

How Goals Fit Into Our Daily Lives

BY VAL FARMER
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Striving and sustaining effort toward worthwhile goals are the stuff life is built around. We have great power within us — once we have set our goals and choose a course of action.

Persistence, not talent, is the main factor in success.

Without goals, without work, life becomes meaningless. Without goals, vision or purpose, we are susceptible to depression, boredom or dissipation of time and energy. "A man is not old until regrets take the place of dreams." - John Barrymore

Choose goals that are worthy of you. We are actors, creators, creatures of desire and capable of great energy. We need to marshal that energy and desire toward goals that ennoble ourselves and benefit others. Pleasure and happiness are by-products of well-lived lives and goals unto themselves.

Getting there. Goals without action steps are just dreams. Nothing worthwhile ever comes easy. "A journey of a thousand miles begins with the first step." Most failure is the failure to begin.

Whatever you can do, or dream you can, Begin it. Boldness has genius, power and magic in it, Begin it now. — Goethe

Once you have made your decision and laid out your plans, execute, execute, execute your plan. If the pathway to your goal is blocked, you need to find a different way or revise your goal.

Enlist the powers of heaven in your behalf. Pray over your life and your endeavors.

We are on earth to grow and develop, to fulfill the measure of our creation, to be what we are capable of becoming. God wants us to seek Him, find Him and to make Him a partner in our eternal journey of life.

The dangers of goals. "Goals are stars to steer by, not sticks to beat yourself with." - Barbara Smith

When things happen to disrupt your life and make your goals disappear or seem impossible, it is important to shorten up your horizon and work for short term goals until the bigger picture comes into focus. One day at a time and finding pleasure in the moment are good coping strategies when trying to assimilate losses or when the future appears bleak or uncertain.

"If you chase two rabbits at the same time, both will get away." — Folk expression

Too many goals at the same time are self-defeating.

Goals can be too compelling. Life is meant to be lived in balance. People are more important than things. Rearing children is our most important responsibility. Loving, giving and serving others are needed antidotes to a self-serving and self-centered lifestyle. Love in marriage can bring great joy. There is joy in posterity.

Leisure, rest, recreation, a change of pace, exposure to new experience and new ideas, arousal, fun, relaxation are all gifts of renewal and are necessary for better work.

There is boredom and tedium to life. Do the routine as well as the daunting. Face problems head on. Pay attention to detail. Look heavenward and then outward at the forest, then look at the trees.

Be open to change. "Life is what happens to us as we make other plans." Uninvited stress, suffering and setbacks are often the spurs to growth we can't and wouldn't seek out for ourselves.

We need hope to sustain ourselves. We need to nourish our hope until all hope is gone. We need to grieve and mourn our losses and then find something else to hope for. Life has more in store for us. Each day is a gift. We need to search and find new hope.

"When old dreams die, new dreams take their place. God pity the 'one dream' person."

Once you have set your course, then new information will jump out at you, new experiences will have relevance. Ideas will have relevance. It seems like the very Universe is conspiring to help you along the way.

We are unique with a unique divine destiny to fulfill. All experiences can be stepping stones to greater success if we learn from them. Our true talents, gifts and energy become clear to us as we add experience to experience and learn from them. Be open to an entirely new vision of yourself and what you can become as life dislodges your hopes and aspirations.

If you have an idea, an inspired thought, or a flash of insight, write it down and act on it within a day or two or it will disappear.

Losing track. The only time we have is now. Do the important things first.

Not everything is important. Don't be distracted or sell yourself short by enticements and blandishments that have no lasting value. Make each day count.

Be careful of rationalizations. Be true to yourself. You lose track of our true goals by laziness, fear, vanity, or misplaced priorities. Live the life you really want to live instead of the following the easy path or the path others want you to take.

You are not alone. Join forces with others who share your values and goals.

Seek out help and assistance in your journey of life. Allow others to help you. Draw and learn from them. There is power in synergy. Life is not a "do it yourself" project.

Goals have great power to unify couples, families, businesses, citizens, congregations, organizations and people in a common cause.

"A dream you dream alone is only a dream. A dream you dream together becomes reality." — John Lennon

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

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Val FARMER

VISITING HOURS

How To Be Safe In The Sun

BY SCOTT HILTUNEN, MD,
Avera Sacred Heart Hospital Emergency Department

With temperatures expected to be at the 90 degree mark and higher later this week, it seemed more than appropriate to write about heat-related illnesses and injuries such as heat cramps, heat exhaustion, heat stroke, dehydration and sunburn.

As an Emergency Department physician, I see my share of these problems every summer. Most of the time, the problem could have been avoided by following a few basic steps that I will discuss later in this column.

Extreme heat and overexposure to sun can cause a great deal of stress on the body — it can make your cardiovascular system work harder than normal, cause severe dehydration and raise your overall body temperature which could lead to severe problems.

The most common heat-related problems we deal with at the Avera Sacred Heart Hospital Emergency Department are dehydration and severe sunburn.

DEHYDRATION

Sweating is the natural reaction of the body to heat and exertion. The reason we sweat is to cool the body when it senses we may be getting too hot. When we do sweat, however, we are losing fluids from our body that need to be replaced. If those fluids aren't replaced by water (preferable), sports drinks (a good alternative) or juice, the body will become dehydrated. Other beverages such as soda or beer do little toward re-hydration and may actually have an adverse effect.

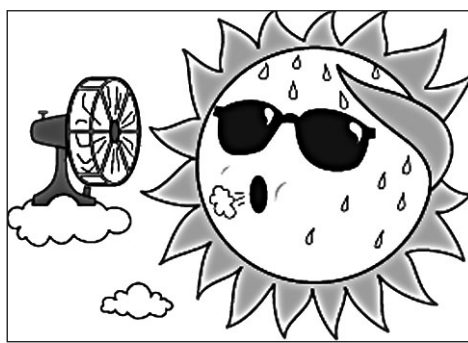
Dehydration is almost always the precursor to the other more severe heat-related illnesses of heat exhaustion and heat stroke.

Always drink plenty of fluids before spending a large amount of time out in the sun or in an overly warm area. Continue drinking those fluids during and after the activity as well. Our bodies need water more than any other consumable nutrient.

SUNBURN

The other common heat-related problem we treat in the Avera Sacred Heart Hospital Emergency Department is severe sunburn. Most often, people forget to use sunscreen and then become involved in some activity in which they forget about how exposed they are to the ultraviolet rays of the sun. Sunburns, like any other type of burn, are categorized by degrees — first, second and third. Generally, people will take notice before it ever gets to the point of a third-degree burn, but a second-degree burn is common and can be quite miserable for the victim.

Blistering is common with a second-degree burn and, along with the obvious pain of a burn, it can also cause internal problems with your body temperature.



It's not uncommon for people to think they are safe from the sun because it's a cloudy day. In reality, the ultraviolet rays penetrating the cloud cover are just as strong as they are on a clear day.

The simple solution to this problem is to apply a generous portion of sunscreen (sun protection factor) SPF 15 or higher every time you are exposed to the sun. This will also reduce your risk of developing skin cancer later in life.

HEAT CRAMPS, HEAT EXHAUSTION AND HEAT STROKE

While the two most common heat-related problems we see at Avera Sacred Heart Hospital are dehydration and severe sunburn, they often prove to be a warning sign of more serious problems if they are not treated immediately.

Heat cramps are caused by muscle contractions in both the gastrocnemius or hamstring area (back of calves). These cramps can be very painful and feel like a severe muscle pull. Dehydration is a major contributor to heat cramps along with high temperatures and poor physical conditioning. Heat cramps are not life threatening although they are very painful.

It's wise to pay attention to heat cramps, however, because they are just another sign your body is giving you that something is wrong. They can be treated with water, cool air and rest.

Heat exhaustion is a culmination of several heat-related factors coming into play. It is indicated by severe exhaustion, dehydration, an elevated body temperature (around the 102-degree mark), paleness of the skin, nausea, fatigue, dizziness, fainting and cool, clammy skin.

Heat exhaustion is a very serious condition that must be treated immediately by moving the affected person to a cool, shady environment, administering fluids orally, placing cool, damp towels on various areas of the body and the replacement of electrolytes found in sports drinks such as Gatorade. Continue to monitor the person who is suffering from heat exhaustion. If the body temperature does not decrease and the person's condition appears

to stay the same or worsen, contact a physician immediately.

Heat stroke is by far the worst of the three conditions and can be life-threatening if not treated by medical personnel immediately.

A person suffering from heat stroke will have a combination or all of the following symptoms:

- Red, flushed skin (no sweat)
- A body temperature of 106-degree or higher
- Seizures
- Headache
- Rapid pulse
- Unconsciousness

Heat stroke is a medical emergency. Those who are suffering from heat stroke are at great risk of organ failure (caused by the high body temperature), cardiovascular problems and cerebral problems. During a heat stroke, the body loses its ability to sweat and control its own temperature. This obviously can lead to a multitude of other problems.

The best defense against a heat stroke or any other heat-related illness is to use common sense.

• Stay hydrated — drink plenty of water before, during and after heat exposure and heavy exercise or work.

• Wear sensible clothes — Light colored, loose fitting clothing will be much more comfortable and safe than something dark and/or tight fitting. Loose fitting clothes will allow for more breathing and will allow for your body to cool itself down.

• Wearing a hat — Wearing a hat is sort of a double-edged sword. It's great to wear head protection to shield your face, scalp and ears from the ultraviolet rays of the sun, but can also be detrimental when it comes to allowing heat to escape from your head. If you begin feeling warm, especially on your head, move to a shaded area and remove your hat.

• Be smart — If it's 100 degrees out, it's probably not a good day to play sand volleyball, softball or baseball. It's also probably not wise to do a lot of heavy gardening or yard work. Limit yourself and the activities in which you participate during extreme conditions.

• Always wear sunscreen — Like many other illnesses, heat-related illnesses are highly preventable which is a much more enjoyable path than treating them. Have fun this summer, but use common sense while doing so. If you're going to go to the beach on a hot day, don't be afraid to go in the water for a while. Even the simple act of sun bathing can take a toll on the body.

Stay cool, stay hydrated and stay healthy.

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.

City Of Vermillion Earns DNR Water Excellence Award

VERMILLION — The South Dakota Department of Environmental and Natural Resources (DENR) announced that the City of Vermillion public water system and the system's certified operators have been awarded a Decade of Drinking Water Excellence Award. The award is for outstanding water system operations and environmental compliance with the state drinking water standards for the past 10 years.

The system's certified operators are Randy Isaacson, Thomas

Kruse, Wade Mount, Fred Balleweg, Allen Clark, Curt Haakinson, Joshua Balleweg, Dale Husby and Brook Hansen.

"It is awesome when you think about it," said DENR Secretary Steve Pimer. "For the last ten years, people using the City of Vermillion drinking water system have been able to turn on a tap

and have as much safe and healthful water as they want, 24 hours per day, 365 days per year."

To qualify for the Decade of Drinking Water excellence award, public water systems and their operators had to meet all of the following requirements for the past ten consecutive years:

- Compliance monitoring and reporting,
- Drinking water standards,
- Distribute annual Drinking Water Reports,
- Lead/copper action levels, and
- Operator certification requirements.

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Lundahl Named UNL Dean's Scholar
LINCOLN, Neb. — Alyssa Lundahl of Laurel was one of 13 new members named to the University of Nebraska-Lincoln College of Arts and Sciences Dean's Scholars Society. Lundahl is a senior majoring in psychology. Lundahl is the daughter of Kenneth and Diane Lundahl.
Established in 2010 to recognize some of the best students in the college, with "best" being defined by more than grade point averages. In addition to a strong academic record, selected students must possess superior leadership skills and a commitment to service.
Selected students can receive up to \$2,000 in scholarship aid.
Service is an integral part of the group's mission. Among other activities, group members help communicate the value of the college's programs to students, parents and community members.

When someone gets injured on the job, it can be a very stressful time.
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Celebrate. Remember. Fight Back.
Start Making Plans Now For The 2011 Relay For Life Of Yankton County!
FRI., JULY 15 & SAT., -10
6pm-6am • Riverside Park
EVERYONE WELCOME! Come Join The Fun!
Check out all the activities at the camp sites, raffles, games & more!!

Community Dinner
Friday • 5:00-7:00PM
Hot Dog or Hamburger, Chips & Pop \$3.00
Sponsored by: Stoebner Beef & Kaylor Locker

SCHEDULE OF EVENTS
Friday, July 15th
4:00-6:00 p.m. Team Registration & Check-in
4:30-5:45 p.m. Survivor Registration & Check-in
5:00 p.m. Survivor Reception & Meal
5:45 p.m. Survivor Photo
5:00-7:00 p.m. Community Dinner
5:00-9:00 p.m. Luminaria's Available
5:00-9:30 p.m. Relay Store Open
6:00 p.m. OPENING CEREMONIES/SURVIVOR'S LAP
6:00-10:00 p.m. Silent Auction
7:00 p.m. Honorary Survivor Chair/Drawing
7:15 p.m. Entertainment/Academy of Dance
8:00 p.m. Team Introductions
9:30 p.m. (dusk) Luminaria Ceremony
10:00 p.m. Community Raffle Drawings/Silent Auction Ends
11:30-4:00 a.m. Big Kahuna Games & Overnight Entertainment
Saturday, July 16th
5:00 a.m.-6:30 a.m. Community Breakfast sponsored by McDonald's
5:30 a.m. Closing Ceremony/Fight Back Ceremony & Awards
6:00 a.m. Last Lap led by Survivors

Community Breakfast
Saturday Morning • 5:00AM
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THE PUBLIC IS INVITED TO ALL MEALS!

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American Cancer Society
All proceeds are donated to American Cancer Society's Relay For Life - Yankton Unit.

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