

Defining Boundaries In Close Relationships

BY VAL FARMER
Preston Connection Feature Service

This is one trip you don't want to take this summer — a guilt trip.

What is guilt? Guilt is your feeling about your personal failure to live up to your standard of behavior.

There are times when we should feel guilty. On those occasions when we are blind to our own moral lapses, a spouse, a relative or a good friend may gently help us see our inconsistency between what we say we believe and how we act.

Occasionally a counselor, a minister or a trusted advisor may assume that role.

What is a guilt trip? Guilt trips are about violating boundaries. Guilt trips are about control. It is a way of manipulating people to get a desired outcome through indirect and passive-aggressive tactics.

Inflicting guilt is used more frequently in families, small communities and organizations where direct conflict or confrontation might upset ties and working relationships. Using guilt unabashedly to control others gets passed on in families as surely as genes. Some families do it, some don't. Families that use guilt may not even be aware of how often they use it or how wrong it really is.

Expecting people to give up a control tactic they've used "effectively" over a lifetime with each other may not be realistic. Usually we don't need much help from others to know when we've failed to live up to our own code of moral conduct.

Setting boundaries. To deal with another's agenda for our behavior, we need to be clear about who we are, what we want and what we are willing to do. If we understand and are secure about ourselves, we become less vulnerable to inappropriate or blatant attempts to control our behavior. Setting boundaries is about being clear on personal and family goals, priorities and responsibilities.

It is about saying "no" when it is necessary. It is about communicating limits and taking control when others may want to control you. It is about agreeing to disagree in a pleasant manner.

Taking charge. Here are some tips on what to do when someone is trying to inflict guilt.

— **Mirror back to them the essence of what they are saying.** "Are you telling me that if I don't come and see you everyday I am not being a good daughter?" Confront them with their own words. "I have the feeling that you are upset because . . . Is that right?"

— **State your position on the subject and recognize that they have a right to their opinion.** "I understand that you feel differently, but let me explain why we chose to do this and so."

— **Find out what they want.** Tell them a range of options you

are willing to do and see which one they favor. Be clear about what you are not willing to do. State your conditions and see if

they are willing to meet them or make counter-proposals.

— **Don't let them suck you into their plans.** Make plans and be clear about them. Discuss with them how their plans and yours might match up. Negotiate from a position of strength. If they catch you off guard, tell them you need time to think about it and when you will get back to them.

— **Recognize that every relationship has give and take to it.** Do your part. It is when the relationship becomes unbalanced that you have to draw the line.

— **Have thick skin. So what if they inflict a lot of guilt.** That is their way. You don't have to take it personally. So what if they are disappointed or angry with you. That is their problem. Be loving and matter-of-fact with them. "I'm sorry you feel that way. I hope it won't be a big problem between us."

— **Don't be afraid to say no and explain your reasons why.** You owe them an explanation. That's all. Listen to their attempts at persuasion. If they persist, be a broken record. State your own reasons over and over again if they keep coming back to the same point. "Like I said before, Bob and I decided that this year we would do this and so."

— **Get the issue defined clearly and on the table rather than let innuendo or snide remarks pass.** "What did you mean by that?" or, "Are you saying that I am not being responsible when . . .?"

— **If they have a valid point, acknowledge it, apologize and make amends if possible.** Addressing your own faults openly will make it easier to draw the line when it is their perception or interpretation that seems to be the problem.

It may be a painful process, but being clear about boundaries helps create healthy and respectful relationships. Other people's feelings count. But they don't have the right to control you with those feelings. As long as you are in control, it is their problem, not yours. Even if the other party doesn't change, at least you'll be more at peace — and more in control.

If you take guilt trips, you are choosing to go along for the ride. How is that for a guilt trip?

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

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Val FARMER

VISITING HOURS

Shape Up For The Summer

BY BRITTANY LARSEN
SDSU dietetics student

Summer is a time when most people are trying to look better and have a more beach-friendly figure. Here are some helpful guidelines and tips to gradually achieve your ideal weight in a healthy, safe way.

• **Drinking water is a great way to prevent dehydration,** curb cravings while saving calories, and even regulating your body temperature. Aim for at least eight 8-ounce glasses (64 ounces total) of cold water daily.

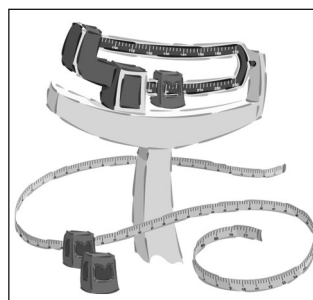
• **Eat smaller, more frequent meals throughout the day.** Eating less at one meal but eating more frequently raises your metabolism by making your body constantly digest food during your wake hours. Rather than three meals a day, aim for five meals a day for women and six meals a day for men at two and a half to four hour intervals.

• **Watch your portion sizes.** Restaurants may double or even triple portion sizes and pack it onto one plate. One serving size of meat is three ounces, which is about the size of a deck of cards. One serving of potatoes, yams, brown rice, pasta, milk, yogurt, or fresh fruit is about the size of a fist. One serving of nuts or dried fruit is about the size of a palm. One serving of cheese is about the size of a thumb.

• **If you do choose to eat at a restaurant,** try to eat half the portion size given. Also attempt to choose healthier options on the menu, such as salmon and steamed vegetables rather than chicken alfredo.

• **There are two classifications of foods and beverages:** nutrient-dense and energy-dense. Nutrient-dense foods are foods lower in calories but high in vitamins and minerals. Some examples include whole grains, vegetables, fruits, and nonfat or low-fat dairy products. Energy-dense foods are foods higher in calories but have low amounts of or are absent in vitamins and nutrients. Examples of energy-dense foods include candy, chips, cookies, cakes, enriched (white) bread or rice, and soda. Aim for a diet consisting of the ratio of at least 85/15, where 85% of the foods you eat are nutrient-dense and 15% of the foods you eat are energy-dense.

• **Avoid very restrictive, very low calorie (less than 1200 calories for women and less than 1500 calories for men) or fad diets that emphasize one macronutrient while avoiding or extremely restricting another,**



such as low-carbohydrate diets or low-fat diets. These types of diets are unhealthy, very restrictive, and may cause a deficiency of certain vitamins and minerals while getting excessive amounts of other vitamins and minerals. These type of diets are a temporary fix for those wishing to lose weight fast and do not promote permanent lifestyle changes.

• **True and healthy weight loss should not be rapid, but gradual.** Rapid weight loss often does not reduce a person's body fat greatly, but instead results from losing water weight and muscle. This is dangerous because losing too much water weight can lead to dehydration while losing muscle decreases a person's metabolism. Rapid weight loss also results in rapid weight gain once the dieter returns to their normal eating habits, which is likely to happen because rapid weight loss is often caused from a very low calorie and/or very restrictive diet. Gradual weight loss is more permanent. Aim for a goal of no more than 1-2 pounds per week.

• **Never waste any money on weight loss diet supplements.** They are often overpriced, a dan-

ger to the organs of your body, and unregulated by the Food and Drug Administration (FDA). Weight loss should not come from a pill, but rather from lifestyle changes. Always consult with your physician before deciding to try any diet pills.

• **Healthy weight loss cannot come from changing your diet alone.** Healthy weight loss also cannot come from exercising alone. Changing your diet and exercise go hand-in-hand. Aim for at least 30 to 60 minutes of physical activity everyday. This does not mean you have to join a gym. You can fulfill this recommendation by house cleaning, taking a walk with your dog or children, walking to or from work, parking further away from your destination to increase walking, taking stairs instead of elevators, and many other ways.

Following tips such as these encourages permanent life changes, rather than temporary, rapid weight loss. Being consistent with these tips will help you start seeing the scale go down before you know it!

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.

Niobrara

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sustain many Niobrara business for the long haul, Robinette said. He and other local residents are ramping up demands that the bridge and Highway 12 re-open within days, if possible.

"I talked to the owner of a dredge, and he said they could prop the road up in a couple of weeks," he said. "They could bump it up high enough and wide enough, then put up barricades along the side. They could put up a concrete barrier that's temporary."

Niobrara businesses overcame last year's Highway 12 construction but can't take much more, Robinette said.

"If one business closes, then it becomes like dominoes," he said.

The sentiment is shared by Stacy Fritz at the Niobrara Trading Post owned by her mother, Rozann Graves.

"If they could get Highway 12 and the bridge open, that would be the most important thing to

this town," she said, her eyes widening at the thought.

"We are accessible and open for business, but everybody thinks we're flooded out," she said. "It feel like we are closed off to the world. We are barely hanging on. This (slow business) is like a winter day, with just local people."

With three customers waiting in line, employee Maxine Reising said the convenience store hadn't seen that much business at once in quite some time.

"There are days we don't see someone for two hours, and even then it might be to use the bathroom or to buy a bottle of pop or water," she said.

A two-word piece of advice comes from Mark Rettig, superintendent of Niobrara State Park.

"Ignore rumors," he said.

Niobrara State Park continues operating as normal, Rettig said.

"We have the buffalo cookouts, the horse trail rides, the programs, the swimming pools, the cabins," he said. "Our staff is working very hard to keep this pristine for our guests."

The cabins are full, he said, and the Saturday night cookouts continue along with the Ne-

braska humanities speakers following the meal. In addition, the bottom wetlands have flooded, driving wildlife into plain sight for visitors, he said.

Niobrara State Park offers families a great affordable vacation, the park superintendent said. "You talk about a one-tank getaway, this is the spot to come to," he said.

Rettig also encourages park visitors to see the 2011 flood.

"We aren't taking away from the tragedy. Our heart goes out to those who have lost their homes," he said. "But this is also a historic event, and we encourage people to come out and witness it."

Niobrara has dealt well with the flooding challenges so far, said police chief Doug Salmen. However, he remains concerned about the impact of the closed bridge and highway stretches for first responders, from law enforcement to ambulances and fire departments.

The challenges range from longer response times to relying on county or township roads that are too narrow and not built for large vehicles, he said.

The flood-related problems

are taking a toll in other ways, Salmen said.

"There is a lot more depression in town, more domestic situations — what you normally see with the stress around the holidays," he said. "Everyone is feeling a sense of uncertainty. It's the general frustration of how this town is choking because of the lost highway access."

Salmen also sees much more animosity toward outside authority, particularly government agencies tied to the flooding.

"Most people in a smaller town, they want the truth. Tell them what is going on," he said. "The business owners are told it will be August before they see relief, and some have heard it will be December. It's tough to plan that far ahead."

"What direction will it go? How long can people endure this?" he added.

Despite such trials, Salmen retains faith in his fellow Niobrarians.

"We try to make life normal, as normal as it can be," he said. "There are issues, but we will deal with it the best we can."

Tripp

From Page 1

everything from businesses, churches, and families to organizations. Following the parade, the Tripp-Delmont School Drumline will perform on Main Street.

Also, a fireworks display will be held after the closing ceremony at 10 p.m. Sunday.

Committee member Carol Schoenfelder said everything has arrived and has been on display in different downtown businesses. Available are T-shirts, caps, piggy banks, mugs, koozies, lanyards, and commemorative 2011 buttons. Playing cards with Tripp trivia and memories, a project of the Tripp Community Foundation, also are among the souvenirs available.

"We also have the buttons from 1961, and 1986," said Schoenfelder. The older buttons were found in a city office closet, and will be teamed up with the current year's button to be sold as a set.

The third volume of "Touch of Tripp," the local history book,

has been completed by the Tripp Women's Civic Club and is on sale. Their work started several years ago, compiling information since "Touch of Tripp II" was published 25 years ago.

Walz, with the help of Dewald, also has compiled a business map — "125 years of Business in Tripp" — that, she said, should prove interesting and informative.

Following the parade, the town's four churches will be hosting two-hour open houses. The churches include Frieden's Reformed, Holy Rosary Catholic, Emmaus Lutheran and First American Lutheran. At First American, a quilt show also is scheduled for the same time. The quilt show could spill over into other churches, depending on how many show up, said Walz, adding that the chairs, Jodi Fuerst and Jodi Schnabel, "have some fun things planned."

Other events Saturday evening include the Mud Run at the north fairgrounds, bingo at the Legion Hall, a movie at Idle Hour Theatre and the Night Raiders band playing on Main Street from 9 p.m. to 1 a.m.

Sunday morning, each of the churches has a service. The afternoon activities will take place

on the north end of Tripp, with a Kids carnival at City Park and a car show across the street at North Fairgrounds. The Kaylor 4-H Club is coordinating games at the carnival, plus there will be face painting, prizes, cotton candy and root beer floats. Another afternoon of free swimming at the park also will be available.

A movie will be available at the Idle Hour Theatre, beginning at 4 p.m., and Harvey Wormsbecker will play from 4:30-6 p.m. at the Tripp Emergency Services Building, prior to the 6 p.m. alumni banquet.

Following dinner, one of the more unusual activities, cannon ball shooting, will be held at the fairgrounds. Old bowling balls have been converted to "cannon balls" and their flight into the sky will be coordinated by Dr. Dale Bakke, Dennis Kurtz and Harry Sykora.

"People will get a kick out of it," said Walz, adding that in between shots, School Trivia An-

swers will be revealed. The questions, posed by the Alumni Committee, will be posed at the banquet.

The closing ceremony will include a color guard, the Star Spangled Banner and fireworks.

"I am excited for the weekend to be here because we have planned for it so long," said Walz. "But I am also excited for it to be over, since it has been so much work... But, it is fun to see how all your work comes to life."

Sanford

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wants to expand to several countries.

"We just proposed the (Ghana) idea. We had to make sure we understand where (Gates') passions and desires lay," said Krystopolski, who was part of the delegation that went to Seattle.

An announcement could come later this year, she said.

A deputy press secretary for the Bill & Melinda Gates Foundation said in an email to The Associated Press that the foundation does not comment on potential future plans.

Sanford Health already has children's clinics in Belize and Ireland, as well as some in states outside the Midwest. It said earlier this year it plans more than

20 additional such clinics in the U.S. and abroad over the next decade.

Sanford Health was formed by the merger of two health systems in the Dakotas in 2009. It is headquartered in Fargo, N.D., and Sioux Falls, and has a presence in more than 100 communities in eight states. Sanford says it is the nation's largest not-for-profit rural health care provider.

Brian Hensel, assistant professor of health services administration at the University of South Dakota, said expanding to Africa would fit the Sanford network's international plans.

"These developing countries are focusing on basics in health care that we take for granted," he said. "You are literally saving lives whether it's through water sanitation or immunizations or basic public health structures."

Ghana is about the size of Oregon. It is home to about 20 million people.

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Independence Day Deadlines
The Yankton Daily Press & Dakotan will be closed Monday, July 4th, for the Independence Day holiday.
The following deadlines will apply:
Out On The Town
Wednesday, June 29th
Tuesday, July 5 newspaper
5 p.m., Wednesday, June 29th
Wednesday, July 6 newspaper
5 p.m., Thursday, June 30th
Thursday, July 7 newspaper
5 p.m., Friday, July 1st
There will be no newspaper on Monday, July 4, 2011.
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