

# Growing A Legacy Of Family Farming

BY VAL FARMER  
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Out in farm and ranch country, the land and the work have a powerful grip on people. The risks are great. The work is compelling. The lifestyle is rewarding. The autonomy is exhilarating.

**Timing is everything.** It is tough to allow someone else to take over the reins. It takes trust, good communications and a willingness to give up some control. How decisions and management are shared affects the competence and opportunities of the next generation and the generations to come.

The timing of shared management decisions determines to a large extent a growing legacy of family farming versus attrition and eventual demise of the farm within the family.

Let's take two families, with opposite styles of control. Let's call one family Mr. and Mrs. Farmer Brown and the other Mr. and Mrs. Farmer Jones.

**The lone ranger.** Farmer Brown is 55. His father just died at age 86. The old man stayed right in the saddle until he died. He didn't ease off a bit. He had a reputation for being a hard-nosed workaholic. He was a headstrong and plain spoken man. Some might say demanding and overbearing. He was tough, tough as rawhide. He took few risks and avoided debt.

When he was growing up, Farmer Brown and his brothers learned not to open their mouths or make mistakes. Dad would lose his temper and unload on them. He checked and double checked on their work.

Farmer Brown's brothers left, not wanting much to do with the old man or the farm. Farmer Brown now has a son in his 20s who wants to farm. There is no available equity for expansion.

Farmer Brown is now in charge and with his father's death, is getting his crack at calling his own shots. He repeats the same autocratic style that he had to deal with over the years. Through the generations, only one son from each generation has stayed in farming, taking over the home place when his father died.

**The more, the merrier.** Now let's consider Farmer Jones. Like Farmer Brown he is 55. He has been farming his own land for more than 30 years. He also farms in a larger operation with two brothers and their families.

They share equipment, labor and management in their joint operation. Their communications are open and freewheeling. Each works hard to see the big picture and make decisions that benefit the farm operation as a whole.

Farmer Jones has been a leader in the community and has participated on several boards. Together, Mr. and Mrs. Jones enjoy an active social life with friends, church service and hobbies.

Farmer Jones' father was a warm, generous man. He retired on the place and eased into a role of helping his son when he was needed. He and his wife were active in square dancing. They took several trips to visit. They liked to travel and see new places.

Farmer Jones remembers his father being a loving and patient father when teaching farming skills. Farmer Jones was

given many opportunities to make decisions and mistakes from boyhood on. His father asked him his opinion and took his ideas into account.

Early expansion. His father took some risks and expanded his operation so that there would be enough land and enterprise opportunity for each of his children who wanted to farm. When his sons and their families joined the operation, he made it possible for them to move into lease agreements and land purchases of their own. Decisions were made by consensus after plenty of give-and-take.

The long term interests of the farm and each family were taken into consideration. Farmer Jones' parents built up non-farm equity to insure fairness for the non-farming heirs and to preserve the operational viability of the farm for the active farm families.

**Good communication.** Now Farmer Jones has three sons who are part of a joint operation. There is plenty of management responsibility and challenge for each of them. The families meet in regularly held and family business meetings.

Each family gains equity through farming their own ground as well as contributing and benefitting from the partnership. While only in their late 20's, Farmer Jones' children have reputations for being knowledgeable and astute farmers.

Farmer Jones and his wife are looking forward to retirement in a few years. He is already starting to pull back in a few areas. Each of his offspring knows the estate plan as it stands and how they will be affected.

Altogether, seven of grandfather Jones' sons and grandsons are actively engaged in farming. Their operations are solid and do well in good times and bad.

**What is the difference between the two families?** Why did one family barely hang on from one generation to the next while the other seemed to improve their foothold in agriculture in numbers of farm households and control of land?

The difference was in the 1) management of human resources and 2) the skill and trust with which they communicated. The Jones family 3) shared common goals and 4) prepared their children to assume management responsibility early in their farming careers.

The parents 5) actively shared control and decision-making with their partner families coming aboard. This attitude of cooperation and shared management made 6) a much more productive and aggressive farming operation that covers a lot of ground.

For more information on family farms, visit Val Farmer's website at [www.valfarmer.com](http://www.valfarmer.com). Val Farmer's book, "Honey, I Shrunk the Farm," can be purchased by sending a check or money order for \$7.50 to: Honey, I Shrunk the Farm, The Preston Connection, PO Box 1135, Orem UT 84059.

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what keeps our market fairly stable even when bad things happen."

Specht said that while he believes the upward trend will continue, the current flood emergency could cause some issues.

"We'll have to wait and see," he said. "It could potentially put some stress on our housing market if the flooding predictions come true and there are a lot of homes destroyed. It could make people more cautious."

Breck said she was optimistic that Yankton residents would withstand any flooding issues, and she believes the emergency won't harm the housing market.

"This is something that happens," she said. "We'll help each other, and we'll get through it."

## VISITING HOURS

# Talk To Kids About Healthy Sleep Habits

BY ABBY GOEKEN, PSGT, EEGT  
Avera Sacred Heart Hospital Sleep Diagnostics Lab

Ben Franklin once said, "Early to bed, early to rise makes a man healthy, wealthy and wise."

Does this apply to children and teens however? As the summer is in full swing, many children and teens aren't thinking about getting a good night's rest. Statistics show that teens need just as much sleep as young children. Let's take a closer look at exactly how much sleep is needed for different ages of school-aged children.

National Sleep Foundation (NSF) states that preschoolers (3-5 years) typically sleep 11-13 hours each night and most do not nap after five years of age. However, during this age range, sleep can be fragmented due to further development of imagination, making preschoolers experience more fears, nightmares and sleepwalking.

Sleep and school-aged children (5-12 years) need 10-11 hours of sleep. NSF demonstrates that sleep is essential at this age due to increasing demands with sports and other extracurricular and social activities in the summer. This is also peak time for children to watch additional TV, use the computer, and play more video games making it difficult to achieve a decent bedtime. In addition, this age group is more apt to begin consuming caffeinated products which adds to decreased amounts of sleep.

The NSF gives us helpful tips for school-aged children to continue a routine sleep



schedule during the summer months.

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep - dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine (at least after lunch time).

What about young adults and sleep? Teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 is enough). Teens tend to have irregular sleep patterns across the week - they typically stay

up late and sleep in late, which can affect their biological clocks and hurt the quality of their sleep. Many teens suffer from treatable sleep disorders such as narcolepsy, insomnia, restless legs syndrome (RLS) or sleep apnea. Limited amounts of sleep can lead to sleep deprivation limiting your ability to learn, listen, concentrate and solve problems.

Here are additional sleep-smart tips from NSF and Avera Sacred Heart Hospital Sleep Diagnostics Lab for all age groups:

- Know the importance of healthy sleep and the consequences of sleepiness, including drowsy driving.
- Drowsiness and falling asleep at the wheel cause more than 100,000 car crashes every year.
- Consume fewer fluids before going to bed.
- Avoid heavy meals close to bedtime.
- Exercise regularly, but do so in the daytime, preferably afternoon.
- Try a relaxing routine such as reading before bed or taking a hot shower.
- And most importantly, establish a regular bedtime and wake-time schedule.

Summer is a great time to catch up with family, friends and enjoy the beautiful weather; nevertheless, don't forget to catch up on a good night's rest as well!

Information provided by the National Sleep Foundation  
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.

## KEEP YANKTON BEAUTIFUL

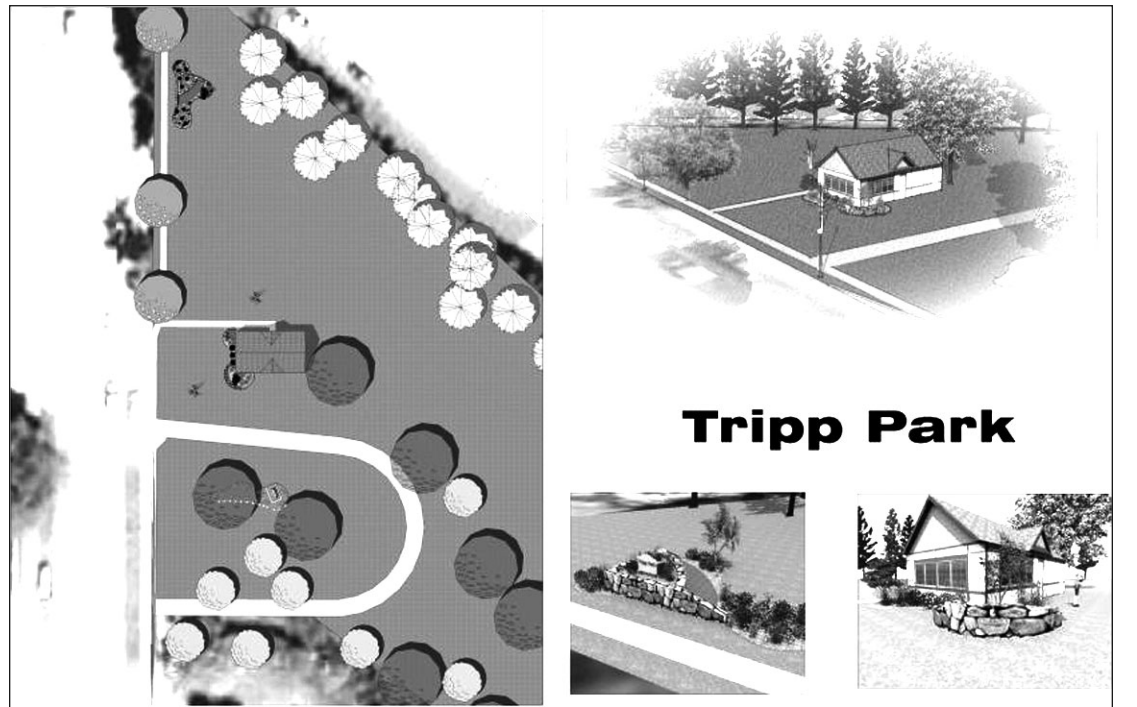
# Local UPS Foundation Community Improvement Grant To Be Used For Tripp Park Beautification

Keep Yankton Beautiful announced that it has received a \$10,000 grant from the UPS Foundation as part of the Keep America Beautiful (KAB)/UPS Foundation Community Improvement Grant Program, which is supporting initiatives across the country that address recycling, beautification and community greening, litter prevention and waste reduction. The projects will take place during 2011 and into early 2012.

The grant awards were presented to KAB affiliates in recognition of their volunteer initiatives with local UPS locations throughout the United States. UPS employee volunteers will actively support many of these merit-based award programs in their respective communities.

Keep Yankton Beautiful was one of 13 Keep America Beautiful (KAB) affiliates to receive a \$10,000 grant, and will use the funds to dramatically improve Tripp Park resulting in a welcoming park for the community to use and enjoy along a heavily trafficked route in Yankton.

"The UPS Foundation is a leader in supporting and initiating volunteer engagement throughout the country," said Matthew M. McKenna, president and CEO, Keep America Beautiful. "Keep America Beautiful values this partnership because we



Tripp Park

know our affiliates will make significant and sustainable differences in their respective communities with the help of these grants."

"The local affiliates of Keep America Beautiful continue to come up with creative approaches to addressing environmental challenges," said Ken Sternad, president of The UPS Foundation. "UPS and our employees are proud to see it happen and stand ready to support

projects that improve the communities where we live and work."

"I think it looks really good, it will pretty that area up. A lot of people use the bike path there," said City Commissioner Dave Carda, during the April 11 City Commission meeting.

Keep Yankton Beautiful's mission is to motivate citizens to take greater responsibility for improving their community environment and enhancing the

beauty of our city through litter prevention, waste reduction, and beautification projects. We are proud of the support from the UPS Foundation, Keep America Beautiful, the City of Yankton, the Keep Yankton Beautiful board and all of the volunteers and sponsors who make beautification projects like Tripp Park possible for our community.

For more information, visit [www.kab.org](http://www.kab.org).

# Tabor

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Joan Schild of Yankton, plan to ride in the Czech Days parade as Captain and Belle of Yankton's Riverboat Days celebration.

A tremendous outpouring of public support has made the fireworks display possible for a sixth consecutive year, said organizer Joe Carda. The display recognizes Schild's love for fireworks and sharing the fun with family and friends.

Rich Schild's wife, Kay, along with Joan Schild, helped with last weekend's poker run that had 99 participants and was a major fundraiser, Carda said. Brooks and Joan Schild's son, Jordan, also designed the T-shirt sold as a fundraiser.

Also assisting at the poker run was Corey Brist of Yankton, who suffered traumatic brain injuries from the same roadside bomb that claimed Rich Schild's life.

"We want to honor Corey, and our intention is to have him help

present the colors at the baseball game," Carda said.

The fireworks organizers set a goal of raising \$6,500 annually, Carda said. The response has been so good that a large portion of next year's goal has already been met, he said.

"Brooks and Joan have been such a big help. They have kept things going," Carda said. "In my opinion, there couldn't have been a better choice for Captain and Belle. They really do a good job. They are very good people, and I am sure that Rich is smiling down at all the help they do for us."

Czech Days kicks into high gear Friday and Saturday.

Friday's highlights include the 1 p.m. giant parade with parade marshals Robert and Loretta Kortan, the Czech Queen costume judging and talent contest, the Tabor 1890 Band Concert, the Tabor Beseda Dancers and the public dance featuring The Bumblebees.

Saturday's highlights include the kiddie parade, the Polka Mass, the Beseda Dancers, crowning of the Czech Days Queen and the coronation ball featuring the "Mark Vyhlihal Band."

# Market

From Page 1

about the good news that's happening right here in Yankton."

Breck said she believes that the Midwestern values of Yankton residents are one of the main reasons the city has been able to weather the storm better than other markets nationwide.

"People were not as upside-down in loan values and were not living on credit cards," Breck said. "That's not something we've taught our kids to do, and that's not what we were taught to do. We don't depend as much on instantaneous wealth, and that's

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