

# Confronting A One-Sided Marriage County

BY VAL FARMER  
www.valfarmer.com

What can you do with a man, devoted to his work and family, who is so right, rigid and judgmental that every conversation has the potential for an argument?

However well-meaning he might be, what comes across is a steady barrage of interruptions, rebuttals, and criticism. He is a poor listener. Years of poor listening lead to a self-centered view of life. A relationship can be nit-picked to death. Everywhere there are mountains, no mole-hills.

A woman commented, (ITALC) "Oh, how I wish my husband would just relax and quit telling me how to do everything - even things that don't matter - like how to hang my towel on the rack so it will dry faster, how to arrange the things in the refrigerator so they'll be easier to reach, and how to fold the newspapers before putting them in the waste container." (ITALC) She doesn't like it.

Or perhaps a self-centered perspective on life makes for poor listening. The lack of understanding, respect, and ability to empathize take a continuous toll on his marriage.

**Perfectionism, rigidity or selfishness?** Or maybe it isn't so much about being right but being selfish. It's not poor communication that takes a toll but the lack of it. A man can get carried away in his own pursuits, agenda and having things go his way that he ignores his wife's needs and her perspective. He just skips the argument part and does what he pleases anyway.

Whether it is perfectionism, rigidity, or just plain selfishness, the need to be right and/or to be in control causes a wife to feel loneliness, emotional isolation and feelings of being unloved, unappreciated and disrespected.

Women married to men like this come to see their husbands as unemotional, self-sufficient, proud, domineering, inconsiderate, unforgiving, impatient, and seldom pleased. As husbands, they come across as more concerned about being right or getting their way than how their partner feels. They:

- don't have a clue that their generously given 'common sense' and advice is so hurtful.
- don't realize how little regard they have for their spouses' thoughts and feelings and how separate and independent they have become when making decisions.

How does a man like that see himself? Probably as strong-willed, determined, independent, productive, decisive, and confident. His biggest problem in life is why his wife ignores his priorities and concerns.

**Steps a woman can take.** What is the answer for relationships like these? What does it take to break through this escalating cycle of arguments and emotional withdrawal? Since a man like this probably doesn't see himself as the problem, or may not feel like there is much of a problem anyway, his wife may have to provide the corrective

changes.  
**She can:**  
- find an outside source of help through a friend, minister, counselor, or relative. She needs to be strong - strong enough to confront her husband and make it stick. She has to be different enough that when she confronts him with ultimatums or consequences she is believable. Going for counseling on her own may be a needed step in this process.



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- gain power by finding other sources of self-esteem and worth such as with a job, friendships, and hobbies that provide satisfaction independent of the marriage. By making herself happy and independent, she sets the stage for correcting the flaws in the relationship.

- confront her husband and insist on counseling. By going, half the battle is already won. The husband places himself in a dependent situation where he does not set the rules. This is a level playing field where the power between them is equalized. Counseling is a place where he will be held accountable for his promises, words, and actions.

Understandably, the counselor has to be strong enough to deal with powerful personalities and emotions. A combination of gentleness and strength are necessary to hold this man in therapy and to confront painful issues caused by his own actions.

If the stakes are high enough and his motives strong, he will

work at changing. Counseling is strong medicine, but it is preferable to separation or divorce.

Benefits of counseling. The habit of not listening is so strong that it takes the presence of a counselor to demonstrate the skills, to observe, make helpful suggestions and correct mistakes. Listening for understanding is difficult for someone who is used to filtering everything through his own strong emotions and opinions.

By learning to listen, he will hear and understand his wife's emotional pain. It's not just words, it's also body language. It is teaching someone the basics of empathy - to understand and respect another's plight and to respond emotionally to it. He will learn to give love instead of expecting it as a right.

**Communication skills by themselves may not be enough.** Connections need to be made between domineering and controlling behavior and childhood family experiences. This style of relating was probably present in his own family where his father or mother was an imposing and tyrannical figure. The lack of warmth and concern he projects corresponds to the lack of warmth and concern he once felt as a child.

For more information on counseling, 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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any options for moving the sandbags.

"If we had to move them, I have no idea where we'd put them," Scherschligt said. "To me, the flooding is a little more important than finishing the bike trail. We've got people trying to protect their property with the sandbags down there. If we pull them out of there and don't have a place to go with them, I think the repercussions are going to be a lot worse about the sandbags leaving Riverside Acres than they would be about two blocks of bike trail."

The commission agreed with the emergency manager's sentiment, but still sought a solution to the problem. Commissioners asked Yankton County Highway Superintendent Alan Sorensen whether the contractor would be able to work around the sandbags if they were moved to one lane. He said he would investigate whether that

would be a workable compromise. Commissioner Mark Johnson said if that doesn't work, perhaps the county could ask LRC to adjust the contract to reflect not completing the final portion of the trail. That segment could be finished at a later time, he suggested.

In other business Tuesday, the commission was told by Scherschligt that the sandbags being supplied to the Yankton area are not biodegradable and should be able to withstand the duration of the flood event along the Missouri River.

He said county officials continue to monitor the waterways in the area and have stayed in contact with affected property owners.

Also, Commissioner Allen Sinclair said he received a word of thanks from a Union County commissioner for Yankton County releasing its National Guard members to assist with flood relief efforts downstream.

Scherschligt said the decision was the neighborly thing to do, and added that he was sure Union County would have done the same thing if Yankton County had requested assistance.

## What's For Dinner?

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## Gala

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Youth Scholarship.

"The P.A.Y. Scholarship was started in 2008 by our Agri-Business Committee. We felt there was a need in our community from an ag perspective for youth coming up in ag," DeWaard said. "In 2008, we started a scholarship funded solely by donations from producers and agri-businesses, as well as this event — we auction off items and 100 percent of those proceeds go back into restoring the scholarship."

In its first two years, the scholarship was worth \$500 to a senior in the Yankton area looking to go into a career related to agriculture, but this year it has increased to \$1,000. DeWaard said not very many seniors want to go into agriculture and it has been tough to promote the scholarship.

The winner of this year's P.A.Y. Scholarship is Robert Heine, graduate of Yankton High School. Heine was raised on his family's farm and has helped his father since he was young. Heine had success in 4-H as he won championships in showing his steers, showmanship and public speaking on ag issues. He plans to attend South Dakota State University and pursue a degree in Agriculture Production and Business.

The auction included wine baskets, John Deere sweatshirts, massages from Avera Sacred Heart, hay and ribeye loins. The four ribeye loins were donated by the Petrik and Heine families. After they were sold quickly, the Heine farm donated two more and also donated the seven tons of hay that raised the most money, \$185 per ton, totaling \$1,295. The next highest-bid item was a limited print of Jolene Steffen's "Natures Prayer" painting which went for \$775.

Every year, the Ag Gala also names a Farm Family of the Year. Nominated by area businesses and producers, the Agri-Business Committee votes on the families nominated to choose the winners.

"The Farm Family of the Year is Jim and Sharon Petrik Family. They have four kids, ages 9 to 20 and they run a corn, soybean and hog operation in Gayville," DeWaard said. "Jim has been involved in a

number of things including South Dakota Pork Producers, he's been on the National Pork Board, he's a graduate of the South Dakota Ag and Rural Leadership, which is a prestigious group for agriculture for the state of South Dakota. He's been involved in a number of things. He's also donated pork to this event to donate to the P.A.Y. Scholarship."

The Petriks have been very active not only in the agricultural side of Yankton, but also in the community in the Gayville-Volin School District. All four of their children participated in 4-H and helped with the family business.

The final event of the gala was the keynote address, given this year by Troy and Stacy Hadrick. Schramm said they try to bring in a broad-based speaker that will interest a number of people.

Born and raised in South Dakota, both Troy and Stacy graduated from SDSU and then returned to western South Dakota to ranch. They have been active members in the Farm Bureau's Young Farmers and Ranchers program, South Dakota Farm Bureau and the South Dakota Cattlemen's Association. Their willingness to expand their knowledge of agriculture has earned them one-in-a-lifetime experiences as they were two of 10 people selected to attend the Farm Bureau's prestigious Partners in Agricultural Leadership program, named two of seven people to watch in the Black Hills Region by the Rapid City Journal in 2007, and were BEEF Magazine's 2010 Trailblazer Award winners.

DeWaard said although the couple is young, they have a great impact for agriculture.

"They travel around the United States and their promotion is that they're big advocates for agriculture. They go around and speak against special interest groups to

try to get the true-ag word out, the true meaning and the true purpose of agriculture," he said. "It not only goes towards special interest groups, but to people in the cities and other people that don't have a clue about it, to just give them a general idea."

Their keynote program focused on helping people involved with agriculture realize their influential power. The duo gave examples on making connections to everyday people to help them see how important the ag business is.

"One of the things we get to do is talk to consumers," Troy said. "Not only do they not understand what we do, they don't understand where we come from."

Stacy gave three tips to use influential power — talk, teach and touch. In order to do that, one needs to make a connection to the part of agriculture they work with, start a conversation and have a 30 second "elevator speech" that gets people interested in what they do.

"We need to use our influence in agriculture to show people the real side of where their food comes from," Troy said. "We have influence in agriculture, but we need to learn how to use it."

As the Ag Gala continues to grow, DeWaard said it's important for the community to realize the impact of agriculture on everyday life.

"We don't really have anything in Yankton that's ag related. We have little workshops but there's nothing out there that puts ag in the forefront," he said. "It's very important to keep (the gala) as agriculture continues to get larger and it impacts fewer and fewer people. We need to get those people that don't know much about agriculture to come and know what impact those producers have on them."

## 50th Anniversary Open House

Come & Help Roger and Lorraine Frey celebrate

**Friday, June 24th, 2011**  
2-6pm • Avon Fire Hall  
Refreshments for everyone  
*Live Entertainment by the Over the Hill Band*

### Kline-Singer

Sara Kline and Sam Singer announce their engagement. Parents of the couple are Rick & Joan Kline of Yankton, SD, and Tim & Brenda Singer of Ellsworth, WI. The bride is employed by the Department of Social Services in Sioux Falls, SD. The groom is employed by the Children's Home Society in Sioux Falls, SD. The couple is planning a July 2, 2011, wedding in Sioux Falls, SD.

## LOOK WHO'S WINNING!

**MICHELLE BATHKE** Mitchell  
**RANDI MOSSET** Sioux Falls  
**SCOTT SCHEFFER** Yankton

### MORE WINNERS ADDED EVERY DAY!

<p><b>Gary Vawser</b> Yankton <b>\$10,000 Powerball</b></p> <p><b>Tammy Stensaas</b> Sioux Falls <b>\$5,000 Wild Card</b></p> <p><b>Alan Anderson</b> Windom, MN <b>\$1,800 Flashback Cash</b></p> <p><b>David France II</b> Sioux Falls <b>\$1,000 EZ Money</b></p> <p><b>Patsy Windle</b> Sioux City, IA <b>\$1,000 Cash Blast</b></p> <p><b>Tarise Hopkins</b> Sioux Falls <b>\$500 Powerball Power Play</b></p> <p><b>David Hoon</b> Humboldt <b>\$500 Hot Lotto</b></p> <p><b>Danielle Thorin</b> Sioux Falls <b>\$500 All in to Win</b></p> <p><b>Kirk Wellman</b> Sioux Falls <b>\$500 Cash Stash</b></p> <p><b>Theresa Andre</b> Sioux Falls <b>\$500 Wild Card 2</b></p>	<p><b>Beverly Javers</b> Lennox <b>\$5,000 Wild Card 2</b></p> <p><b>Kassidy Boyd</b> Vermillion <b>\$500 Cash Line Bingo</b></p> <p><b>Tony Kampmann</b> Sioux Falls <b>\$400 Powerball Power Play</b></p> <p><b>Donn Gatto</b> Jefferson <b>\$206 Powerball Power Play</b></p> <p><b>David Bugh</b> Sioux Falls <b>\$200 Cash Blast</b></p> <p><b>Willis Gamber</b> Monroe <b>\$200 EZ Money</b></p> <p><b>Carmen Valencia</b> Sioux Falls <b>\$200 Super Monopoly</b></p> <p><b>Michelle Christensen</b> Sioux Falls <b>\$200 Cash Blast</b></p> <p><b>Casson Dennison</b> Elk Point <b>\$200 Happy Camper</b></p> <p><b>Khalid Bouhamidi</b> Tea <b>\$150 Mega Millions</b></p>	<p><b>David Smidt</b> Sioux Falls <b>\$6,000 6X the Money</b></p> <p><b>Donna Reit</b> Dell Rapids <b>\$5,000 Wild Card 2</b></p> <p><b>Jim Shook</b> Valley Springs <b>\$5,000 Wild Card</b></p> <p><b>Jennifer Breum</b> Sioux Falls <b>\$3,000 Hot Line Slingo</b></p> <p><b>Terry Davidson</b> Lennox <b>\$1,506 Sizzler</b></p> <p><b>Keith Cutts</b> Yankton <b>\$1,000 EZ Money</b></p> <p><b>Leslie Dupuy</b> Sioux Falls <b>\$1,000 EZ Money</b></p> <p><b>Doug Whipple</b> Fordyce, NE <b>\$1,000 Cash Spectacular</b></p> <p><b>Tara Juracek</b> Sioux Falls <b>\$1,000 Flashback Cash</b></p> <p><b>Janet Fulk</b> Vermillion <b>\$1,000 Cash Blast</b></p>
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**JOSHUA SKOVLY** Yankton  
**LORI HOFFMAN** Mission Hill  
**ROY SCHRAMM** Flandreau

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Must be 18 years or older to play. Please play responsibly.

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### MORNING COFFEE

WEEKDAYS MONDAY-FRIDAY

**Wednesday**  
7:40 Christ Episcopal Church  
8:15 Chef Staci  
8:45 Irene Rodeo

**Thursday**  
7:40 Lisa Scheve  
8:15 Carmen Schramm

**Friday**  
7:40 Yankton Daily Press & Dakotan  
8:15 Sherri Duke