

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  
**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.

**THIRD MONDAY**

**Yankton Golf Advisory Board Meeting**, noon, Fox Run Golf Course, 600 W. 27th Street, 605-668-5205  
**Friends Of The Yankton Community Library**, 5:15 p.m., Yankton Library, 515 Walnut  
**Yankton Lions Club**, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-665-4694.  
**Yankton American Legion Auxiliary**, 7:30 p.m., VFW Building, 209 Cedar Street  
**NARFE Chapter 1053**, 10 a.m. at The Center, located at 900 Whiting Drive.

**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

**THIRD TUESDAY**

**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  
**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

**THIRD WEDNESDAY**

**NAIFA-Lewis and Clark**, noon-1 p.m., Minerva's.  
**Partnership Bridge**, 1 p.m., The Center, 605-665-4685

**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

**THIRD THURSDAY**

**HSC Friendship Club**, 5 p.m., December: Yesterday's Cafe, Yankton, 605-665-5956.  
**Catholic Daughters (Court Willard 967)**, 7:30 p.m., at Sacred Heart Catholic Church/Community Gathering Space, Yankton. (January through June)

**BIRTHDAYS**

**VIVIAN SIMONSEN**

Vivian Simonsen will celebrate her 85th Birthday on Dec. 24, 2012. To help her celebrate, fam-

ily and friends are invited to send her a birthday card to: Vivian Simonsen, 2905 Douglas Ave # 3, % Autumn Winds, Yankton, SD 57078.

**BIRTHS**

**MAXWELL DIETRICH**

Justin Dietrich and Jennifer Larson of Yankton announce the birth of their son, Maxwell Wyatt Dietrich, born Oct. 22, 2012, at 12:45 a.m. Maxwell weighed 7 pounds, 14 ounces.

Grandparents are Roger and Donna Dietrich, Yankton, Diane Larson and Don "Murdo" Edwards, Yankton.

Great-Grandparents are Max Larson, Yankton, Joy Olson, DeSmet, and Leona Bruner, Geddes.

**JANESSA GIRARD**

Brian and Paula Girard of Yankton announce the birth of their daughter, Janessa Evalyn Girard, born Nov. 29, 2012. Janessa weighed 8 pounds, 5 ounces.

She joins siblings Olivia, 8, Madison, 6 and Ava, 3.

Grandparents are Roger and Karen Girard, Yankton, and Bob and Mary Jo Bruening, Yankton.

**JOSIE FOXHOVEN**

Cory and Tina Foxhoven, St. Helena, Neb. announce the birth of their daughter, Josie Rose, born Dec. 4, 2012, at 9:18 a.m. Josie weighed 7 pounds, 12 ounces and was and 20 inches long.

She joins siblings Zack, 6, Jordan, 4, and Makenzie, 1.

Grandparents are Tom and LaDonna Kuchta, Crofton, Neb. and Joan and the late Terry Foxhoven, Wynot, Neb.

Great-Grandparent is Betty Foxhoven, Wynot, Neb.

**STELLA AND DAWSON RATZLAFF**

David and Amber (Kocmich) Ratzlaff of Avon announce the birth of Stella Grace Ratzlaff and Dawson Charles Ratzlaff on Dec. 4, 2012, at Avera Sacred Heart Hospital, Yankton. Stella weighed 7 pounds, 2 ounces and was 20 inches long, and Dawson weighed 7 pounds, 11 ounces and was 19.5 inches long.

Stella and Dawson join siblings Grayson, 4, and Brenson, 2.

Grandparents are John and Lori Kocmich, Dante; and Ron and Judy Ratzlaff, Avon.

Great-grandparents are Darrell and Elaine Odens, Avon.



**Seniors Named BAMAAR Honorees**

Tatum Draskovic and Austin Reining, both seniors enrolled in Career and Technical Education (CTE) courses at Yankton High School, have been recognized as BAMAAR Students of the Month for November 2012.

Draskovic, the daughter of Laura and Ray Coffman of Yankton, was nominated for the award by Ryan Hage, her World of Work instructor.

"Tatum has been very good in her World of Work class. She has shown great responsibility on her shadow site and due to this, has secured a part-time job at a veterinary clinic on weekends," Hage said.

"Tatum has shown willingness to learn new jobs while at her shadow site no matter how big or small they may be," according to Hage, who added that she also has a great attendance record and shows up to her placement on time or early.

For Draskovic, the class has enabled her to find out if being a vet is really what she wants to be. "It made my life-long goal become a real one and made me want to go after it," she stated.

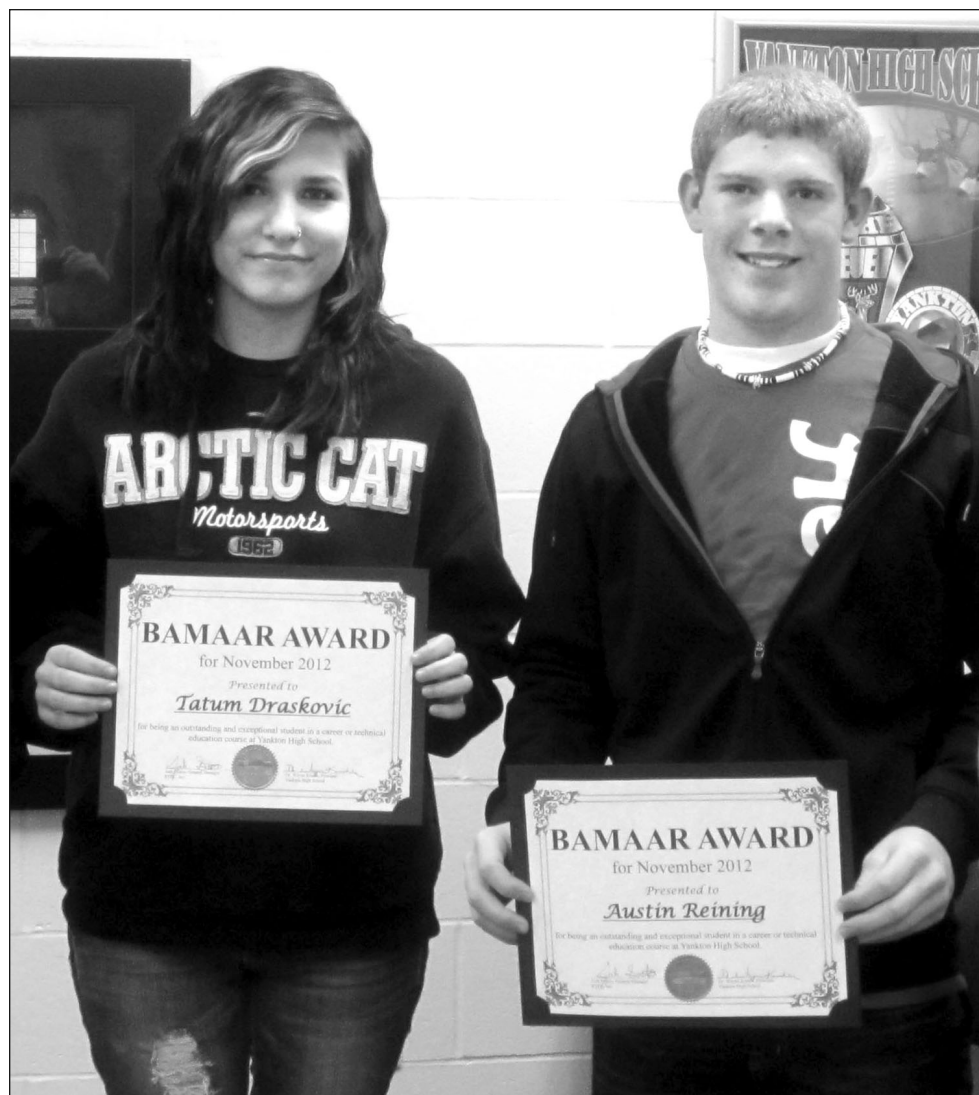
Following graduation, she plans to attend a pre-veterinarian school, pursue veterinarian school and then maybe return to complete a doctorate degree in medicine.

Reining, the son of Mindy and Jerry Reining of Yankton, is enrolled in the CTE courses of World of Work and Building Trades. He also was nominated for the November BAMAAR award by Hage, his World of Work instructor.

"Austin would be a good choice for BAMAAR Student of the Month. Throughout his World of Work class, he has shown great initiative and enthusiasm," Hage said. "Austin has had great attendance and was very eager to get the chance to shadow law enforcement officers here in Yankton."

Reining said shadowing the officers and building a house that will ultimately go to a family have been the best parts of his CTE coursework. He plans to join the Army to become a military police officer following high school graduation.

Students who are enrolled in CTE classes at YHS are eligible for the BAMAAR Student of the Month awards and can be nominated by their CTE instructors. A panel selects up to two monthly winners throughout the school year. For being named BAMAAR Students of the Month, Draskovic and Reining received T-shirts, certificates and other prizes donated



Tatum Draskovic, left, and Austin Reining, both seniors at Yankton High School, were recently named BAMAAR Students of the Month for November 2012.

by local businesses.

The award, which received the name BAMAAR because it is sponsored by the building association, manufacturers association and area retailers, was first presented during the 2008-2009 school year. It was designed to recognize outstanding students enrolled in Career and Technical Education classes at YHS and is

awarded by Yankton High School in conjunction with the Regional Technical Education Center (RTEC).

To honor all of the monthly BAMAAR winners, a recognition ceremony will be held in the spring. At that time, at least one of the monthly winners will be named the BAMAAR Student of the Year.

**Oz And Roizen**

**Just Give Yourself A Little Break!**

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.

King Features Syndicate, Inc.

Could cutting yourself a little slack improve your diet, help you stick with a workout routine and let you meet your health goals, from lowering blood sugar, LDL (lousy) cholesterol or blood pressure, to living with chronic pain? Positively. Some examples: Self-kindness makes you 23 percent more likely to take your high blood pressure medications as directed, helps you improve blood sugar numbers if you have diabetes, and makes it 64 percent easier to stick with a low-sodium diet.

What is self-kindness? Well, it isn't about repeating goody affirmations like that "Saturday Night Live" character Stuart Smalley, whose mantra was "I'm good enough, I'm smart enough, and doggonit, people like me!" It's about reminding yourself that everybody messes up, not kicking yourself when you're down, looking at the big picture and identifying areas where you're doing well.

Turning off your harsh inner critic and tuning on a bit of self-kindness boosts your confidence in your ability to make healthy changes in your everyday habits, and it makes your RealAge younger in a number of additional ways, too!

Here's how harnessing the "BFF Factor" produces life-changing, age-reducing results:

It makes weight control easier: When diet slip-ups lead to overeating, self-kindness may work better than willpower to help you make a U-turn. Women who indulged by munching doughnuts and then were asked to taste-test candies ate fewer of those sweets when they were told: "I hope you won't be too hard on yourself. Everyone eats this stuff." This led one



**OZ AND ROIZEN**

Dr. Mehmet Oz and Dr. Michael Roizen

Harvard psychotherapist to note, "Self-compassion is the missing ingredient in every diet and weight-loss plan."

It lets you cope with chronic pain better: Another report has shown that people with chronic pain who judged themselves less harshly when pain interfered with activities felt less depressed, less stressed and less isolated than those who adopted a tough-it-out attitude. We're not saying they felt less pain, but they were more likely to have a positive state of mind and found more ways to work around the pain (like asking for help and finding ways to make activities easier). They also found it easier to follow their doctor's directions, since riding yourself of negative thoughts makes it easier to believe that you can take control.

It provides you with an extra stop-smoking tool: In the first three weeks of a stop-tobacco program, smokers who learned to give themselves positive, gentle pep talks when they felt

the urge to light up ("You can do it; just hold out for one more minute!") found it easier to say no to cigarettes much sooner than quitters who didn't give themselves positive reinforcement.

It produces a stronger motivation to exercise: Turns out people who practice self-kindness gravitate to workouts that bring deep-down enjoyment — often something like walking with a friend, biking with a club or dancing around the house to your favorite tunes! And that makes it easier to stick with your exercise routine week in and week out. Being motivated by the desire to look better or be sexier just doesn't sustain your commitment as well.

How does a little self-love do such positive, powerful stuff? It seems that an I-can-do-it attitude translates to less shame, blame and anger about chronic health issues, and more respect for what you have done. And that's a sure-fire way to start believing you deserve a long, healthy, happy life — and making sure you get it!

Want a shortcut to self-kindness? Pick a problem that's bothering you, then write a short letter to yourself from the point of view of a friend who cares about you. Doing this for just a few minutes a day for one week can reduce anxiety and depression for two to six months.

So, can you be a little kinder to YOU? Yes, you can!

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.

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**Hagel**

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The former senator shares many of the same ideals of Obama's first Pentagon leader, Republican Robert Gates. When Obama became president in 2009, he asked Gates to remain as defense secretary. Both Hagel and Gates talk of the need for global answers to regional conflicts and an emphasis on so-called soft power, including economic and political aid, to bolster weak nations.

"A Hagel nomination signals an interest in, and a commitment to continuing a bipartisan approach to national security," said David

Berteau, senior vice president at the Center for Strategic and International Studies.

He said that Hagel's two terms in the Senate, before he retired in 2009, spanned the latter years of the post-Cold War military draw-down and the post-Sept. 11 buildup. "From a budget point of view he has seen both ends of the spectrum and that gives him a good perspective to start from."

Hagel's possible selection has been met with initial praise from key members of the Senate, including the chairman of the Senate Armed Services Committee, Sen. Carl Levin, D-Mich., who said Hagel would be "terrific."

The choice could trigger opposition from some Jewish groups and may worry Democrats con-

cerned about Israel-related issues. Hagel has criticized discussion of a military strike by either the U.S. or Israel against Iran. He also has backed efforts to bring Iran to the table for talks on future peace in Afghanistan.

"The appointment of Chuck Hagel would be a slap in the face for every American who is concerned about the safety of Israel," said Matt Brooks, executive director of the Republican Jewish Coalition.

Hagel often straddled party lines and had some high-profile dustups with his Republican colleagues.

In 2008, he criticized GOP vice presidential candidate Sarah Palin, saying she lacked foreign policy credentials and that it would be "a

stretch" to consider her qualified to become president. His wife, Lilibet Hagel, endorsed Obama in his first run for president. Hagel also was mentioned as a possible candidate for Pentagon chief when Obama was first elected.

As defense secretary, Hagel would preside over the withdrawal of combat troops from Afghanistan and the waning days of the war, and would direct some of the steepest cuts in Pentagon spending in years. His task would be to restructure a pared down military that can step away from the grinding wars of the past 11 years and refocus on a swath of regional challenges from Syria, Iran and North Korea to terrorism in Africa and the defense buildup in the Pacific.

**New Year's Deadlines**  
The Yankton Daily Press & Dakotan will be closing at 3:00 p.m. on Monday, December 31.  
The following deadlines will apply:  
Wednesday, January 2 newspaper 5 p.m., Thursday, December 27  
Out On The Town will run Monday, Dec. 31 & Thursday, Jan. 3 –  
Deadline Wednesday, December 26, 5 p.m.  
There will be no newspaper on Tuesday, January 1, 2013.  
YANKTON DAILY  
**PRESS&DAKOTAN**

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