

Discovering The Many Ways To Manage Ourselves

BY MIKE ROSMANN PH.D.

This week's message is a follow-up to a previous column about "Our Best Places to Think."

We need places where we have the solitude to think and meditate. Sometimes these places involve activities that don't take much planning or forethought, such as hiking in the outdoors or finding a quiet church in which to contemplate.

I do some of my best thinking in my raspberry patch, the garden, while fly-fishing and when undertaking farm work that doesn't require a lot of focused attention.

HOW WE MEDITATE

It is less important where we meditate than HOW we meditate. Some farmers can pray best in their tractor cabs while engaged in farm work that requires little concentration.

For me, raking hay is an easy task that allows me time to think. Some people sit in their cars and trucks in restful or scenic places.

I can drive my car on long easy trips and meditate the whole way, unless driving conditions dictate otherwise.

Our attitudes are important. We should enter prayerful moments asking to be open to new ideas and responsibilities.

I usually have to pray to accept the course that lies ahead rather than to have my way. It's almost always hard to accept whatever comes.

Like the time a few years ago when my urologist called me at home in the early evening to tell me I had prostate cancer. I had hoped and prayed the days before my diagnostic tests that I didn't have this unwanted disease.

When the biopsy results indicated significant cancer cells and complete body scans were necessary to learn if the cancer had spread, I didn't want to accept the prognosis. I wanted things my way.

The experience of cancer was good for me. I chose surgery as the method of treatment.

I was fortunate the cancer had not spread outside my prostate, though it was contained by a membrane the thickness of a sheet of newspaper.

What does that say about being cared for!

Cancer gave me an opportunity to remake myself into a better person. It provided an opportunity to practice "Not my will, but God's will."

Not all answers come right away. Sometimes we have to work on issues repeatedly to figure out how to go about things properly.

We are usually our own worst enemies. It takes self discipline and lots of practice to open ourselves up to outcomes we can't control or don't want.

We can usually tell when we have the correct approach because we feel at peace. We may even feel exhilarated.



Dr. Mike
ROSMANN

We get nudges all the time but sometimes don't pay attention. Often, we get so caught up with ourselves, our work, our likes and what we perceive as our obligations that we miss the signs telling us changes in our behaviors are necessary.

A farmer friend recently told me about little signals he used to miss but now heeds because he has started going for walks during which he meditates.

He has found tools he lost earlier along the road and in his fields. He knows they were found to bring meaning and comfort to him about issues he was unresolved about.

The signals my friend now pays attention to contributed to him coming to accept things in his life he has not wanted to accept in the past.

This friend has become an unofficial minister in his community to many in need of understanding. He has come to terms with people who severely wronged him.

But, for taking the time and effort to meditate regularly, he would have missed these opportunities to make himself a better person.

WE ARE IN CHARGE OF OUR BEHAVIORS

That's one of the wonderful features about behavior. We usually can't control what other people do.

We usually can't control many of the factors that affect our lives, such as the weather, government and events. But, we can control whether or not we take the time to pray, how we behave and what we think about.

Meditation is highly restorative and spiritual. There are few moments as beneficial as these contemplative experiences.

If you would like to obtain a copy of one my columns, view the website: www.agbehavioralhealth.com. Previously published columns are available for a small fee 30 days after they were originally printed. The website lists the columns, other available publications and information. Please use PayPal or send a check with your order.

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Area Programs Earn SDHSAA Honors



Initiated during the 1996-97 school year, the SDHSAA Academic Achievement Team Award program is designed to recognize varsity athletic teams and fine arts groups for their academic excellence. The South Dakota High School Activities Association believes that high school students learn in two distinct ways; inside the classroom and outside the classroom — on the stage and/or athletic field.

This academic program creates a positive environment for school teams to have its members excel in the classroom. This program is also meant to motivate students toward academic excellence and to promote academic encouragement from teammates.

All varsity athletic teams and fine arts groups that participate in Association sponsored activities are eligible for this recognition program. Based on a duplicated count, as reported in the 2010-11 SDHSAA Participation Survey, over 30,800 students participate in interscholastic athletics and more than 29,200 more are involved in fine arts activities. The Academic Team Award program provides high school students with the opportunity to prove they can be overwhelmingly successful in both academics as well as in athletic and fine arts activities.

All varsity fine arts groups and athletic teams that achieve a combined grade point average of 3.0 or higher are eligible to receive the SDHSAA Academic Achievement Team Award. With the completion of all the SDHSAA winter fine arts and athletic activi-

ties, the SDHSAA announces that the following area schools and their teams have received the "Academic Achievement Team Awards" for the 2011-2012 winter season.

ALCESTER-HUDSON — Wrestling Cheerleaders, Girls Basketball Team, Boys Basketball Cheerleaders, Wrestling Team
AVON — Girls Basketball Team
BERESFORD — Girls Basketball Team
DAKOTA VALLEY — Wrestling Team, Vocal Solo-Ensemble Group, Boys Basketball Team, Girls Basketball Team, One-Act Play, All-State Band, Band Solo-Ensemble Group
ELK POINT-JEFFERSON — Wrestling Team, Vocal Solo-Ensemble Group
FREEMAN — Boys Basketball Cheerleaders
HURLEY — Girls Basketball Team, Boys Basketball Cheerleaders

MARION — Girls Basketball Team
MENNO — Boys Basketball Cheerleaders, Boys Basketball Team, One-Act Play, Band Solo-Ensemble Group, Vocal Solo-Ensemble Group, Girls Basketball Team

PARKER — Boys Basketball Team, Wrestling Cheerleaders, Boys Basketball Cheerleaders, Girls Basketball Team, One-Act Play

PARKSTON — Boys Basketball Cheerleaders, Band Solo-Ensemble Group, All-State Band, Wrestling Cheerleaders, Girls Basketball Cheerleaders, Boys Basketball Team, Vocal Solo-Ensemble Group, Girls Basketball Team

PLATTE-GEDES — Girls Basketball Team, One-Act Play, Boys Basketball Team, Boys Basketball Cheerleaders, All-State Band
SCOTLAND — Girls Basketball Team, Boys Basketball Team, Band Solo-Ensemble Group, Vocal Solo-Ensemble Group

VERMILLION — Boys Basketball Team, Gymnastics Team, Girls Basketball Team, Debate & Individual Events, Vocal Solo-Ensemble Group, One-Act Play, Band Solo-Ensemble Group, All-State Band

VIBORG — Band Solo-Ensemble Group, Boys Basketball Cheerleaders, Boys Basketball Team, Girls Basketball Team

WAGNER — Boys Basketball Cheerleaders, Girls Basketball Cheerleaders, Girls Basketball Team, Gymnastics Team, Boys Basketball Team

YANKTON — Girls Basketball Team

SCHOLASTICS

NORTHEAST COMMUNITY COLLEGE

NORFOLK, Neb. — Students from Northeast Community College in Norfolk recently finished fourth in the two-year college sweepstakes division at the North American Colleges and Teachers of Agriculture (NACTA) Judging Conference.

Some 19 community colleges and 16 university teams competed in the contest hosted by Coffeyville Community College, Coffeyville, Kan.

The Northeast students were accompanied to Coffeyville by Agriculture Instructors and Coaches Hilary Maricle, Mike Roeber, Bernie Thyen, and Mike Zierke.

Northeast's Meats Judging Team, coached by Maricle, placed third overall and in beef grading, beef judging, pork judging, lamb judging and placings, and fourth in questions. Team members were Brent Johnson, Brighton, Colo.; Chelsea Asmus, Randolph; Angie Weiler, West Point, and Jacob Soukup, O'Neill. Individually, Johnson placed fifth in beef grading while Weiler finished fifth in lamb judging.

With Roeber as coach, the Livestock Management Team placed third overall, second in problem solving and third in identification and general exam. Team members were Tyler Steffen, Crofton; Rachel Steffen, Crofton; Kelsie Landholm, Fremont, and Cory Schluntz, Republican City. Individually, Tyler Steffen finished third in problem solving and fifth overall and in general exam.

The Crops Team, coached by Thyen, finished fourth overall, second in math practical, and fifth in lab practical. Team members were Jared Anderson, Neligh; Wyatt Chapman, North

Bend; Adam Haselhorst, Randolph, and Chance Lambrecht, Osmond.

Other Northeast Community College students participating in the Crops Contest were Cameron Christensen, Big Springs; Brennan Christman, St. Edward; Andy Doerr, Creighton, and Kenny Kuchar, Humphrey.

The Agribusiness Management Team, coached by Maricle, finished fourth overall, third in problem solving and fourth in general exam. Team members were Renna Hoelscher, Norfolk; Tyler Steffen, Crofton; Kuchar, from Humphrey, and Jennifer Krueger, Foster. Individually, Tyler Steffen placed fourth in written exam.

The Agricultural Mechanics Team, coached by Zierke, placed fourth overall. Team members were Schluntz, Republican City; Derek Oestrich, Pierce; Soukup, O'Neill, and Dustin Woita, Malmo. Oestrich placed third in the written test and fourth in tools/parts identification.

In the Ag Computer Applications Contest, the team, coached by Northeast Agriculture Instructor Bonnie Schulz, placed fifth overall, third in written exam, and fourth in applications.

Team members were Weiler, West Point; Amber Oswald, South Sioux City; Kelsie Landholm, Fremont, and Jessy Eggerling, Milford. Eggerling placed second overall and in applications.

The Dairy Judging Team, coached by Roeber, finish fifth overall and in placings. Team members Kaidi Wolff, Madison; Olivia Domogalla, Stanton; Nick Czarnick, Genoa, and Cody Schulz, Pierce.

The Horse Judging Team, coached by Roeber, finished fifth overall and fourth in halter. Team members were Oswald, South

Sioux City; Desiree King, Oakland; Asmus, Randolph, and Eggerling, Milford.

The Ag Communications Team, coached by Maricle, finished fifth overall. Team members were Jason Miller, Belden; Eggerling, Milford; Lacie Dahlquist, Oakland, and King, from Oakland.

With Roeber as coach, Livestock Judging Team members who competed were Wolff, from Madison; Domogalla, from Stanton; Czarnick, Genoa; Luke Ziesler, Butte, and Schulz, Pierce.

Team members in the Soils Contest, coached by Thyen, were Dillon Bruckner, Osmond; Lambrecht, Osmond; Kuchar, Humphrey, and Christensen, Big Springs.

Ag Knowledge Bowl Team members were Oestrich, Pierce; Haselhorst, Randolph; Doerr, Creighton, and Landholm, Fremont.

MORNINGSIDE COLLEGE

Taylor Kube, son of Kevin and Janita Kube of Crofton, Neb., and Jason Vaith, son of Brian and Dawn Vaith of Scotland, were inducted into Omicron Delta Kappa (ODK) at the annual ODK Honors Assembly held Wednesday, April 11, at Morningside College.

The students were inducted into ODK based on scholarship and campus leadership.

Kube, a sophomore who is majoring in engineering physics, is a past graduate of Crofton High School.

Vaith, a junior who is majoring in business administration, is a past graduate of Scotland High School.

ODK is the national leadership honor society that recognizes and encourages superior scholarship, leadership, and ex-

emplary character.

Morningside College enrolled 2,047 full-time and part-time students for the 2011 fall term and welcomes students of all faiths and backgrounds. Morningside offers five bachelor's degrees, including bachelor of arts, bachelor of science, bachelor of music, bachelor of music education, bachelor of nursing, and a master of arts in teaching degree. The college was founded in 1894 by the Methodist Episcopal Church and remains affiliated with the United Methodist Church today.

For information about attending Morningside College, contact the Admissions office at (712)247-5111 or visit the college's web site at www.morningside.edu.

DAKOTA WESLEYAN UNIVERSITY

MITCHELL — The Dakota Wesleyan student population recently voted for their student body leaders for 2012-13 Student Association Senate. These students were chosen to serve in the following positions:

• Student Association Senate Executive Board: President — Christen Hildebrandt, Faribault, Minn.; Vice president — Kelli Swenson, Chamberlain; Treasurer — Katie Johnson, Wahoo, Neb.; Secretary — Michael Stier, Onida

• Standing Committee Chairmen: Student Activities Board — Carrie Swanson, Spearfish; Student Ministries Council — Valerie Hummel, Utica.

• Class Representatives: Senior class president — Leah Miller, Corsica; Junior class president — Lacey Reimnitz, Corsica.

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Congratulations



Sweet T's Ribbon Cutting

Yankton Chamber of Commerce Ambassador Committee hosted a ribbon cutting for Sweet T's located at 2100 Broadway Ave. Sweet T's is owned by Terri Erdmann and is a custom apparel store that specializes in Rhinestone and vinyl design. They do tee shirts, pants, koozies, bags etc. Whether you are looking for a gift or a unique fundraising item we are the place to start. Store hours are M-F 10-6 p.m. Sat. 10-5 p.m. (605)260-0280.

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