

# Sons Raised In Limelight Make Poor Husbands

BY VAL FARMER

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Recognize this "good ole boy?" Jake is charming, quick with a joke, the last of the big time spenders, and an all around good guy. He has the gift of gab. He will give you the shirt off his back. He makes stupid bets. He drinks too much.

The guy needs attention and approval from others too much. He loves being the center of attention. Everyone loves him. Everyone wants a piece of him.

This good ole boy has a hard time saying no. He wants to please everyone. Well, almost everyone. He has mastered the art of saying no to his wife, Emma. If someone buys him a round at the bar, he'll close up the place trying to repay the favor. To him, losing face with his friends is worse than the hell he'll face when he staggers in the front door.

Being married to a good ole boy can be a lonely life. His wife feels she comes in dead last in his life. If anyone wants a favor, he'll drop everything. With his wife, he makes empty promises and puts her off.

Jake is gone a lot. He doesn't seem to need Emma. She isn't a part of the public he is trying to impress. He doesn't take responsibility in the home. She wonders if he has any boundaries and worries he could get caught up in an affair.

But he does need her. This good ole boy is also a "Momma's boy." What a combination. He expects a lot and gives very little. He wants to be taken care of. Love is something you do in the bedroom, not in daily acts of kindness and consideration.

How do men like Jake learn their brassy self-confidence and their automatic sense of entitlement in the home? From their Mommas. And their Daddies. And from the roaring crowd.

**- The Momma's boy.** A woman whose marriage is lacking in warmth and intimacy may displace her attention and satisfaction to her relationship with her children. These relationships take on special meaning in her life. Sometimes it is the oldest son who gets the royal treatment. The rest of the children get by with normal attention.

The oldest son is the apple of her eye. He can do no wrong. He is spoiled. He learns to throw his weight around with the rest of the children and get away with it.

In other cases, it is the youngest son that gets pampered, taken care of and loved unconditionally. He gets what he wants without much effort or responsibility. Momma is quick to take his side, cover up problems and bail him out of trouble. She clutches him tightly.

**- The Superstar.** Isn't he great? Society does its part in training males to be prima-donnas in their own homes. A star athlete in high

school lives in a rarified atmosphere of adulation in his school and in the community. He and his friends are the center of their own adoring universe. Everything is shoved at him.

He learns to take and expect a lot without paying a price. He takes for granted all the nice things being done for him. He has little concept of giving back. This sounds like normal teenage behavior except that his parents aid and abet his over inflated ego instead of resisting and correcting this adored child.

What if junior gets into trouble and makes mistakes? Mom and Dad rush to the rescue. Consequences? What consequences?

**Life with Mr. Wonderful.** This overly-mothered and protected man expects his wife to mother him. He feels it is the woman's role to cook, do laundry, clean and organize the house, take care of the children and meet his needs. This is what a woman does.

If he observed his father taking advantage of his mother's willingness to serve, what a powerful blueprint for how marriage should be.

Since he sees work in the home as women's work and beneath him, he unconsciously puts his wife in a less than equal category. He doesn't see work in the home as an act of love and service that needs to be appreciated and reciprocated. He takes his wife for granted.

If he is the "top banana" in his occupation or business, Mr. Wonderful has even more evidence that the world still revolves around him and his special needs.

**No more Momma.** Manly self-confidence, an "edge" and bold audacity may be attractive in courtship, but wears thin in marriage. These men's wives grow tired of playing second fiddle to the virtuoso first violin. They see through the public image of Mr. Nice Guy and figure out they are living with a first class jerk. There is no hiding his selfishness, his lack of love in the home and his hungry quest for approval from others at the family's expense.

This isn't what these women had in mind for their marriage. Good ole boy, momma's boy, superstar and Mr. Wonderful get dumped - much to their surprise. They don't like it. They don't understand it. It is abandonment. How could their "mother" do something like this? It is a rude awakening. It is a dose of reality that comes way late in the game.

For more information on courtship and marriage, visit Val Farmer's website at [www.val-farmer.com](http://www.val-farmer.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.*



Val FARMER

## VISITING HOURS

# May Is Stroke Awareness Month

BY BARB HEITHOFF, RN, M.ED.

e-Stroke Education Coordinator  
Avera Sacred Heart Hospital Cardiac Rehabilitation

Avera Sacred Heart Hospital joined the National Stroke Association in spreading the word about Stroke Awareness this May. Every 40 seconds, someone in the United States has a stroke. Yet, despite being the third leading cause of death and a leading cause of adult disability in the country, fewer than one in five Americans can recognize a symptom of a stroke. Stroke can happen to anyone regardless of age, gender or race. The National Stroke Association urges you to raise awareness about stroke. Specifically, we urge you to educate yourself and others about how to:

### STOP STROKE

Every year, more than 795,000 people suffer a stroke. Five to 14 percent of those people will have an additional stroke within one year. The good news is that many strokes can be prevented by working with your doctor to manage risk factors. High blood pressure is the number one cause of stroke. Make sure to have yours checked on a regular basis. In addition to high blood pressure, there are many other controllable factors that can contribute to and increase your risk of stroke including cholesterol, transient ischemic attacks (TIA) or mini-strokes, diabetes, smoking, alcohol consumption, obesity and heart health diseases such as atrial fibrillation. Ask your doctor for tips on managing your current health conditions to reduce your risk for stroke or visit [www.stroke.org/PREVENT](http://www.stroke.org/PREVENT) for more information.

### ACT F.A.S.T.

The general public is dangerously misin-

## Know the signs of a stroke and act FAST:

- F** Face. Can You Smile?
- A** Arms. Can You Hold Them Steady In Front Of You?
- S** Speech. Can You Repeat A Simple Sentence?
- T** Time. Call 911 And Get To The Hospital Fast!

formed about stroke. Less than one in five Americans can recognize a symptom of a stroke. A stroke, or "brain attack," occurs when blood and oxygen flow to the brain is interrupted by a blood clot or a broken blood vessel. This kills brain cells in the immediate area, often causing physical and emotional disabilities including speech problems, memory loss and paralysis. Acting F.A.S.T. is the key to receiving proper treatment. It is important for people to be able to recognize the symptoms of stroke and immediately seek emergency medical attention upon symptom recognition. Emergency treatment with a clot-buster drug called t-PA can help minimize or completely eliminate these disabilities, but it must be given within four hours of the onset of symptoms. Recognizing stroke symptoms

can be easy if you remember to think F.A.S.T.

**F = FACE:** Ask the person to smile. Does one side of the face droop?

**A = ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**S = SPEECH:** Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?

**T = TIME:** If you observe any of these signs, then it's a medical emergency and time to call 9-1-1.

Studies show that stroke patients who arrive to the emergency room and are treated in a timely manner have better outcomes. Avera is proud to share our continued outreach to the rural areas with our e-Stroke Program using telemedicine to assist in the timely care of all those who present to the Emergency Room with stroke symptoms. Currently this program is being offered in Yankton, Wagner, Tyndall and, recently started, in Parkston, Gregory and Flandreau. This coming year we will be adding telemedicine sites to more hospitals in the rural area under a grant received by the Avera Health System directed by Laurie McKee, Director of ICU, Cardiopulmonary Services and Telemedicine at Avera Sacred Heart Hospital. Our overall goal is to reduce the number of rural residents who suffer severe stroke disability or death through stroke education and immediate access to neurologists through the Avera e-Stroke program.

For more information on stroke and stroke prevention, call 1-800-STROKES or visit [www.stroke.org](http://www.stroke.org).

*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

### Sacred Heart Schools

#### ROLL OF EXCELLENCE

\* denotes Straight A\*

#### Eighth Grade

Jon Barkl\*

David Barnes\*

Patrick Binder

Sam Bisgard\*

Ashley Brooks\*

Ben Cameron

Madison Dangler\*

Charlotte Ekeren\*

Paul Fanta\*

Matt Fitzgerald\*

Alexandra Foxhoven\*

Evan Hoffman\*

Aesley McNeill

Haley Mines\*

Cade Newland

Lucas Rockne

Sarah Rockne\*

Mikayla Schroeder

Meggie Steiner\*

Charlie Stephenson\*

Tyler Wenande

Anna Wuestewald\*

#### Seventh Grade

Danielle Dvorak

Brianna Geigle\*

Nicholas Hauser\*

Spencer Huber\*

#### Sydney Ingalls\*

Adrienne Kusek\*

Jordan Lucht

Cody Perakslis\*

Jared Rafferty

Sean Rolfs

Kenneth Schroeder\*

Mike Strom\*

Mason Sundleaf\*

#### Sixth Grade

Cortney Becker\*

Keeli Bent\*

Sophie Bisgard\*

Avery Brockberg

Emily Buttolph\*

Hunter Cameron

Blake Cwach\*

Katie Hauser\*

Belle Heine\*

Samantha Kanaly\*

Kate Katterhagen\*

Kolbi Kennedy\*

Sophie Kouri\*

Kyra Liebig

Haley McDonald

Shannon McDonald

Nicole Mueller

Tasha Mueller

Jordan Payer

Alexis Rezac\*

Kristen Rezac\*

Lauren Rezac\*

Rachel Rucker\*

Rose Ruffinott

McKenzie Schroeder

Natalie Shoberg

#### Brandon Shuey

Nate Stephenson\*

Jacob Warriner\*

Drew Wenande\*

Morgan Wubben\*

#### Fifth Grade

Holly Hicks\*

Jack Wolfram\*

#### HONOR ROLL

#### Eighth Grade

Shadron Baker

Sam Carda

Mano Jo Gutierrez-Lamp-

man

Reid Hunhoff

Joselyn Salvatori

Marisa Stucky

Mitchell Vavra

#### Seventh Grade

Austin Barger

Adam Heine

Danielle Salvatori

Andrew Smith

Jenna Trail

Cody Vornhagen

#### Sixth Grade

Steven Bray

Lucas Carda

Michael Heine

Kendra Hunhoff

Jordan Kathol

Dylan Kortan

Stephanie Schwartz

Trentin Vornhagen

James Welter

#### Miranda Winterring

Josh Wintz

Courtney Zimmerman

#### Fifth Grade

Max Bent

Brendan Callahan

Madie Cordell

Evan Dvorak

Nathan Eichacker

Megan Feifar

Tanner Fitzgerald

Savannah Frick

Lauren Jensen

Anne Knoff

Holly Mines

Quinn Paulsen

Trevor Rafferty

Cameryn Specht

Carly Vavra

#### MIRIT ROLL

#### Seventh Grade

Christopher Kreitzinger

#### Keenan LaCroix

Jorden Meshoto

#### Sixth Grade

Cheree Becvar

Keely Child

#### Fifth Grade

Shiann Baker

Dillon Barger

Payton Birkel

Kate Budig

Katie Buttolph

Sara Buttolph

Tori Cass

Abby Cuka

Brady Dangler

Quinn Paulsen

Mimi Garcia

Matthew Kreitzinger

Trevor Lange

Hunter Rockne

Koby Schild

Jack Schoenfelder

Maddie Smith

## MENU

### Yankton Schools Summer Lunch Program

Served At Webster Elementary

- Monday — No Meal
- Tuesday — No Meal
- Wednesday — Round Pizza
- Thursday — Taco In A Bag
- Friday — Hamburger

## REUNIONS

### BAME FAMILY REUNION

The Bame family wishes to invite all friends and family to a potluck on Sunday, June 5th at 12:30 p.m. at the Tyndall Senior Center. Please bring a dish to share. Table service and beverages provided.

Delores (Bame) Stewart James, from Florida, will be our guest of honor. Come to share lunch, visit with one another and share old times. Delores and the Bame family are looking forward to spending the afternoon with all of you.

## BIRTHDAYS

### JERRY SHADE

Jerry Shade of Yankton will celebrate his 90th birthday with an open house from 2-4 p.m., Sunday, June 5, at Peace Presbyterian Church 206 E. 31st. St., Yankton. The event will be hosted by his family. He requests no gifts. Greetings may be sent to 640 Augusta Circle, Yankton, SD 57078.

### SAM MARKS

Sam Marks of Sioux Falls will celebrate his 75th birthday on June 8. His family is having a celebration at Seretoma Park (49th and Oxbow) in Sioux Falls from 2-4 p.m. on Sunday, June 5, all friends are invited. To send greetings: 5401 W. 15th Street, Sioux Falls, SD 57106.

## BIRTHS

### MATHEA OLSON

Justin and Heather Olson of Yankton announce the birth of their daughter Mathea Dawn Marie Olson, born May 19, 2011 at 2:58. She weighed 7 pounds, 2 ounces and was 19.5 inches long. Mathea joins older siblings Kiela, 13, Treysen, 6, and Burkley, 3.

Grandparents are Doug and Lynne Nelson of Yankton and Doug and Dawn Olson of Spooner, Wisc.

Great-grandparents are Sam and Eleanor Nelson of St. Helena, Neb. and Fran and Dee Horacek of Yankton.

### JORDYN KUDERA

Jeremy and Jennifer Kudera of Yankton announce the birth of their daughter Jordyn Elizabeth. Jordyn was born April 22 at 5:40 p.m., weighing in at 7 pounds, 7 ounces and was 19-3/4" long.

She joins proud brother Jackson Jeremiah.

Grandparents are Steve and Ruth Recker of Paullina, Iowa; Marilyn Kudera of Dell Rapids; and Steve Kudera of Albuquerque, NM.

Great Grandmother is Helen Recker of Paullina, Iowa.

### LANDRY BOSE

Spencer and Nicolette Bose of Yankton announce the birth of their son Landry Kyle Bose, born May 20, 2011 at 8:27 a.m. He weighed 7 pounds 15 ounces and was 21 inches long.

Landry joins siblings Keegin, 9, Allie, 7 and Hunter, 5.

Grandparents are Herb and Saron Bose of Laurel, Neb. and Mike and Barb Kabeiseman of Yankton.

# Congratulations

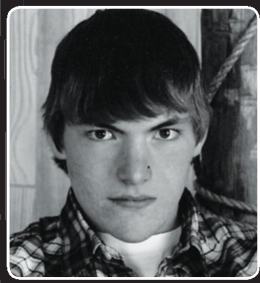
## 2011 Scholarship Winners

### Gayville-Volin High School



**Brittney Huber**  
\$1,000 Winner

Brittney will be attending Black Hills State University.



**Jace Bennett**  
\$500 Winner

Jace will be attending South Dakota State University.



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