

Appreciating The Rural Way Of Life

BY VAL FARMER
www.valfarmer.com.

Rural folks understand and appreciate community life. Not only does it take a village to raise a child, it takes a village to sustain people and families. A village contributes to a high quality of life. People pitch in to give support and leadership in order for vital community functions to continue to exist.

The importance of community with its institutions, celebrations and traditions helps define who people are and what they stand for. They cherish a common history and look forward with hope to a future together. They understand and support community events and traditions that make a community a community.

Rural leaders. I stand in awe of community-minded local leaders who are unselfish, visionary, inclusive and skillful at organizing themselves. They have a gift of social and political skills to balance the interests of those who depend on each other over a lifetime.

They trust each other. They cooperate. They put in long hours behind the scenes. Their example of civic responsibility inspires subsequent generations of leaders who know how to work together for the good of the whole.

Rural leaders cut through obstacles and red tape with a "can do" attitude. In the process, they enjoy light-hearted fun, friendships and camaraderie. They do it because it needs to be done and their hands are needed. They are the glue, the vision and the life-blood for the community.

Why do they do it? Why do they give of themselves so freely and unselfishly? People get a sense of significance when they see the how their contributions directly affect others. They can and do make a difference. They understand and take responsibility for how their actions affect others.

Entrepreneurship. Whether it is family farms and ranches, agribusiness, main street merchants, local professions, educators or service providers, the towns and countryside are full of entrepreneurs.

I've seen multiple examples of ingenious entrepreneurs who see needs and produce quality products and service. They serve their customers so well that their businesses grow and become sources of employment and livelihood for other community members.

I admire the staying power of merchants, teachers, public servants, technicians, health care professionals, business owners and others who choose to make their living in small communities despite economic pressures. Many reach the leading edge of their professions and prove that occupational success isn't limited by location and is, in many cases, enhanced by it.

Family farming and ranching. I can't say enough about families who choose to make their living through agriculture. The hours are long, the pressures great, the markets uncertain, and weather is a huge factor in success or failure. Only persistence and optimism see people through the challenges they face.

I admire the work ethic, knowledge base, skills, financial know-how and dedication that is

needed to be a farmer. I admire the partnerships between husband and wife as they work together as a family for common dreams and a family life second to none.

I see children being reared with wholesome values, the work ethic and a huge dose of family fun thrown in.

I admire the relationship and management skills that go into families farming together in multi-family farms. Considerable sacrifices are made as the dream of passing on the farm from one generation to another takes place. These sacrifices are not only in conserving an asset base but also in selflessly sharing management in order to groom the next generation of leaders.

The people. Rural people enjoy true life-long friendships and genuine affection with their extended families, neighbors, friends and associates. I see the amount of fun, light-heartedness and teasing in social occasions. They enjoy each other in unhurried conversations and sharing of activities such as hunting, fishing and other hobbies.

I see the power of the extended family in the commitment and relationships grandparents have with grandchildren, aunts and uncles have with nieces and nephews and cousins have with each other. I see the effort in getting together to celebrate life through family events, holidays, community gatherings, baptisms, graduations, confirmations, weddings and other special occasions.

I appreciate the down-to-earth, common sense, religious values, service and perspective on life that keep rural people grounded in sound living and happiness. Local wisdom keeps people from getting carried away by fads, popular culture, materialism or personal pride.

I admire the genuine caring and help that is given to families facing tragedy and disaster. I have felt the warmth of hospitality and graciousness of rural people to each other and to strangers who are off the road or have any kind of problem.

I respect the tolerance and acceptance rural people show to those with disabilities, the amount of loving care and value given to the aged and a huge commitment to the young. They are all included and made to feel a part of the community.

I see children in the limelight. Children are valued and supported in their activities whether it be in drama, music, athletics, church groups, 4-H, FFA or other extra-curricular activities.

Rural people share the excitement and cheer at activities and sporting events for their children, grandchildren, nieces and nephews and other people's children they have come to love as dearly as their own. Children have meaningful interactions with adults of all ages and walks of life. They feel like they belong when they sense that the community is proud of them and cares about them.

For more information on rural life, visit Val Farmer's website at www.valfarmer.com.

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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VISITING HOURS

Volunteers Make The Difference

BY CARLA HUMMEL
Director of Volunteer Services
Avera Sacred Heart Hospital

Patient satisfaction is first and foremost at Avera Sacred Heart Hospital. One way patients' and visitors' needs are taken care of is by having volunteers involved with the care. One of our newest volunteer assignments, Emergency Department attendant, has been popular with the college students pursuing a career in health care.

The Emergency Department attendant greets visitors, connects them with their family member, extends the hand of hospitality, and also assists staff in preparing to best serve the patient. Although the Emergency Department has enjoyed the student volunteers, they are hoping for more consistent volunteers to help out year round. If you are interested in this volunteer assignment, stop by the Avera Sacred Heart Hospital Volunteer Department located in the main hospital lobby.

Other new volunteer assignments are on the horizon as we make changes to better serve our patients. When the surgery area is completed, we will need volunteers to help greet patients and their families. Also changing is our patient satisfaction survey process. With this new process, we are anticipating some new volunteer roles to help prevent readmission of patients. These are just a few of the great new roles that allow volunteers to truly make a difference in the lives of patients and for patients to experience and



enjoy the touches only volunteers can provide.

Areas still in need of volunteers include the Hospital Gift Shop, helping visitors pick out special gifts for their loved ones; patient liaison, interviewing patients making sure they get the best possible care; and activities assistants, groups or individuals to help with activities at both Avera Sister James Care Center and Avera Yankton Care Center, especially Bingo.

The Gift Shop offers a wonderful selection of merchandise including fresh flowers, angels, stuffed animals, cards, balloons, and more. It's a small shop with a good variety of gifts. Proceeds from the gift shop are donated

back to providing the best care for patients with our most recent donation going to Pastoral Care for supplies to be used during masses and worship services at all of our facilities.

A patient liaison really makes a difference before the patient even leaves the hospital. They give the patient a voice on how their stay is and what can be done before leaving. This rewarding assignment talks with people and helps them feel how much we care.

The residents of both care centers are always looking forward to the activities planned, but it takes a lot of hands to move all of the wheel chairs. We are always looking for people to help during activity time. If you are interested in helping with the many activities planned at Avera Sister James Care Center and Avera Yankton Care Center, please stop by the Volunteer Department. In addition, we are looking for volunteers, either groups or individuals, to lead Bingo at both facilities.

Volunteers play such a vital role in the patient and resident experience at Avera Sacred Heart Hospital. With volunteers from the age of 14 to 98 and an average age of 57, Avera Sacred Heart Hospital currently has over 340 volunteers. Volunteering only takes a few hours but it often touches lives for a lifetime. Make a difference in someone's life today - Volunteer.

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.

Team Effort During Souris River Flood Fight

BY SGT. JESICA GEFFRESMALL
N.D. National Guard Public Affairs

MINOT, N.D. — Active Duty airmen at Minot Air Force Base went above and beyond the call of duty by providing critical support to the community, local officials and the North Dakota National Guard during the flood fight in Minot and Ward County.

The 5th Civil Engineer Squadron worked with North Dakota National Guard members and city contractors by providing dump trucks and drivers to haul clay to levees and sand to fill one-ton sandbags. The airmen operated skid steers, threw sandbags and helped residents evacuate from their homes.

"Our airmen were happy to use the skills they possess to help the community," said Capt. Samuel Logan, commander of 5th CES. "We were able to scale back normal operations to meet the emergency and urgent needs on the base and to assist with the flood fight. We released all available assets to the city as needed for the mission, to meet that immediate emergency requirement and alleviate human suffering," Logan added.

Logan said that the 5th CES airmen are well trained and capable of performing despite dealing with long hours and intense mission requirements.

"The morale has been very high," Logan said. "Even though we're working these guys really hard, they're never happier than when they are operating equipment."

Maj. Deb Lien, Bismarck, N.D., 231st Brigade Support Battalion, serves as the operations officer for the North Dakota National Guard's Task Force Minot. The task force oversees all Guard missions and support to communities affected by the flooding of the Souris River in Ward and McHenry Counties. Lien said working with the Air Force Active Duty component has been seamless and the assistance provided by the Airmen was key to mission accomplishment.

Airmen worked with the Army and Air National Guard with engineering assets as well as troops that placed sandbags and manned traffic control points.

Master Sgt. Robert Dalton, Wolfeboro, N.H., said the Air Force started giving engineer support and volunteers to help with sandbagging, help people evacuating out of their houses moving furniture out, done levee support, hauled tons of sand, clay, rip rap and loader operations.

The Air Force has completed 118 tasks for the mission so far, and contributed 5,400 man-hours since their mission began June 21.

Part of the contingency posturing included using plumbers and carpenters that have licenses to drive the dump trucks to augment the crews able to haul materials to various sights.

Staff Sgt. Frank Hacecky, Yankton, S.D., is a heavy equipment operator currently building a platform with an M120 Cat Grader

for the Reverse Osmosis Water Purification Unit to build a facility at Minot Air Force Base.

Hacecky had been working downtown Minot and in Velve hauling dirt, putting up HESCO barriers, building up the levees, and putting Riprap down. He said that helping the community is the best part of the mission. "I eat this stuff up," Hacecky said. "I really enjoy helping and it's a good feeling to get out there and get the job done. Flood control is a unique situation, it really builds up your skills and makes this job the best."

He said morale has been great, and the group of airmen he works with are top-notch and have been working long hours without complaint. Hacecky worked with the North Dakota National Guard on the HESCO barriers placed at 3rd Street Bridge and said the airmen were able to integrate very well with the project.

Some airmen not only toiled

long hours during the flood fight, but did so even as their own homes were threatened by flood waters. One airman volunteered after his shift to help people in Minot evacuate their homes.

Staff Sgt. Jeremiah Webb, Kokomo, Ind., was hauling clay and other material to build up the levees in Minot, working more than 12 hours a day. He owns a home in downtown Minot that was under about five feet of water when he caught a glimpse of it on a news broadcast.

Webb was staying with a friend in town who also had to eventually evacuate. After his exhausting days on shift, he was moving furniture and valuables for fellow Minot community members. He even volunteered his extra storage space for people to place items until the water recedes. "I just asked people if they needed help and did what I could," Webb said.

"The people here are amazing; everyone pulled together and tried to stay upbeat. The biggest thing is deciding what possessions are most important. A lot of people wanted to take everything but you just couldn't do it because of time and hauling capability. Everyone had to make decisions and realize some things can just be replaced but memorable things and family heirlooms should be saved.

"Everyone was incredibly grateful. People were helping others that they didn't even know. I've been stationed a lot of places and Minot is the greatest community, the way everyone just came together," Webb said.

Webb said that although most of the Active Duty airmen on the Minot Air Force Base are not from here originally, they see Minot as their home and one of the most tight-knit communities most of them have lived in.

Updated For Yankton's 150th Anniversary

YANKTON: THE WAY IT WAS

By Bob Karolevitz

In 1999 Bob Karolevitz compiled all his weekly Press & Dakotan columns into a book, "Yankton: The Way It Was!". This book is now being reprinted with new additional columns. The new edition will arrive in August of 2011 and we are giving readers the chance to prepay and reserve a copy now.

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SCHOLASTICS

FRIEDENBACH RECEIVES BACHELOR'S DEGREE FROM WHITMAN COLLEGE

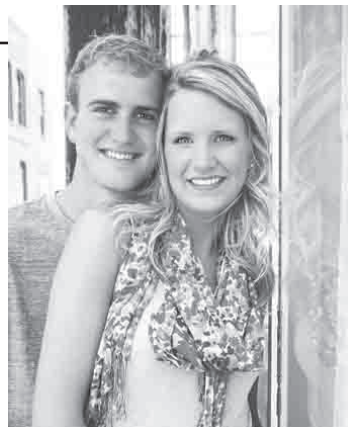
WALLA WALLA, Wash. — Thomas Friedenbach from Yankton, received a Bachelor of Arts degree from Whitman College at the 2011 Commencement Ceremony on Sunday, May 22.

A total of 378 degrees were conferred at the ceremony in front of an estimated crowd of 4,000 students, faculty, staff and visiting guests. This year's Commencement speaker and recipient of an honorary doctor of humane letters degree was Whitman alumna Meda Chesney-Lind, Class of 1969, a professor of women's studies at the University of Hawaii at Manoa.

UNIVERSITY OF ST. THOMAS ANNOUNCES SPRING 2011 GRADUATING CLASS

The following students from our area graduated from the University of St. Thomas spring 2011. Second majors and honors, where applicable, also are listed.

Elk Point: Darin Schmidt, Bachelor of Arts, Philosophy, Catholic Studies, Magna Cum Laude;
Yankton: Franklin Wagner, Bachelor of Arts, Theater, English.



Neth-Arens

Cassandra Neth and Ashton Arens announce their upcoming wedding.

Parents of the couple are Michael and Sandra Neth of Scotland, SD, and Daniel and Lorraine Arens of Crofton, NE.

Cassandra graduated from Scotland High School in 2007 and Mount Marty College in 2011. She will be continuing her education at the University of Nebraska Medical Center in Omaha, NE, for Physician Assistant studies.

Ashton graduated from Crofton High School in 2008. He is a farmer near Crofton, NE.

The couple is planning a July 30, 2011, wedding.

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