

## Which Is Better A Work Ethic Or A Leisure Ethic?

BY VAL FARMER

A woman commented on her husband's mentality. He was too grim, negative and uptight. He seemed to be always engaged in battle mode — find out what is wrong and eliminate it. He reacts to life as if it is an endless series of chores to be crossed off a list with a heavy sigh. His enthusiasm, his joy in living, his smiles, and his sense of humor have been lost among his sense of duty and obligation to his work.

She would love for him to loosen up — to laugh and to play once in awhile. He has learned the work ethic well — too well. From childhood the message has been drummed in that rewards, prestige and success in life come through hard work. It's true. If work has been chosen well, has meaning and significance, and draws out our strengths and talents, then deep satisfaction and positive emotions are the result.

The work ethic and negative emotions. However, when the work is seen as a battle against vicious dragons that are coming to get you, positive feelings are replaced by negative emotions of anger, fear, and sadness. The battle is more frightening when you have to face the dragon alone. The problem with many men is that they believe it is manly to fight and slay the dragon all by themselves.

Negative emotions are appropriate for situations where critical thinking is called for. Usually these are win/lose situations when all the chips are on the table. This isn't work of play, creativity and excitement. This is the work of survival.

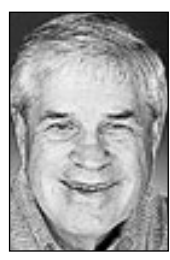
Fear and anxiety are our controlling emotions when we are in deadly competition, or when it is to eat or be eaten. Sadness and anger take over when the struggle is to avoid loss, or to repel trespass. A skeptical and analytical mind helps us to react defensively, and look out for number one when a lot rides on the decision.

The negative emotions get us ready to fight, flee, hunker down or give up. The analytical frame of mind helps us narrow our focus on the problem at hand. That is all we see or should see.

Going from win/lose to win/win. This is where the positive emotions fit in. Life isn't always about battling dragons. Life has many situations where everyone benefits: courting and marriage, raising children, teaching and learning, constructing and creating, worshiping, reflecting, and playing together.

Good feelings such as joy, good cheer, contentment and happiness help us see opportunities for action. It is a different mind set. We are open to new ideas and new experiences. It is during these times of security that we build up our emotional reserves, gain new skills and add resources. Instead of dragons, we see growth.

Positive feelings are a key to reaching out, exploring, cooperating, and gaining confidence. They are a spur to creativity. Happy people are more generous, like others better, are less self-focused, and tolerant. By liv-



VAL FARMER

ing a balanced lifestyle with leisure, play, social life, spiritual and mental growth, they develop skills that are useful during times of trauma and crisis.

Having positive emotions and expressing them are at the heart of all relationships. The time to build relationships is during good times when the mood and outlook are positive. Happy people are a magnet in relationships and end up with rich and fulfilling social lives. During those times when the dragon comes, they will have a companion and confidant at their side.

When it comes to making crucial decisions, when confronted with threatening information, happy people are able absorb negative information and shift tactics to an analytic fight or flight mode. They cope better.

What seems to be missing from many farmers, professionals or executives lives is the leisure ethic. Life is a journey not a destination. We are meant to be happy. Life is to be enjoyed.

Play is child's work. It is a safe, miniature world where children experiment, rehearse, practice skills and resolve conflict. Play affords the space to shift concentration, exchange roles and step outside oneself. It is time set aside to observe, to pretend, to enjoy or to create.

As playful adults, we look wide-eyed at life with curiosity. In each day, we can see newness, complexity and contradiction. A fascination with life as it happens balances out the graver concerns of striving and achieving. The world gets bigger through play. In the adult world of duty and responsibility, the capacity to play creates an island of safety, a passport to the world of the present and an experimental lab to try new things.

Play gives perspective. A playful attitude can help us meet life's challenges. If life itself is viewed as a win/win game, it has no consequences so severe as to defeat us, no failure that is not a stepping stone in disguise, no experience from which we cannot learn.

Through play in parenting, needs are met. Through play in marriage, love is expressed. Through play in friendship, bonds are strengthened. Through play in living, growth is fostered. Family time, play time, vacation time and special times all add to the memories and specialness of life.

Work hard, play hard. Well chosen work is play. Play outside of work makes the work even better. Play makes the family better.

Val Farmer is a clinical psychologist specializing in family business consultation and meditation with farm families. He lives in Wildwood, Missouri and can be contacted through his Web site.

This column is sponsored by Lewis & Clark Behavioral Health.

## VISITING HOURS:

# Hospice Care: Providing A Broad Scope Of Services

BY MARY PISTULKA, RN

Avera Sacred Heart Hospice Clinical Coordinator

As an integral part of Avera Sacred Heart Hospital's Home Care Program, it's important to recognize the powerful work of hospice care.

I've found that most people have heard of hospice care and most have an idea what hospice care is all about, but very few people realize the broad scope of services that hospice care actually provides. To give terminally-ill patients and their families dignity in their last months of life, free of pain and knowing that they are among the people and things they love is the ultimate goal of hospice services.

Hospice care involves a team-oriented approach to expert medical care, pain management and emotional and spiritual support expressly tailored to the patient's needs and wishes. The focus is on caring, not curing and, in most cases, care is provided in the patient's home or a home-like setting.

During the initial visit with the patient and family/caregiver, concerns are explored and a plan is devised. Care is provided by a team of specially trained nurses, home health aides, social workers, the patient's personal physician, clergy or other counselors, trained volunteers and speech, physical and occupational therapists, if needed. Most importantly, however, the team consists of the patient and the family/caregiver.

Some people find hospice care a difficult subject to discuss, because it involves people who are terminally ill. It's not uncommon for those people to view hospice care as a sign of giving up the fight. While the emphasis is on

caring and not curing, people need to know that the main goals of hospice care are for the patient to feel comfortable, be able to be around family and friends, experience the minimum amount of pain and feel the utmost in dignity and respect.

Although the majority of patients using hospice care are the elderly, terminally-ill patients of any age often utilize the program. Hospice care is often just as critical to the family of the patient as it is to the patient, providing support and counseling. Avera Sacred Heart Hospital Hospice Program has served more than 100 patients a year in southeast South Dakota and northeast Nebraska.

Following are some facts about hospice that many people are not aware of and may keep people from getting this compassionate care when they need it most.

### TEN IMPORTANT FACTS ABOUT HOSPICE CARE YOU MAY NOT KNOW:

1. Hospice is not a place but is a kind of high-quality care that brings the patient and family medical, emotional and spiritual care and support focusing on comfort and quality of life.
2. Medicare beneficiaries pay little or nothing for hospice, and most insurance plans, HMOs and managed-care plans include hospice coverage.
3. Hospice serves anyone facing a life-limiting illness, regardless of age or illness.
4. Research has shown that the majority of Americans do not want to die in a hospital; hospice treats pain and manages symptoms while allowing most patients to be at home.
5. Hospice also serves people living in nursing homes and assisted living facilities.
6. Hospice patients and families can

receive care for six months or longer, and the greatest benefits are gained by being in hospice care for more than just a few days.

7. Less than one percent of Medicare beneficiaries live in an area where hospice is not available.

8. A person may keep his or her referring physician involved while they receive hospice care.

9. Hospice serves people of all backgrounds and traditions; the core values of hospice — allowing the patient to be with family, including spiritual and emotional support, treating pain — cut across all cultures.

10. Hospice offers grief and bereavement services to family members and the community.

The hospice program also utilizes volunteers who are specially trained in hospice care. The Avera Sacred Heart Hospital Hospice Program is always looking for compassionate people to make an impact on patients and families. Even a small commitment makes a big difference for hospice patients and their families. Volunteer duties may include: spending time with hospice patients, running errands for families or providing a break for caregivers. Volunteers must only participate in a 12-hour DVD training which can be completed at home. Volunteer hours are flexible.

For more information on hospice care or becoming a hospice volunteer, contact Avera Sacred Heart's Hospice Clinical Coordinator, Mary Pistulka, RN, at 668-8309.

*This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.*

## CRICKET

From Page 1

are just as likely to trigger population explosions.

"The truth is that, with the exception of economic pests, most insects are not well studied and entomologists don't know for sure what conditions trigger insect outbreaks," she said.

Three main types of crickets will be found in this pest invasion: The field cricket, which is black; the camel cricket, which is tan, with a humped back; and the house cricket, which is a light yellowish brown.

According to Jeffrey Hahn, associate professor of etymology, and Mark Ascerno, professor of etymology, there are ways to prevent the insects from entering your home, which they listed on the University of Minnesota Extension Web site.

First, they suggest caulking or repairing any cracks on the outside of the house that might be used as an entryway by the crickets.

Hahn and Ascerno also recommend cutting tall weeds and grass near the foundation of the house.

"This provides crickets an unfavorable environment, giving them less chance to enter buildings," they said.

Debris should also be removed from the yard and around outside of the house.

"This reduces the number of harborage areas available to crickets, giving them less opportunity to enter buildings," Hahn and Ascerno wrote.

As for exterminating the outside crickets themselves, Bergman said to just leave them alone.

"You can spray your house down with a barrier — one of those things that keeps all insects out of your house — but there's absolutely no reason to treat your yards for crickets," she said.

There are a number of things you can do to eliminate the crickets from inside your home, as well.

"The best thing to use is a glue trap for mice and rats," Bergman said. "Put one of those in the corner with just a little bit of cornmeal on it. It will attract the crickets like nothing flat, and then they'll get stuck on those

sticky boards. Then you can just throw them out."

Hahn and Ascerno recommend drying out damp areas of your home with a fan or dehumidifier, as the crickets prefer a moist environment.

They also suggest cleaning up boxes, papers and other objects and clutter, which "minimizes potential hiding places."

Insecticides usually are not effective or practical, but if a large number of crickets can be found in a single room, an insecticide may help control them, Hahn and Ascerno said.

"If insecticidal control is necessary, use a product labeled for indoor use, such as chlorpyrifos (Dursban), permethrin or propoxur (Baygon)," they said. "These insecticides are purchased in aerosol or liquid ready-to-use containers. Apply these products along baseboards and other edges, in cracks and crevices and other areas where crickets are found."

Crickets don't have the best of reputations in the United States, but that isn't the case everywhere, Bergman said.

"In some countries, like China, crickets are considered a good luck item," she said. "They have little cricket cages and you can go to the pet store and buy yourself a cricket and listen to it sing itself to sleep. Americans just think they're annoying."

But apart from the nuisance factor of their chirping, crickets don't really deserve their bad reputation, she said.

"They spread no disease. They don't chew on grass. They chew on each other, and they chew on dead animals," Bergman said.

"People say, 'My yard is turning brown, and I see lots of crickets.' They're completely unrelated. They can feed on plant material and weakened insects, but it's very rare for them to feed on the plants themselves."

So why do they have that reputation?

"The two things peak at the same time," Bergman said. "The yards are going down because of the weather that we've been having, and the natural fall and the crickets. So you see the two things and your brain thinks there must be a relation."

For more information about crickets and how to get rid of them, visit the University of Minnesota Extension at <http://www.extension.umn.edu/distribution/horticulture/DG1012.html>, or the University of Nebraska-Lincoln at <http://lancaster.unl.edu/pest/resoures/cricket.shtml>.

## RB Days Winners Announced

The winning floats from last Saturday's Riverboat Days 2010 Parade were as follows:

- Commercial — 1, Truxedo; 2, Kaiser Heating & Cooling; 3, Cedar County Veterinary Services
- Vehicle/Animal — 1, Kidz Logik Child Care Center; 2, Papa Ray's Karaoke Show; 3, Fish N' Stuff
- Non-Profit — 1, Avera Sacred Heart Hospital; 2, Yankton Children's Theatre; 3, Blossom & Friends; 4, Calvary Kids Preschool; 5, Yankton Chamber of Commerce
- People's Choice — Vishay Dale

Haukap; \$400 Cash — Barb Rezac; Truxedo Low Profile Cover — Duane Cap; Jolene Steffen Print — Isabella Horning; \$250 Slumberland Gift Card — Dena Plendl; \$250 Yankton Bucks — Dick Wright; \$100 Hy-Vee Card — Todd Woods; \$100 Hy-Vee Card — Jeff Hunhoff; \$100 Hy-Vee Card — Dennis Wagner; \$100 Hy-Vee Card — Donna Carlson; \$100 Hy-Vee Card — Deb Koertje; \$100 Wal-Mart Card — Angela Mann; \$100 Wal-Mart Card — Steve Stuen; \$100 Wal-Mart Card — Tracy Mach; \$100 Wal-Mart Card — Paula Keehr; \$100 Wal-Mart Card — Al Mullinex; Murdo's Aten Resort Gift Certificate — Nancy Wilbert; 4 Fryin' Pan Free Meal Deal — Veronica Weberg; \$50 Gerstner Oil Gift Card — DW Duhaeck

**Johnson Electric, LLP**

**Gary R. Johnson • Rick Merkel • Ben Merkel**

Rural • Residential • Commercial

- Electrical • Telephone
- We trench H.O Lines, footings & Electrical Lines
- Our Bucket Truck Reaches 50' PLUS! • We Set Poles

**FAST COURTEOUS SERVICE • 214 CAPITAL ST., YANKTON**

**605-665-5686**

## CAR WASH

**Thursday, August 26th • 1-6pm**

**All proceeds go to Haiti**

**Hy-Vee Parking Lot**

**Free Will Donation**

Employees of Sapa will be hosting this car wash to show support for victims of the devastation in Haiti.

**sapa:**  
Shaping the future

## Benefit Account Set Up For Fire Victims

The Shawna and Tony Fiechuk Fire Benefit Account has been established at First National Bank South Dakota in Yankton.

The couple's home at 1401 Whiting Street in Yankton was damaged in a fire Aug. 13.

Donations can be sent to First National Bank South Dakota, Shawna and Tony Fiechuk Fire Benefit Account, 332 Broadway, Yankton, SD 57078.

Riverview Reformed Church, located at 1700 Burleigh Street in Yankton, is also collecting donated items for the family. Among the items needed are kitchen appliances, furniture, towels and children's clothing.

For more information, the Fiechuk family can be reached at (605) 760-4007, or (605) 660-8917.

**SAVE THE DATE...**

*Design Showcase* **Saturday, Sept. 4**  
9am-7pm

**Fall Open House**  
Featuring Home Decor, Floral, Fashion & Taste Testing!

- Floral Design Spot at 2pm & 6pm
- New LilyCrest Product Launch
- Special Discounts & Prizes

**For more information:**  
[www.lilycrest.com](http://www.lilycrest.com)

211 W. 3rd • 664-8800

**A SAFE PLACE, INC.**  
A Counseling Center

**Terre Berklund,**  
MSW, CSW, PIP Therapist

500 Park Street, Suite 13, Yankton

**605-661-5176**

- Children • Adults • Couples • Families
- Depression • Stress
- Anxiety • Transitions
- Parenting • Behavior
- GLBTQ • PTSD

## Host an Exchange Student Today!

(for 3, 5 or 10 months)

*Anna from Germany, 16 yrs.*  
Likes to play tennis, swim, loves to dance. Anna hopes to play American softball and learn American 'slang' while in the USA.

*Pascal from France, 17 yrs.*  
Loves the outdoors and playing soccer. Pascal's dream has been to spend time in America learning about our customs and attending American high school.

**Eric Leise at (605) 260-0988**

**Amy at 1-800-736-1760 (Toll Free)**  
[www.asse.com/host](http://www.asse.com/host) or email us at [info@asse.com](mailto:info@asse.com).

**asse**  
Founded in 1976  
ASSE International Student Exchange Program is a Public Benefit, Non-Profit Organization.

## Thank You!

The family of Merlin Jensen would like to thank everyone for their kind expression of sympathy, prayers, visits, calls, cards, flowers, food and memorials given in Merlin's memory. A special thanks to Chaplain Rick, Fr. Mark and Fr. Dan. Thanks to the pallbearers, Yankton Antique Auto Assn., Ernest Bowyer Post #791, SDARNG Honor Guard. Thanks to St. Benedict Church, Choir, Dana Suing for the beautiful solo, Marilyn Kathol pianist and St. Benedict Church for providing the luncheon. Our appreciation to Avera Sister James Care Center, Riverfront, and Opsahl-Kostel Funeral Home for their kindness, and caring consideration to our family. Merlin was very special and will be missed by everyone.