

What Happens After The Affair?

BY DR. MIKE ROSMANN

A number of popular Hollywood movies involving the farm and ranch population have portrayed extramarital affairs as acceptable, such as *The Bridges of Madison County*, *The Horse Whisperer*, and *Brokeback Mountain*. However, most extramarital affairs usually have devastating effects on the participants, and also on any children in their respective families.

Recently a farmer in another state emailed me about an affair he had with his neighbor's wife. He asked if I would write about marriage and infidelity.

I thank this person for bringing up a matter that troubles many farm and nonfarm people alike.

After learning about the affair, the neighbor's husband filed for divorce. The wife of the man who contacted me wants to put the matter behind them but he feels unresolved about a number of things. Between the two couples there are five children.

I don't have personal experience involving adultery because Marilyn and I have always been faithful during our 40 years of marriage. As a professional psychologist, I have worked with many individuals and couples involved in ongoing or past affairs; this article draws on what I have learned about marital fidelity.

Children are likely to emulate their parents. Almost always, their parents are their most important role models for their own marriages.

How their parents behave makes these behaviors more acceptable to the children. Children who witness—or learn later on—that their parents divorced, have an increased chance of getting divorced from their own spouses.

The divorce rates of farm and nonfarm couples have been about the same for 30 years, whereas in previous generations farm couples divorced less frequently. Somewhat over 40 percent of first marriages involve divorce; about 60% of second marriages end in divorce and the odds of divorce increase with each successive marriage.

In my experience, considerably less than half of farm and nonfarm divorces involve extramarital sex, inappropriate internet or telephone contacts, or engaging in pornography with persons other than their mates.

Survey statistics suggest that 35-65 percent of marriages involving an extramarital affair end in divorce. Even though one or both parents cheated on his/her spouse and they did not divorce, their children still have a higher risk of cheating in their own marriages.

Conversely, if children observe their parents repair their marital relationship, the children are more likely to take similar steps when "the going gets tough" in their respective marriages.

An extramarital affair does not have to lead to divorce. The sequel to this is even more important: It takes a lot of work to fix what's wrong in the relationship.



Dr. Mike
ROSMANN

Usually there are many underlying issues that contribute to unfaithful behavior. Physical or sexual attraction to participate in an affair is usually temporary and diminishes as the participants realize their thrills are not necessarily love.

As persons withdraw from an affair they typically experience depression, uncertainty about their marriage relationship and themselves, and they may seek renewal of illicit relations or a new lover.

All these matters require much time and effort to uncover and resolve to the degree that both the husband and wife feel they can go on together. The healing process takes at least a year and usually much longer for both partners to reestablish trust and full commitment to faithfulness thereafter. In a sense it takes the rest of their lives.

The farm persons I see in my professional office are a little different than the nonfarm persons I have assisted over the years.

The reasons why farm persons have approached me for marital assistance include these, from more to less frequent: gradually growing apart due to excessive and often continuing farming-related stresses, financial problems, overindulgence in work, problems among in-laws, involvement in alcohol or drug abuse, child or spouse abuse, and failure or refusal to obtain treatment for other behavioral health problems such as major or bipolar depression.

Almost always the troubled marriage partners need outside help—such as a trained mediator, psychologist, marriage and family therapist, professional counselor, pastor or other competent professional. The profession of the helper is less important than the skill and wisdom of this person or persons.

As the partners resolve the issues that contributed to the affair, it is beneficial to conduct a Renewal of Vows ceremony. It is beneficial to incorporate the children and trusted friends and family members in the service, even if they are not aware of the extramarital affair.

Sometimes the marriage is beyond repair and trust can't be rebuilt. There are occasions when divorce is best for all the involved parties, including the children.

Perhaps one partner decides to not endure another affair or deed that earns further mistrust. Like the repair work, the decision to divorce is best made with outside consultation and after giving the partner opportunity to change destructive behaviors.

Dr. Rosmann is a Harlan, Iowa psychologist and farmer. To contact Dr. Rosmann please visit: www.agbehavioralhealth.com.

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BEHAVIORAL HEALTH CENTER

Final Auditions For Yankton Children's Choir Planned

Final auditions set for the 20th season of the Yankton Children's Choir will be held at 5-7 p.m. Monday, Aug. 27, at United Church of Christ, located at 5th & Walnut, Yankton (entrance by alley).

Auditions are open to all children in grades 3-8 during the 2012-2013 school year and may be attending any school in the Yankton area. Singers must be accompanied by a parent or guardian. Singers will be asked to sing "My Country 'Tis of Thee" and "Row, Row, Row Your Boat."

Rehearsals for this season's Yankton Children's Choir will begin Monday, Sept. 10, and continue weekly through May.

Tuition is charged for participation in the choir, but Executive Director Dot Stoll pointed out that, "We don't want financial concerns to stop any child from being in the choir. Scholarships and payment plans are available for those who need it."

The choir is directed by Deb Kruse and accompanied by Dixie Church.

For further information, contact Stoll at 605-660-1819 or dotster700@hotmail.com.

1 In 3 Neb. Students Below New Science Standards

LINCOLN, Neb. (AP) — One in three Nebraska students who took a new state science exam scored below a level that school administrators consider proficient, according to results released Tuesday.

Nearly 67 percent of the students met or exceeded proficiency levels on the test, which is more rigorous than the science exam given in past years. The test was administered to students in the 5th, 8th and 11th grades.

Nebraska Education Commissioner Roger Breed said the scores represent a new baseline that will help measure student progress in the future. The new scores cannot be compared to older results, he said, because the new science test is more extensive than earlier versions.

"It is what it is, as a baseline," Breed said. "I'll be pleased when it's 100 percent. Until then, I'll consider us as having work to do."

Math and reading scores both improved. More than 74 percent

of the students tested in reading met or exceeded state standards, up from nearly 69 percent when the standards were last changed in 2010.

In math, 67.4 percent of the students registered as proficient this year, compared to 62.8 percent in 2011, when new standards were established. Students in grades three through eight and the 11th grade were tested last spring in reading and mathematics.

The results also show more than 73 percent of students tested at or above proficiency levels in writing.

Breed said Nebraska students generally performed at or above the national averages on the tests. The initial results released Tuesday could change slightly when the final numbers come out later this year, Breed said.

"We always would like the progress to be faster," he said. "But we are extremely pleased the progress is trending in the right direction."

Tribes Raise \$1.4M For Land

BY KRISTI EATON

Associated Press

SIoux FALLS — Several Native American tribes have raised more than \$1 million towards buying a prime piece of real estate in the Black Hills of South Dakota.

Rosebud Sioux spokesman Alfred Walking Bull tells The Associated Press that the tribe is now allocating \$1.3 million to purchase the privately owned land that they consider sacred. That's

far more than the \$50,000 initially promised. Online donations bring the total to \$1.4 million.

Tribes making up the Great Sioux Nation have come together to try to buy the land at auction Saturday. They estimate it could take from \$6 million to \$10 million.

The site plays a key role in the tribes' creation story, and members fear new owners would develop the land they call Pe' Sla (pay shlaw).

Visiting Hours

Some Healthy Tips For Senior Citizens

BY ANGIE O'CONNOR

ASH Wellness Center Coordinator

Do you hope to maintain quality of life as you grow older? Is it important that you're able to perform your daily tasks, enjoy your recreational activities, and care for yourself? You probably would like to stay fit, trim, strong and mobile for as long as possible. You can do more than just hope for these qualities as you age since many of the symptoms of old age are actually symptoms of inactivity. For example, muscle weakness, balance problems, bone loss, and sluggish metabolism are changes that are associated with aging, but are not exclusively caused by it. Making exercise a part of your regular daily routine can help improve your physical and mental well-being.

What kinds of exercise improve health and ability? There are four different types of exercises that help older adults improve overall health conditions. Strength exercises are geared to make your muscles stronger. Having stronger muscles means having more strength to do things on your own. Even very small strength gains can make a big difference in day-to-day abilities. Strength exercises also increase your metabolism, helping to keep your weight and blood sugar in check. That is especially important since obesity and diabetes are major health concerns

for older adults. Also, studies suggest that strength exercises may help reduce the risk of osteoporosis. Strength exercises can be done through lifting weights and/or working with resistance bands.

Cardiovascular exercise is a type of exercise that will increase your breathing and heart rate. This type of exercise will help improve the health of your lungs and heart. It will give you more energy for the tasks you need to do to live and do things on your own, such as climbing steps and grocery shopping. Some examples of cardiovascular exercises are walking, biking, rowing, or any other activity that raises and sustains the heart rate for a period of time. Activities such as these not only aid in weight loss, but also may delay or prevent many diseases associated with aging, such as diabetes, colon

cancer, heart disease and stroke.

Balance exercises help prevent falls, a common problem in older adults. Falling can cause broken hips and other injuries that often lead to loss of independence. Some balance exercises build up your leg muscles, while others require simple activities such as briefly standing on one leg.

Flexibility exercises help keep the muscles and joints in your body limber through stretching activities. The more flexible you keep your body, the less prone to injuries you are.

No time is a better time than now to get your body in better physical shape. Start by choosing an activity that you will enjoy doing, and maybe find a friend to exercise with you. When beginning, ease into a program, have fun, and let the benefits of exercise keep you going strong.

Avera Sacred Heart Wellness cen-

ter offers more than 30 group exercise classes per week. Many of these are specifically for seniors including our SilverSneakers® and Senior Toning classes. Arthritis water aerobics, general water aerobics and gentle yoga are great options as well.

40th Anniversary Celebration



Gene & Vicki Stogsdill

Larry "Gene" Stogsdill and Vicki Marie (Sparks) were united in marriage on August 26, 1972 in Yankton. The couple will celebrate by renewing their wedding vows followed by a family dinner.

Cards may be sent to them at
PO Box 237
Tabor, SD 57063

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60th Anniversary

Mr. & Mrs. Lloyd Wollman
Mr. and Mrs. Lloyd and Darlene Wollman, Rapid City, will celebrate their 60th wedding anniversary August 28, 2012.

The couple are planning a celebration with a family dinner and a trip to Cancun, Mexico.
Their family requests a card shower. Greetings may be sent to 1010 E St. Patrick Lot 37, Rapid City, SD 57701.
Lloyd and Darlene Wollman were married Aug. 28, 1952, in Menno, SD.
They have three children: Donna and Randy Slade of Rock Rapids, IA; John and Shima Wollman of Clovis, CA and Jeff and Lori Wollman of Luverne, MN.
The couple has seven grandchildren and two great-grandchildren.

55th Anniversary Celebration

Rev. & Mrs. Robert & Margaret Roberts
The children of Reverend Robert and Mrs. Margaret Roberts take pleasure in honoring their parents' 55th Wedding Anniversary on August 25th, 2012! If you would like to share your memories or photographs, send a note in a card shower to the following address:
**Rev. and Mrs. Roberts
Box 16
Wagner, SD 57380**

Meet
Dr. Irwin,
Cardiology

YANKTON MEDICAL CLINIC, P.C. IS PLEASED TO ANNOUNCE THE ASSOCIATION OF
Tim Irwin, M.D.
Board Certified in Internal Medicine and Board Eligible in Cardiology

Dr. Irwin will join Dr. Will C. Hurley in General Cardiology treating patients in all aspects of heart care including coronary heart disease, rhythm disturbances such as atrial fibrillation, heart failure, and preventative cardiology. He has particular interest in valvular heart disease and stress testing to aid in the diagnosis and management of coronary artery disease.

Dr. Irwin is a graduate of the University of Iowa Carver College of Medicine, Iowa City, IA. He completed his Internal Medicine residency at the University of Iowa Hospitals and Clinics, Iowa City, IA. His Cardiovascular Medicine fellowship was completed at the University of Michigan, Ann Arbor, MI.

Dr. Irwin is Board Certified in Internal Medicine and Board Eligible in Cardiology. He is certified in Advanced Cardiac Life Support and Advanced Trauma Life Support. He is a member of the American Medical Association, American College of Physicians-American Society of Internal Medicine, American College of Cardiology, American Society of Echocardiography, as well as the American Society of Nuclear Cardiology.

Dr. Irwin has begun seeing patients at the Yankton Medical Clinic. To schedule your appointment, please call 605-664-2742.

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www.yanktonmedicalclinic.com

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