

'His Way' To Meet At Peace Church For Special Event April 26

His Way will meet in Yankton at Peace Church, 206 E. 31st St., for fellowship at 11 a.m. Sunday, April 26, the church service, with special music by the USD Chamber Singers, who recently returned from a tour of Germany, Austria and the Czech Republic, at 11:30 a.m., followed by a light lunch at 12:30 p.m. and yoga class at 1 p.m., led by Christine French from Winner. The yoga is for all ages and levels of flexibility.

His Way is a group of young adults (18+) who share life's journey using social media and gatherings once a month in various locations in South Dakota. They share their lives and scripture online and do a community service project at the monthly gathering. Pastor Jennifer Swier is group's facilitator and serves Peace Church.

This month's project is bringing yoga to Peace Church and anywhere else in town. Call Veronica at (605) 660-5612 to schedule a session for Sunday afternoon.

"I strive to ensure that my students have fun, connect with their body and breath and stay safe," Christine said. "The theme for the April session will be 'Breath,' utilizing lots of movements connected to breath."

Posses for April will include the cat/cow, repetitive arm movements and a modified vinyasa, lunge on the knee (adding twists, straightening legs and a soaz stretch). Each session comes with a message. In April the message: "We have the ability to calm ourselves anywhere, recognizing what our body is telling us and trusting it."

French, who is from Mission, is planning to hold one class a month at Peace Church.

On May 10, the theme will be Inner "Focus and Strength." Poses will include forward folds, warrior 1 and 2 with possibly, a flow up to birds of paradise and plank (modified or supported), then starting on some balancing poses. Message: "Challenging ourselves takes focus. We need to believe in our ability to do something different and know our strength will hold us."

June's theme is "Grounding" to be held on June 14 at 1 p.m. at Peace Church. Poses include lots of movements rooted to the ground. Message: "We can only build up to something challenging when we have a safe place we are rooted into."

"We will start on our backs with stretches," French said, "building on poses from past two classes with a focus on the feet and hands, balancing poses like tree and, if people are confident with tree, warrior 3."

"Releasing Negativity and Tension" is the theme for the July 26 yoga session. Poses include hip opening poses like warrior 2 and butterfly. Message: "Showing mercy towards others can happen when we've done to hard work of believing we deserve that mercy, too. Remember that every human is carrying some struggle around with them that is hidden."

In August "Shining your Light" is the theme. Poses are heart opening poses: starting with heart roll under shoulder and working up to bridge, cobra, updog, backbends from a lunge. Message: "Opening up to others, being vulnerable and trusting others is hard, but if we just hold it all inside the world never gets to know what special gifts we had to share. Walk in the light."

Farmer Coaching: A New Ag Career To Improve Business

BY DR. MIKE ROSMANN
Sponsored by L&C Behavioral Health

Coaching farmers to improve their business success and personal happiness is a relatively new and expanding career field.

I receive inquiries once or twice per month from farmer coaches seeking behavioral health information for the farmers and farm families they work with. The requests originate from all over the world.

A farmer or rancher might ask, "Why would I want a coach?" Typically, agricultural producers feel their personal endeavors are nobody else's business.

Sometimes producers call or email me, but more commonly, aspiring and active coaches contact me. Students, educators, researchers and media representatives also contact me about farmer coaching and related matters.

How farmer coaching emerged isn't well known. Farmer coaching appears to be a service whose time has come.

Perhaps both the farmers and coaches sense there is a need for this kind of assistance or take cues from business executive coaches. Moreover, there are fitness coaches, life coaches and job coaches for persons with disabilities.

A friend of mine specializes in coaching business executives and managers in Asia and Canada. He owns a company with about thirty employees from several countries who coach corporate leaders from around the world, both one-on-one and in group retreats.

Executive coaches help company leaders with anything that can improve their skills and profitability. Sometimes my friend's organization conducts employee surveys to learn how company workers "really" feel about their managers in cultures that emphasize politeness and respect toward elders and employers so the managers can usefully address problems that don't otherwise readily come to the surface.

Frequently, the coaches counsel executives on issues to improve their personal and family livelihoods. Or they may conduct seminars with clients on topics like adapting to a changing global economy or managing their



Dr. Mike RAMSEY

physical and psychological health. They trouble-shoot. They provide honest feedback, outside perspective and advice that can help to improve the company's economic livelihood as well as the well-being and happiness of its administrators.

Clients can approach almost any topic with a coach. Confidentiality is key.

Clients can tell coaches almost anything and trust that it won't be shared without permission unless it involves threats to their own or someone else's welfare, which usually are matters governed by laws. Codes of ethics, standards of practice and licensing are just beginning to be addressed, but all need to be better formulated—and probably will be—as the field matures.

Coaches must possess useful information about business, behavioral health and the area of specialization they are coaching. That's why most farmer coaches have degrees in a counseling field, business or management and know something about agriculture from personal experience, agriculture course work or a college or advanced degree involving agriculture.

Most farmer coaches I know do not have more than a master degree in any of the relevant areas, but they know something about all of them. They must have useful knowledge to be credible, even though the luxury of having a confidant is appealing in itself for many clients.

Coaches teach their clients rather than perform psychotherapy or prescribe medication. The shift in emphasis from depending on a mental health expert to fix matters to learning self-management of behavior is a good thing!

The coaches should know the limits of their expertise and not offer advice in areas for which they lack knowledge.

Health insurers typically do not pay for farmer coaching. That doesn't

mean farmer coaches aren't worthwhile because clients wouldn't invest in their services if they didn't feel they benefit.

Usually the fees are paid directly by the client or the business entity.

Farmer coaching appeals to all types of farmers, and not just highly-paid farm owners/managers. Commonly, beginning farmers in small enterprises seek consultations.

Farming coaches are particularly popular among organic farmers. The coaches whom organic farmers seek usually assist them with many issues, ranging from livestock health, pest control, crop production, and marketing to personal adjustment of the entrepreneurs.

Still other farmer coaches specialize in matters such as the siting and construction of feedlots, farm estate planning and farming transitions. The most common requests are for coaches to help farmers, their families and employees with personnel and behavioral health issues.

There is less available information about agricultural behavioral health than about most other areas of agriculture. People request information from me about agricultural behavioral health more than about any other area, with the possible exception of farm transfers.

The emerging discipline of agricultural behavioral health needs to be taught in high school agriculture and community college courses, four-year college and university programs in agriculture, and in graduate training programs in agriculture, behavioral healthcare and medicine.

How to find farmer coaches is difficult. There is no available directory of resources.

Googling key words such as "farmer coaching" and "agricultural coaches and consultants" can lead to information that farmers and their families might be seeking.

Thus far, I haven't charged people who ask me for information. Hmm, should I call this coaching and charge for these services?

Dr. Rosmann can be contacted at: www.agbehavioralhealth.com.

Principal And Staff Put Mustaches On The Line At Stewart Elementary's 'Shave Or Save'

Staff and students at Stewart Elementary in Yankton had a "mustache-ulous" time reading during third quarter. Using the Read! SD 20 Minutes - 24/7 pledge, the school geared up for spring assessments with a "Shave or Save" competition. Students logged how many minutes they read, and at the end of the quarter, readers' votes determined if Principal Jerome Klimisch's mustache would be shaved or saved. Four other male employees decided to put their facial hair on the line, too.

"We love to have fun and challenge our students, but it is no coincidence that we are ramping up the reading activities during the third quarter," said school librarian Kathleen Bergeson. "This is the last big effort, and we are making it fun."

Although year round reading is important as students develop skills and proficiency as readers, "Shave or Save" and other similar school-wide efforts not only motivate students, but they also demonstrate the fun of reading. Students are recognized for the minutes they are reading, and anyone can be a top reader



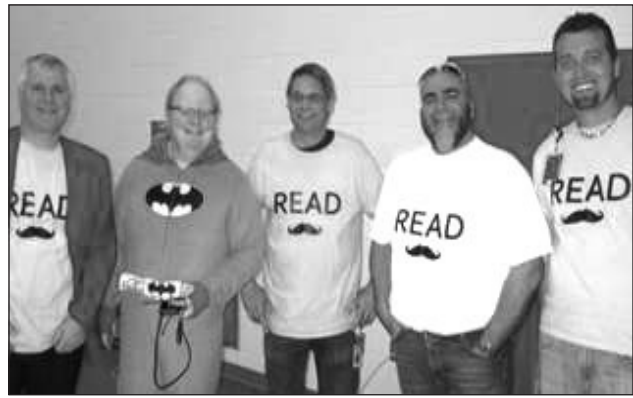
Above are before (left) and after (right) pictures of staff and students at Stewart Elementary's "Shave or Save" competition. Because the elementary school took the Read! SD 20 Minutes - 24/7 Pledge, students logged how many minutes they read. At the end of the quarter, readers' votes determined if Principal Jerome Klimisch's mustache would be shaved or saved. Four other male employees decided to put their facial hair on the line, too.

by reading above and beyond the 20 minutes a day. Bergeson explains, "It's been fantastic to recognize some students who may not get a lot of attention in sports or other areas."

"It is so exciting to see how the kids have embraced this challenge! A parent told me her daughter wanted to race home from dance practice so she could get her reading time in," Klimisch said. Events were held through-

out the quarter to encourage students. On Fridays, reading calendars of students who had read more than 20 minutes a day were placed in a drawing. One top reader from each grade was selected to have their picture taken with Mr. Klimisch and the other participants while sporting their own mustache.

Other activities included the following:
• During the kick-off assem-



SUBMITTED PHOTOS

bly, Principal Klimisch told his students he was born with his mustache. Then throughout the quarter, he visited classrooms to read Mustache Baby by Bridget Heos.

• All students and staff participated in school-wide Mustache D.E.A.R. times.
• A friend of the school made t-shirts for participants with a READ/mustache logo.
• A Match the Baby display of the "Stewart Mustache Ba-

bies" donning mustaches was exhibited by the school office.

• Two classes with the highest participation enjoyed a "stache bash," with milk and mustache cookies and straws, plus mustache games and special guests (the mustache guys).

• The school held a family read-in to celebrate Read Across America. This isn't the first time Klimisch and Bergeson have

USDA Rural Development Renewable Energy Grant Application Deadline Nearing

HURON — USDA Rural Development is currently taking applications for the Rural Energy for America Program (REAP).

The program provides assistance to rural small businesses and agriculture producers to complete a variety of energy saving projects.

Offering both loan guarantees and grants, the REAP program helps eligible applicants install renewable energy systems, or to make energy efficiency improvements for businesses and agricultural producers.

USDA is making more than \$280 million available to eligible applicants through the REAP program. USDA is offering grants for up to 25 percent of total project costs and loan guarantees for up to 75 percent of total project costs for renewable energy systems and energy efficiency improvements.

There are two upcoming REAP grant funding cycles with deadlines of April 30 and

June 30, 2015. USDA is setting aside 20 percent of total funding for applications less than \$20,000. To compete for the set aside funding, applications must be received by April 30, 2015.

Type of eligible REAP projects include:

• Energy Efficiency — Lighting, Insulation, Purchasing or replacing equipment with more efficient units. Most rural projects that reduce energy use and result in savings for the agricultural producers or small businesses are eligible

• Renewable Energy — Solar, Wind, Geothermal: electric generation and direct use, Biomass

REAP grants are limited to \$500,000 for renewable energy projects or \$250,000 for energy efficiency improvements. The minimum REAP grant is \$2,500 for renewable energy systems and \$1,500 for energy efficiency improvements.

The REAP program is an

example of the many ways that USDA is helping to revitalize rural economies to create opportunities for growth and prosperity, support innovative technologies, identify new markets for agricultural producers and better utilize our nation's natural resources.

Additional information on the REAP program and application forms can be located on the USDA Rural Development Rural Energy for America Program Website.

For more information on how to apply for REAP funding in South Dakota, contact:

• Dave Franssens <mailto:dave.franssens@sd.usda.gov>, Specialist (Sioux Falls), Phone: (605) 330-4515, Ext. 128, Fax: (855) 262-1944

• Gary Wedel <mailto:clark.guthmiller@sd.usda.gov>, Specialist (Mitchell), Phone: (605) 996-1564, Ext. 105, Fax: (855) 262-1941

65th Anniversary Celebration



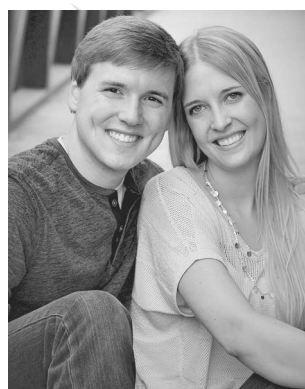
Mr. and Mrs. Vanecek

Alvin and MaryAnn Vanecek celebrated 65 years of marriage on April 11th. Their children request a card shower to help them celebrate. Both are homebound and love to receive mail. Please send cards to 30813 428th Ave., Tabor, SD 57340.

Alvin Vanecek and MaryAnn Barge were united in marriage at

St. Wenceslaus Catholic Church on April 11, 1950. They have been farming and living near Tabor, SD, the entire 65 years.

Please help us celebrate a long and lasting marriage by two people who have remained dedicated to each other for well over half a century.



Mathison - Lange

Jaclyn Mathison, daughter of Mike and Jama Mathison, and Colton Lange, son of Todd and Lonna Lange, announce their engagement and upcoming marriage.

Jaclyn is a 2009 graduate of Yankton High School and a 2013 graduate of the University of South Dakota. She is currently employed as an elementary vocal music teacher for the Sioux Falls School District.

Colton is a 2011 graduate of Yankton High School and a 2014 graduate of the University of South Dakota. He is currently employed as an eCare Quality Analyst for Avera Health in Sioux Falls. The couple is planning a June 27, 2015 wedding in Yankton.

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done daring things to encourage students to read. Previously, students read enough books to make a bookworm go around the school, so Klimisch had to eat worms. And when Bergeson asked students to "Stick with Reading," they earned enough duct tape to stick her to a wall.

The "Shave or Save" challenge culminated at an assembly. Students logged a total of 134,080 minutes of reading. The final vote was 1,608 to 337, in favor of a Shave. During the assembly, the mustaches went, but a couple creative lightning bolt and Wolverine-style sideburns remained. To conclude the assembly, an additional challenge was presented to students to decide the ultimate fate of Klimisch's mustache. Students who continued to read through Easter break could vote to "Let it Grow or Let it Go." Readers' votes determined that the mustache will grow back.

BIRTHS

BECKETT DOHN

Trish and David Dohn of Sioux Falls announce the birth of their son Beckett Dale Dohn born March 17, 2015, weighing 7 pounds 11 ounces.

He joins his sibling Brody (3).

Granparents are Dale and Terri Thinker of Yankton and Tom and Marsha Dohn of Sioux Falls.

Great-grandparents are Jerry and Georgie Thinker of Crofton, Nebraska.

Happy Birthday, Joe!



Love, Your Family