

Procrastination: The Thief Of Time

BY VAL FARMER

Allow me to introduce you to a professional thief. Quick as a laser and as silent as a moonbeam, he can pick any lock in your home or office. You'll treat him as your closest friend. Ah... but watch out, he'll strip you without a blink of remorse.

Master of clever logic that he is, the bandit will rearrange the facts just enough to gain your sympathy. When others call his character into question, you'll find yourself not only believing him, but actually quoting and defending him.

Too late, you'll see through his ruse and give him grudging credit as the shrewdest of all the thieves. Some never come to such a realization at all. They stroll to their graves arm-in-arm with the very robber who has stolen their lives.

His name? Procrastination. His specialty? Stealing time and incentive. Like the proverbial packrat, he makes off with priceless valuables, leaving cheap substitutes in their place: excuses, rationalizations, empty promises, embarrassment and guilt.

Like most crooks, this pro hits you where you are weak - the moment you relax your defenses. Insistent voices of neglected tasks echo in your head and plead for attention.

Suddenly your co artist appears and begins to bargain with you. By sundown he is gone and so is your day... and so is your hope.

No piper was better paid. No liar more respected. No bandit better rewarded... He has one basic product and centers all his energy toward that single goal: defeat. - Charles R. Swindoll from, "Killing, Giants, Pulling Thorns," published by Questar Publications, Portland, OR.

How the thief works. Do you know this thief? This fast-talking embezzler masquerades as a friend. Clever enough, he doesn't attack our noble intentions, wishes, dreams, hopes and promises. Instead, this thief preys upon our fears, pride and laziness by offering a suggestion of sheer genius, "There is still enough time." He gets us to trade the present for the future.

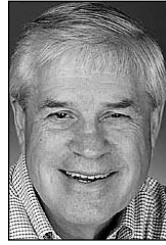
We learn to flirt between "late" and "too late." Our faith in tomorrow is our blind spot. We imagine implementing our good intentions and reforms just over time's horizon. But in reality, our lazy "tomorrows" become our empty "tomorrows."

Too late we realize we've been operating with a fool's calendar. When we know our duty and do not do it, we slide, we slide into a future where events, accidents and intrusions transform our dreams and plans into lost opportunities. It really does become "too late."

When duty is plain, delay is both foolish and hazardous; where it is not, delay may be both wisdom and safety. - Tyrone Edwards

Our day-to-day life will be filled with guilt and anxiety. Our future will be a time of regret, a time when we'll wish we'd done what should have been done. We knew better.

Resolves of the morning have a chance to come true: Visions in the evening do not last the night.



VAL FARMER

By indulging the silent thief of procrastination, we edge closer and closer to being dishonest. Empty promises, excuses and rationalizations come closer and closer to lies. Our

thief made us a co-conspirator. In our heart, we may be honorable; in our deeds, we are false. We do not deliver what we say we are going to deliver. - Charles Swindoll

Why do people procrastinate? About 20 percent of the population report a habit of procrastination. Why do they do it? Or should I say "we"?

Fear of judgement. Procrastinators have excessively high standards by which they judge themselves, often harshly. They have low self-confidence. They are self-conscious. They worry about social comparisons. They are disorganized. They lack competitiveness.

Preserve image. A second motive is to enhance social-esteem. Procrastinators are excessively concerned with public image. By not competing or finishing a project, their true ability is never evaluated by others. Procrastinators avoid situations where their abilities are put to the test. They prefer their illusion of being competent without being faced with counter evidence. In their mind, unfulfilled potential is better than demonstrated failure.

Procrastinators don't just fear failure. They fear success. Some people might feel that if they succeed, they would have to consistently sustain that high level of competence, something they are not sure they can do. They also avoid greater commitments that go with demonstrated success.

Dread. This thief is at his best when we are down and out, short of answers for a crisis that bedevils us. He wants our last dollar by plunging us into immobilizing dread, fear and depression. He preys on our shame. A farmer, commenting on tough choices, offered this suggestion, "If you have to swallow a frog, you don't want to look at him too long." Makes sense to me.

Here is a simple formula for beating the thief of procrastination. "If it is important, do it NOW."

For more information on goals and values, visit Val Farmer's website at www.valfarmer.com.

Val Farmer's book, "To Have and To Hold," makes a perfect gift for newlyweds. It is currently on sale for \$10 and can be ordered by sending a check or money order for \$10 plus \$3.95 for shipping and handling for the first book and \$2.00 for each additional book to JV Publishing, LLC, P.O. Box 886, ND 58012.

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 website.

This column is sponsored by Lewis & Clark Behavioral Health.

VISITING HOURS:

Grilling Your Way To Better Health

BY CARLA SCOTT SCHMIDT
ASHH Nutrition Services Director



Scott Schmidt

Why is it that almost everything tastes better on the grill? Although the answers to that question may vary, it is unmistakable that most everything is healthier for you when grilled. That's right, I just combined "healthy" and "tastes good" when referring to the same thing.

Most of us think of burgers and brats or steak and chicken on the grill, and that's great - it's probably the most healthy way to cook any of those meats. Grilling reduces the excess outer fat on meat and allows it to run off, whereas baking or frying those meats allows the fat to be reabsorbed.

While we all know that the "usual suspects" such as the above are great on the grill (and the chicken is very healthy), many are also learning that just about anything is great on the grill - vegetables, fish, even fruit.

Seafood is one of the most grill-friendly foods imaginable. Salmon has always been popular, but most any fish can be grilled for added flavor and added health. And, with the help of a little olive oil and tinfoil, cleanup's a breeze. Fish, such as salmon and trout, contain omega-3 fatty acids which are very good for heart health. All you have to do is simply apply some olive oil to the fillet and seasonings of your choice, lay it on the tin-

foil and then onto the grill until it's done (easily flakes with a fork). Olive oil also is a healthy type of fat.

Of course I can't talk about grilling fish in the upper Midwest without talking about walleye and the other freshwater species that populate our lakes and rivers.

The same principle applies to grilling all fish. I prefer the tinfoil method because it prevents the fish from falling through the grill, allows the good fat found in fish to be absorbed and is easy to cleanup. I like fried walleye just as much as the next person, but I love it on the grill just as much. Shrimp, lobster, crab and scallops are also delicious on the grill.

While you're making your main meat entrée on the grill, why not throw your side dishes of vegetables on the grill too? Have you ever had corn on the cob from the grill? How about asparagus or potatoes? All that's really needed for most vegetables is a little olive oil, a little seasoning and away you go. Vegetables generally don't take too long to grill - potatoes being the main exception - so keep a close eye on them to prevent burning. I generally put potatoes on about 20 minutes before anything else. Another way to prevent them from burning and seal in the

moisture is to cook the veggies in tinfoil over the grill too. Just like the fish, just drizzle with olive oil and seasonings, fold up into a pouch (poke a few holes on top) and place on the grill - NO CLEANUP!

For healthy grilled meats, use only lean cuts of meat, trimming all visible fat and removing the skin. Use marinades of olive oil, vinegar or lemon juice, herbs and seasonings. Marinating meats and fish overnight or at least 2 hours before grilling can reduce carcinogenic compounds formed by high heat and smoke from grilling by 90%. The antioxidants in the citrus juice and herbs provide antioxidants that block the formation of the cancer causing compounds. Cook your meats and fish on the grill at a moderate temperature for a golden (not charred) color.

Personally, I love to grill all year long - both for the flavor and for the health. Summertime is still the best season of the year for it, though. Try new things and experiment with foods you enjoy. Add fruit to your kabobs - pineapple is great! Be safe, have a wonderful, healthy summer and grill to your heart's content (your heart will appreciate it).

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.

SCHOLASTICS

UNO Spring 2010 Dean's List Released

OMAHA, Neb. — More than 2,210 students were named to the Dean's List at the University of Nebraska at Omaha (UNO) for the Spring 2010 semester.

To qualify for the Dean's List, students must earn a grade point average (G.P.A.) of 3.5 or better for courses taken at UNO during the semester, provided 12 or more semester hours were completed.

Area students honored include:

Albion, Neb.: Joseph Imus and Philip Niewohner.
Concord, Neb.: Alissa Koester.
Creighton, Neb.: Benjamin Borgmann and Daniel Dufek.
Crofton, Neb.: Kelsey Custer.
Fordyce, Neb.: Craig Rothliebber.
Randolph, Neb.: Jason Schmit.
Verdigris, Neb.: Carson Frank and Whitley Frank.
Wausa, Neb.: Abigail Banks.
Elk Point: Chelsea Borchardt and Katherine Weis.
Yankton: Morgan Gass and Sophie Stevens.

BHSU Spring Dean's List Announced

SPEARFISH — The Office of Academic Affairs at Black Hills State University has released the dean's list for the spring 2010 semester. A total of 622 students maintained a grade point average of 3.5 or above while taking at least 12 credit hours to be named to the list this semester. Area students are listed by hometown or current place of residence.
Avon: Nicole Delong
Parkston: Travis Ehrisman; Angela Herman; Wendy Kummer; Jenaya Leischner; Erin Murtha
Parkston: Sarah Hansen
Wagner: Amanda Horner
Yankton: Morgan Casey; Rodney Hanson; Kristina Schlapkohl; Gretchen Wuestewald

Briar Cliff Announces Third Term Dean's List

ST. LOUIS, Mo. — Briar Cliff University is pleased to announce that 254 students have been named to the Dean's List, including 62 students who achieved a perfect grade point average of 4.0 for the third term of the 2009-2010 academic year.

Full-time students who have a term grade point average of 3.5 or greater and part-time students who complete four or more credits in a term with a grade point average of at least a 3.5 are eligible for the Dean's List. An asterisk following a student's name denotes a 4.0 grade point average.

Area students include:
Nebraska: Allen - Samantha Bock; Lukas Sachau; Creighton - Courtney Becker, Stacey Meyer, Erica Zuhlke; Curtis - Elizabeth Mortensen;
South Dakota: Elk Point - Carol Chytka; Mavis Klein;

Area Students On Concordia Dean's List

Dr. Mark Krejci, provost and dean of the college, has announced the names of students whose superior academic achievement during the

second semester of the 2009-10 academic year placed them on the Dean's Honor List at Concordia College, Moorhead, Minn. "Because of their dedication to academic excellence, we honor those students who we expect to not only have personal success but also to positively impact the affairs of the world," says Krejci.

To qualify for this designation, students must carry a minimum of 12 semester credits and have a grade point average of at least a 3.7 on a 4.0 scale.

Area students include: Alyssa Graber, Freeman and Meg Henrickson, Yankton.

Local Student Named To CSB Dean's List

ST. JOSEPH, Minn. — McKinsey Weydert, daughter of Nick Weydert of Yankton, has earned the distinction of being named to the dean's list for the 2010 spring semester at the College of Saint Benedict. Weydert is a junior psychology major at CSB.

South Dakota Seniors Share 25K In Scholarship

HURON — South Dakota Farmers Union Foundation, along with Farmers Union Insurance, have announced the recipients of the 3rd annual "Insuring a Brighter Tomorrow" scholarships. Twenty-five high school seniors from across South Dakota will share \$25,000 in scholarships to be used to further their education at a South Dakota post-secondary school.

"We're so proud to help these outstanding young people achieve their educational goals," said SDFU Foundation Executive Director Julie Bartling. "It's an investment in the future of our state. These young people will be tomorrow's leaders, and we're lucky to have them in South Dakota."

Each of the recipients will receive \$1,000 toward their post-secondary education in South Dakota. They were chosen from a large pool of applicants based on a combination of academic record, activities and awards, financial need, and an essay relating to how they will "insure a Brighter Tomorrow" in South Dakota.

Farmers Union Insurance agents throughout the state fund this scholarship program administered by the Farmers Union Foundation. Area Winners include:

Tanner Suess, Tripp - Scotland High School

Yankton, SD

Bentley Moving


23 Years of Moving Experience • Locally Owned & Operated

We Move You With Pride (605) 661-9793

www.bentleymoving.com

Formerly with Vanderhule M & S

Don't you hate standing in Line?



You've got better things to do than stand around waiting for your prescriptions. So, we offer a 15 minute guarantee! Now if you can't make it to us we'll bring it to you with free delivery - if you live in Yankton.


ROGER'S
FAMILY PHARMACY
"A tradition of trust"

218 West 4th Street • Yankton, SD 57078 • (605) 665-8042

**OUR CLASSIFIEDS WORK FOR YOU!
CALL THE P&D AT (605) 665-7811**

Expert Vascular Care Right in Yankton

MORE THAN 500 VASCULAR SURGERIES PERFORMED



THE PERIPHERAL VASCULAR LAB at Avera Sacred Heart recently performed its 500th vascular procedure.

The Cath Lab team at the Peripheral Vascular Lab uses sophisticated technology to provide the most advanced, accurate diagnosis possible for your arteries.

Why go anywhere else?
Advanced vascular technology is right here in Yankton.

Avera Sacred Heart Hospital

Look no further.
www.AveraSacredHeart.com

PICTURED: Cath Lab Team, including Emily Shurman, CVT; Dr. Luke Serck, Yankton Medical Clinic, PC.; and Lisa Miller, RRT, RDSCS