the corporate hangar until the end of 2012 for maintenance services, and it would be paid \$1,300 a month for airport management duties.

"It sounds reasonable to me," board member Roger Huntley said at the Dec. 7 meeting. "I've seen this airport when it was a junkyard. You couldn't get a plane in and out. I can't believe how good it is now, and I don't want to lose it."

Huntley also spoke up during Tuesday's City Commission meeting, objecting to a raise for Russell "because of his failure to negotiate in good faith for the renewal of the Carlson Aviation contract. He is setting our airport up to fail. Historically, city-run airports are not successful, mainly because of the expertise and dedication required."

Mayor David Knoff told the *Press & Dakotan* after the meeting that he doesn't agree that the city can't provide the same quality of service as Carlson Aviation.

"That is the goal — for us to continue to have good service out at the airport," he said. "We don't want this to become an airport

that people don't want to land at. I don't see that happening. If any of the commissioners thought that would happen, we would have gone a different direction. Unfortunately, we were unable to work things out with the Carlsons.

That's the way it sometimes works with government contracts. We're the stewards of the taxpayer dollars and have to watch out for what we think is best for the community."

Russell said it was Carlson Aviation's decision not to agree to the contract as proposed, and Russell said he does not have any ill will toward the firm for deciding it could not live with the terms.

"I think Carlson Aviation did a great job in the customer service aspect, and I won't take anything away from them," he said. "It was a decision that they made, and they are entitled to it. We as a city have to look at it and make decisions that we think will be best for the long term. Sometimes, there are discrepancies in what that vision is. I think we've got a great base to start from."

Some things will be noticeably absent at the start, such as mechanic services, but Russell said that is an issue that could be remedied in the future. Mostly, he believes that the city will be able to

provide the round-the-clock service that clients came to expect from Carlson Aviation.

"I don't know why we wouldn't be able to do that," Russell said. "We have not only the individual who would be there (as airport supervisor), but would also have the ability to cross-train people from our multiple departments. The position is a salaried position and would be able to respond as needed. We'll monitor that as time goes by. If we have a jet come in that needs fuel during off-hours, we'll have someone that is going to be able to be out there."

"I think the biggest concern out there was that this was a last-minute decision," he continued. "It is not. We thought we had an agreement at the end of October and it fell through in November. We've been working from that point on to get where we're at. We'll move forward. We're pretty comfortable with the direction we're going, and we're confident we'll be able to provide the services that are necessary."

Coalition for a Drug Free Yankton suggests...

## Avoid the Holiday BUZZ with New Year's Fun Week Events

**SD National Guard CounterDrug Poster Contest**  
Awards Ceremony December 27<sup>th</sup> from 6-9pm at the Boys & Girls Club

<p><b>Middle School DANCE</b> YMS Gym • Gr. 6-8 • \$2 Friday, Dec. 30<sup>th</sup> • 7-10pm</p> <p>Chaperoned by Parents for a Safe Prom; concessions provided.</p>	<p><b>FREE FAMILY Movie Night</b> Middle School Lecture Hall Friday, Dec. 30<sup>th</sup> • 6:30-10pm Gnomeo &amp; Juliet The Muppets Christmas Carol Refreshments! Door Prizes!</p>	<p><b>FREE Ice Skating</b> Alcoa Arena Sat. Dec. 31<sup>st</sup> • 6-9pm Entire Family Welcome! Courtesy of the City of Yankton</p>
<p><b>FREE SWIM &amp; GYM &amp; Family Board Games</b> Summit Center Thursday, Dec. 29<sup>th</sup> 1-4pm</p>	<p><b>Community Wide Event</b> Judi's Fitness &amp; Dance Studio recitals and activities from the SD National Guard CounterDrug Thursday, Dec. 29<sup>th</sup> • 6-9pm National Guard Armory Refreshments Provided</p>	

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Let Hy-Vee help with wine and specialty cheese for all your New Year's get togethers!

## Wine & Cheese Sampling

Friday, Dec. 30<sup>th</sup>  
3pm-6pm

Sartori Cheeses  
Our Cheese of the Month

- Bellavitano Gold
- Raspberry Bellavitano
- Salsa Asiago
- Rosemary & Olive Oil Asiago
- Basil & Olive Oil Asiago
- Espresso Bellavitano

We will have suggestions for excellent wines that pair with each cheese.

# HyVee

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