

# Climbing To The Pinnacle Of Success

BY VAL FARMER  
Preston Connection Feature Service

How do we get to the mountaintop of success? Here are eight skills and attitudes that are essential to getting to the pinnacle of your dreams.

**1. You were meant for the climb.** It is your destiny to be on this journey. You were not meant to fail. As you climb you will discover why. You will come to know your inner resources and talents.

Choose a tall mountain. Your greatest limitation is your own imagination. Get a vision of what you want to be, where you want to go and how to get there. If you have a goal, you'll recognize opportunities and obstacles in your path.

You will not always end up where you originally set out to go. Keep your eyes and heart wide open. Begin the climb and you will see something that is better than what you previously imagined - maybe even a different mountain.

**2. Find a mentor and a role model.** There is someone who is already on the path and is willing to lend a helping hand to others, even if it is just by his or her example.

Be humble enough to learn from veterans of the climb. Successful people continue to learn from others even when they are near the top themselves.

**3. Be a part of a team.** Don't try to climb the mountain alone. Men and women united by goals and organization have great creative power and resources available at their disposal. Contribute your talents and join with others in finding a way to reach the top.

This climb isn't done without companions. They are your lifeline. Be aware of others on the trail who might need a boost or have their pack carried for a while.

**4. Taking care of the base camp.** The journey begins from a base camp of shared love and companionship of loved ones, with friends and family. There is nothing more important.

Happiness isn't at the top; it is in the climb. Sharing the journey with loved ones makes the struggle worthwhile. The ever-expanding horizons take on beauty and significance when they are shared with others.

The presence and involvement with a mate is immensely satisfying. Without a companion the journey could be too hard. This base camp has a foundation of spiritual meaning, mutual understanding and support, deep nourishment and renewal.

At the end of the day, climbers retreat to their base camp and get the rest, nourishment and encouragement they need to continue their upward journey. Without establishing and maintaining a base camp, there can be no success.

Leisure, fun and relaxation are a part of the journey too. It can make a difference between those who wear out by pushing themselves too hard and those to pause long enough to savor the moment and gather momentum for the next ascent.

**5. Be a self-starter and a finisher.** It is energy, not talent that will drive you up the mountain of your dreams. Don't be a spectator in life. Jump in and make it happen. If you aren't enthusiastic about the climb, something is wrong.

Deadlines are important. Each day has its objectives. Dawdling on plateaus may expose you to tougher conditions and unnecessary adversity.

Keep your climb on schedule. The time allotted to this climb is too short for procrastinating and wandering around.

**6. Avoid distractions.** The blandishments and enticements just off the trail slow you down. Don't take detours or become engrossed in things beside the climb.

The view from the foothills can be compelling. The journey upward is arduous. The temptation is to stop and give up. With too many rests, it becomes harder to pick up and shoulder your pack.

**7. Grow into success.** Success isn't standing at the pinnacle but it is what you have become as you stretch yourself in the climb and overcome obstacles to get there. The soreness and pain of the early struggles will turn into strengths and increased capacity.

The building blocks of success are effortful small steps, made daily, that add up into an incredible journey. Mountains are climbed one step at a time. There are no short cuts up the mountain.

**8. Missteps and falls are valuable.** To accomplish great things, you have to take risks. You may stumble and trip. You may be temporarily lost or confused. You learn from mistakes.

It is when you encounter trial and adversity that you search for solutions that are not readily apparent. Draw on your faith and spiritual understandings when you feel like giving up. Overcoming obstacles will be key victories in your climb to even greater success.

**What it is like at the top?** Rewards and recognition come only after the sweat and toil of the climb. When you get to the top, you will be different. You will have grown in power and freedom. You can choose other mountains. You know you are fit for the climb. You have done it before and you can do it again.

**What's next?** Raising and preparing the next generation has a meaningful purpose of its own - a soul-satisfying purpose that will eclipse any rewards in your climb toward personal success. Watching and helping others make the same climb, especially your children, becomes the next pinnacle to climb.

For more information on creating success, visit Val Farmer's website at [www.valfarmer.com](http://www.valfarmer.com).

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Val FARMER

# The Good And Bad News Of Skin Cancer

BY DARLA GULLIKSON, RN  
Avera Sacred Heart Cancer Center

Summer is the time for swimming, camping, boating and a bevy of other outdoor activities. Unfortunately, it is also the time of year we expose ourselves to ultraviolet rays the most, which increases our risk for skin cancer.

There's good news and bad news when it comes to skin cancer.

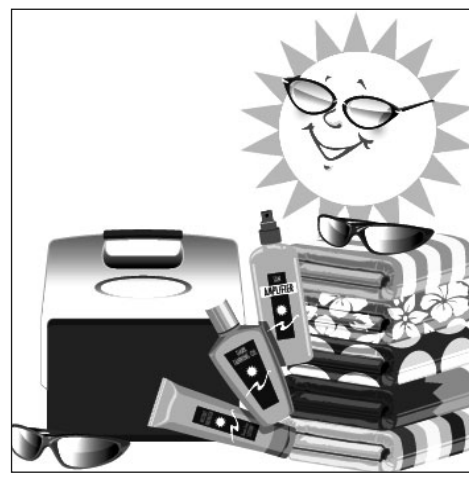
The bad news is that skin cancer is the most common form of cancer in the United States with more than one million skin cancers diagnosed annually. It's estimated that one in five Americans will develop skin cancer in the course of a lifetime.

The good news is that skin cancer is one of the most preventable forms of cancer, if appropriate prevention tips are taken and it is detected and treated early.

Two of the three most common types of skin cancer - basal cell and squamous cell - are almost always curable if detected and treated early. The third type of skin cancer - melanoma - is the most aggressive of the three types; however, the survival rate for patients whose melanoma is detected early, before the tumor has penetrated the epidermis, is about 99 percent according to the Skin Cancer Foundation.

While these statistics and survival rates are cause for optimism, it's important to mention the risk factors for skin cancer. According to the American Cancer Society, risk factors for non-melanoma and melanoma skin cancers include:

- unprotected and/or excessive exposure to ultraviolet (UV) radiation
  - fair complexion
  - occupational exposures to coal tar, pitch, creosote, arsenic compounds, or radium
  - family history
  - multiple or atypical moles
  - severe sunburns as a child
- Skin cancer can be found early, and both doctors and patients play important roles in finding skin cancer. If you have any of the following symptoms, tell your doctor:
- any change on the skin, especially in the



size or color of a mole or other darkly pigmented growth or spot, or a new growth

- scaliness, oozing, bleeding or change in the appearance of a bump or nodule
- the spread of pigmentation beyond its border such as dark coloring that spreads past the edge of a mole or mark
- a change in sensation, itchiness, tenderness or pain

With a little foresight and careful planning, not to mention a watchful eye, most people can take just a few simple precautions to protect themselves from UV rays and the development of skin cancer. Summer is a great time of the year and no one wants to be inside every moment the sun is out. Fortunately, we don't have to be inside all the time to avoid UV rays. Using a little common sense and the following guidelines from the American Cancer Society, summer can still be an enjoyable, outdoor time of year. "Slip, Slop, Slap and Wrap" is a catch phrase for kids that works well for adults too. It reminds people to use four key methods to protect themselves. Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses. Other prevention guidelines include:

- Avoid the sun between 10 a.m. and 4 p.m.

- Seek shade: Look for shade, especially in the middle of the day when the sun's rays are strongest. Practice the shadow rule and teach it to children. If your shadow is shorter than you, the sun's rays are at their strongest.

- Slip on a shirt: Cover up with protective clothing to guard as much skin as possible when you are out in the sun. Choose comfortable clothes made of tightly woven fabrics that you cannot see through when held up to a light.

- Slop on sunscreen: Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher. Apply a generous amount of sunscreen (about a palmful) and reapply after swimming, toweling dry, or perspiring. Use sunscreen even on hazy or overcast days.

- Slap on a hat: Cover your head with a wide-brimmed hat, shading your face, ears and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.

- Wrap on sunglasses: Wear sunglasses with 99% to 100% UV absorption to provide optimal protection for the eyes and the surrounding skin.

- Follow these practices to protect your skin even on cloudy or overcast days. UV rays travel through clouds.

- Avoid other sources of UV light. Tanning beds and sun lamps are dangerous because they can damage your skin.

The simple fact of the matter is that we don't have to give up much of our summertime fun to protect ourselves from a very easy to get, yet highly treatable, cancer. Even though the success rate of curing skin cancer is one of the highest of all forms, it is still cancer that can lead to other problems, especially melanoma. So protect yourself, protect your children and have a wonderful summer. Just let common sense prevail.

Sources: American Cancer Society at [www.cancer.org](http://www.cancer.org); Skin Cancer Foundation: [www.skincancer.org](http://www.skincancer.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.

# Retiring

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up (to administration)," he said. Povondra started his new job amidst major changes.

A new statewide accounting system went from fewer than 50 accounts for the entire school district to hundreds of accounts to the current thousands of accounts.

Accordingly, Povondra went from entering journal entries by hand to using computers. In later years, the arrival of the Internet and email greatly eased staff communication.

Povondra returned to the district shortly after consolidation. The district currently operates K-5 elementary schools in Tyndall, Tabor and Springfield, the middle school and high school in Tyndall and a K-8 elementary and alternative high school at the Bon Homme Colony.

The district has seen numerous building projects over the years, Povondra said.

State funding for education has also changed over the years, Povondra said. Bon Homme was one of the first school districts to support a lawsuit challenging the

state-aid formula for K-12 education.

Bon Homme also battles for federal impact aid, he said. The money offsets the district's lost taxes on property flooded by the Missouri River after construction of the mainstem dams.

In that respect, the district has used Povondra's suggestions during difficult financial times, said Superintendent Bryce Knudson.

Bon Homme voters rejected 2000 and 2001 measures that would have raised local property taxes for more school funding. But last year, voters opted out of the state property-tax freeze for an additional \$400,000 annually for five years.

Povondra played a crucial role each time, Knudson said.

"When an opt-out fails, the business manager is very instrumental with the administration in deciding where to cut," Knudson said. "And with our successful opt-out, Dennis provided the figures in a way that helped in making decisions on what was best for taxpayers, the parents and the kids."

School board chairman Ben Hellmann even drops by Povondra's home in Tabor with questions.

"Dennis was so helpful when I

first got on the board, and he still helps me understand the funding of education, which is complicated," Hellmann said. "Even after seven years of involvement with it, I still need to step back and see where the dollars come and go."

Not all of the major issues during Povondra's tenure revolved around funding. Bon Homme became just the second school district in the eastern half of the state to adopt the four-day week.

Povondra provided important data in making the change, which has worked well for the district, Hellmann said.

"We have more school time because students are in the classroom for longer days. They're not missing a day of school for activities," he said. "As far as I can tell, watching how the kids perform, it hasn't hurt anything."

That includes the Tabor school receiving national recognition as a Blue Ribbon school for outstanding academic achievement.

Povondra noted that Bon Homme has excelled in the three A's: academics, athletics and the arts. He has enjoyed seeing the school's success, but he is also looking forward to retirement.

In the meantime, Povondra remains busy right through his last day June 30. He is wrapping up the annual report due this month and assisting the new business manager, Gary Kortan, with the transition.

"I officially retire June 30, but I will remain a consultant as needed," Povondra said with a smile.

During his career as Bon Homme business manager, Povondra worked with 60 school board members and five superintendents. Only one current Bon Homme employee has longer tenure with the district.

Knudson said he will miss his daily talks with Povondra, who provides nearly four decades of historical knowledge about the district.

"With Dennis, it's not just a matter of writing paychecks," he said. "It's also planning and visioning. It's looking at the past, of knowing what didn't go well so we don't repeat it further."

Povondra said he will retire with more than just the statue of a school bell given him at a year-end event. For him, it's a lifetime of memories.

"You don't work someplace for 36 years and not miss the people you worked with," he said.

# Children's Miracle Network Motorcycle Run To Be Held Saturday

VERMILLION — The sixth annual Children's Miracle Network Bikes and Babes motorcycle run will be held Saturday, June 11, in Vermillion. J & L Harley Davidson, Sioux Falls, in collaboration with Sanford Medical Center Vermillion and Vermillion Wal-Mart have organized the run.

Registration is from 9-10 a.m. at Vermillion Wal-Mart (no pre-

registration). Cost for the run is \$15, this includes, breakfast; bike blessing; blessing stone; blessing card; poker/map card; the ride; a Dutch lunch in Orange City, and a post bash party with musical entertainment at J & L Harley Davidson. Event T-shirts will be available to purchase at the post bash.

The ride includes a scenic

ride starting at Vermillion Wal-Mart with a Dutch lunch provided by Orange City Area Health System and ending at J and L Harley Davidson in Sioux Falls for the Post-Bash.

The post-bash includes a cash prize for the top place and door prizes donated by local area businesses. There will be live entertainment (Cartwright Brothers)

and the J & L Snack Shack will be serving food and refreshments during the event.

The proceeds from this event will all be donated to the Children's Miracle Network. Contact Jill Christopherson, Sanford Vermillion for more information at 605-638-8465 or [jill.christopherson@sanfordhealth.org](mailto:jill.christopherson@sanfordhealth.org).

# Niobrara

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River, a takings claim can be made by those individuals who have lost property or revenue because of the releases at the major dams along the Missouri River.

The Missouri River Mainstem System 2010-2011 Annual Operating Plan, which was filed in December 2010, will be an important document for the Knox County residents and attorneys if they chose to take legal action, Domina said. This document talks about the manage-

ment of the river and the plan for 2011.

Pool elevation data for the Missouri River in the document will be considered very carefully. Several options are considered in the plan. It includes a river plan for situations like wet weather, dry weather, irrigation use and navigation downstream. It also includes habitat management of the piping plover, least tern and the pallid sturgeon.

Domina said what the Corps thought at the start of the year has certainly changed dramatically in the last few weeks.

In a press release last week, Domina said these type of claims are filed in the U.S. Court of Federal Claims if they involve the

"taking" of property by the government, through direct action or as a consequence of what the government does that has permanent consequences.

Although a takings claim is considered on a case-by-case process before a judge, Domina said in the area the Niobrara residents are interested in, the law is really close and difficult to assess. It is complicated because residents will have to prove the Corps did not use good judgment when managing the river.

The goal will be to prove the government, i.e. water, invaded private property. Therefore residents need to have good records about the difference in value from before to after.

Domina told the Niobrara residents, which include Lazy River Acres and Sunshine Bottom, there is power in numbers. The survival of this case will be more successful if property owners group up.

"There is a reasonable chance of recovering losses but be aggressive," Domina said. "Begin writing down those records."

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**Celebrating 65th Anniversary**  
On June 15th, Wilbur and Elizabeth Foss will celebrate their 65th wedding anniversary and Wilbur will celebrate his 90th birthday.  
They were married in Freeman, SD, on June 15, 1946.  
They will host a family dinner. Greetings may be sent to 1140 Washington, Scotland, SD, 57059

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