

Getting Along With People Who 'Tell Us What To Do'

BY DR. MIKE ROSMANN

We all know people who seem to constantly tell us what to do. It feels like they always have to be right.

For most of us, persons who have to have their way grate on us. We find ourselves avoiding them and questioning ourselves, as well as becoming angry at their bossy manner.

This sounds like a personal rant, but it's not. It's a problem for which a number of Farm and Ranch Life readers have sought my advice.

Most of the requests have been from farm women about authoritarian husbands and extended family. A few farm men have contacted me about people who are excessively controlling, usually parents or landlords.

While it is difficult to get along with people who require adherence to their demands, there are approaches we can take to achieve a positive outcome.

What to do when people have to have their way. It's important to keep the lines of communication open, even if we don't feel like it.

We get nowhere by ignoring domineering persons or taking a position that is uncompromisingly opposite. That seems to be what is happening at the national level politically.

A Pew Research Center survey of 10,013 adults nationwide that was released earlier this month indicates significantly greater political polarization between conservatives and liberals over the past twenty years, with fewer people willing to "take the middle ground."

When elected political leaders are unwilling to compromise, little gets done to solve national problems. The same thing happens in personal relationships, the Pew report indicates.

Behaving in an authoritarian fashion is learned, not inherited. Psychologists and others have developed guidelines to deal with the conflict that occurs when people are polarized in their relationships. Here are guidelines I find useful.

- Agree to talk and to practice fairness. That means everyone gets approximately equal time during discussion. Sometimes the talking session is dominated by one person, so this may mean having to delay your opportunity to speak to a later date, but make sure you get your turn.

- When a person is talking, do not interrupt. Let the person say things even if you disagree. It is important to let the person get things into the open.

- Clarify what you are hearing. It helps to repeat back what you heard so the person can confirm or modify his/her view. You can provide prompts like "I hear you saying that..."

- If the other person is shouting or not talking freely, provide encouragement to get matters into the open by saying such things as, "Okay, tell me more; I

want to know what you are saying." Make eye contact when you give these prompts and avoid giving in to any impulses to disagree until you have your turn to speak.

- Solve one problem at a time. If the person talking brings up additional issues simultaneously, provide prompts such as, "Let's solve one problem at a time before going to the next one."

- Avoid comments about the speaker or what is being said while the person is venting, yelling or verbally bullying. When the person calms down, then gently say something like "I'm glad you got that into the open."

- Avoid name-calling, foul language, swearing, and any physical restraint or aggression. Sometimes it's best to hold discussions in public places such as restaurants because it prompts appropriate social behavior. Bring in someone who can mediate if necessary. If anyone becomes physical, leave the situation if you can and don't be afraid to contact law enforcement or other proper authorities when safe later to report violence or abuse to children and dependent adults.

- Postpone what you don't know how to handle. When you are confused, overly emotional or angry, it usually helps to postpone trying to settle the issue immediately. You can say, "I need to think about this a bit." Or "I need to take a break to get myself thinking clearly." Refrain from saying anything negative.

- Always come back to the unresolved issue at a later date when you have regained self-control and feel okay. Set a time and place, if you can, when you will be ready to resume discussion about the sore subject.

- When you get your chance to speak, propose alternatives to the demands that have been made. It's rare when problems have only one solution. Be willing to give a little to get a little in return. Propose compromises. Usually the first proposal, and sometimes several more proposals, do not lead to agreement so it is necessary to keep talking and proposing compromises until a solution is reached.

- Compliment a person whenever he/she moves a little toward compromise. Be sincere and willing to shift your position too.

- When resolution is reached, acknowledge the agreement and thank those involved in the resolution.

By managing your own behaviors you are gently teaching the authoritarian person how to be less controlling. You are setting an example of fairness. Everyone benefits!

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Dr. Mike ROSMANN

USD

Berry Named Interim V.P. Of Research

VERMILLION — The University of South Dakota announced today that Mary Berry, Ph.D., will serve as interim vice president of research effective June 23 following the retirement of Laura Jensi, Ph.D.

Berry, a member of the USD faculty since 1990, serves as director of Photo Active Nanoscale Systems (PANS) and director of South Dakota Integrative Graduate Education and Research Traineeship (SD IGERT). For more than a decade, she was chair of the Department of Chemistry and has been a professor of chemistry at USD since 2001.

"Research is crucial to the mission of the University of South Dakota and I am honored for the opportunity to as-



Berry

ist the Office of Research and Sponsored Programs in this period of transition," Berry said. Berry joined the department of chemistry faculty at USD in 1990 as an assistant professor after serving as a postdoctoral associate at the University of Pennsylvania. While at USD, she has been recognized for her outstanding research, including the President's Award for Excellence in Research in 2012 and the Award for Academic Innovation and Excellence in 2005. Additionally, she was a visiting scholar at the University

of Victoria (Canada), the University of California at Los Angeles and at Argonne National Laboratories. Berry earned a Ph.D. in physical chemistry from the University of Virginia and a B.S. in chemistry from the College of Charleston.

"We are fortunate to have Dr. Berry in this position to serve as interim vice president," stated USD President James W. Abbott. "Her credentials and outstanding reputation will provide a steady direction for the university while we identify the next long term leader for the university's research mission."

Tabor To Fly Honor & Remember Flag

TABOR — Tabor will be one of the first communities in South Dakota to fly the Honor & Remember flag as a tribute to fallen soldiers.

A ceremony will be held at 7:15 p.m. at Leonard Cimpl Ball Park on Thursday, June 19, prior to the Tabor Bluebirds baseball game against Avon. The game is a prelude to the annual Czech Days celebration.

"We want to recognize our veterans who made the ultimate sacrifice," says State Sen. Jean Hunhoff of Yankton. "We invite family

members and friends of all military personnel who died in combat to join us at the baseball game."

The American Legion Kortan-Hatwan Post 183 Auxiliary of Tabor obtained an Honor & Remember flag after the state legislature officially adopted it in February. A number of other states had already adopted the flag.

State Rep. Mike Stevens led the effort to recognize the flag in South Dakota after Yankton County's legislative delegation was contacted about the issue by Christine

Bestgen, formerly of Yankton. Christine's son, Spc. Dennis Jensen, was killed while working on a bridge in Afghanistan in 2011.

"Christine testified powerfully in Pierre about how parents of soldiers who lose their lives want to know that their children are not forgotten," says Rep. Stevens. "The Honor & Remember Flag recognizes the sacrifices of both the soldiers and their families."

Each year a fireworks display is held after the Czech Days baseball game to remember Rich Schild a

Tabor resident and active community member who died in Iraq along with fellow Charlie Battery soldiers Dan Cuka and Allen Kokesh.

"Young men and women in uniform from the greater Yankton area have sacrificed quite a lot in the last decade," added State Rep. Bernie Hunhoff, who also assisted with the flag effort.

"The Honor & Remember flag is just one more way to show our respect and appreciation."

USD

Law Professor Inaugural Recipient Of Cutler & Donahoe Award

VERMILLION — Chris Hutton, professor of law at the University of South Dakota School of Law, has been named the inaugural recipient of the Cutler & Donahoe Award for Excellence in Legal Education and will receive a \$5,000 prize through the USD Foundation. It joins the prestigious Richard and Sharon Cutler Faculty Awards in Liberal Arts as significant contributions made by the Cutlers to honor outstanding USD faculty.

"I am very honored to be the first recipient and very grateful to the law firm for giving us a way to recognize our faculty. I think any of my colleagues would be great for it," said Hutton.

Having arrived for the first time in South Dakota in 1984, Hutton has more than 30 years of service to USD Law, teaching primarily in the areas of Criminal



Hutton

Law, Criminal Procedure and Evidence. Included amongst the products of her research is her most recent co-authorship of "South Dakota Evidence," 2nd Edition with John Larson published in 2013. In addition, Hutton has been an active contributor to the legal practice in

the role of women in the law.

"We are very grateful to the Cutler & Donahoe Law Firm for its generosity and I find it particularly appropriate that Professor Hutton was selected as the first recipient," said Dean Geu. "Her ongoing research, numerous areas of service to the South Dakota legal community and her unwavering dedication to our law students made her an excellent, if not obvious, choice."

The newly created faculty award was made possible through a generous endowed gift from the Sioux Falls, S.D. law firm of Cutler & Donahoe, LLP. This award will be presented annually to a full-time USD Law School professor whose research, service and mentorship generally benefit legal practice in the State of South Dakota.

Music Museum Receives TripAdvisor Award

VERMILLION — The National Music Museum in Vermillion has been recognized by TripAdvisor.com with a 2014 Certificate of Excellence "for destinations and attractions that have consistently earned outstanding feedback from TripAdvisor travelers."

The award is based on the quality of reviews and opinions earned on the travel website over the last year. The NMM received numerous five-star ratings: "This is a must see for anyone who wants a look back at the history of their musical instrument." "No matter what type of music you enjoy, there is something for everyone." "This museum is

the equal or better of anything found in New York or Vienna. You will be surprised and amazed by the scope and variety of this beautiful jewel." "Amazing, amazing collection!"

Says Museum Director Cleveland Johnson, "This honor is particularly gratifying because it is a 'people's choice' award — visitors from all walks of life who've experienced our collection up close and were so impressed that they took the time to write about it."

The Museum's deep holdings also allow it to mount exceptional special exhibits, like the current "Celebrating the Saxs," which showcases rare

musical instruments designed by famed saxophone-inventor Adolphe Sax, as well as by his father and son. The NMM is one of a handful of international museums able to put on such an extensive and representative display in celebration of Sax's 200th birthday. The exhibit will be up through Labor Day.

The Museum also features concerts through its 'NMM Live!' series. Two outdoor events, A Little Summer Night Music, will soon grace the Museum's front courtyard. The Kentucky Baroque Trumpets will perform on Friday, June 27, at 7:00 p.m., and the South Dakota Brass Quintet on Fri-

day, July 4, 2014, at 7:00 p.m. Admission is free (donations are always welcome).

The National Music Museum is on the campus of the University of South Dakota, at the corner of Clark and Yale Streets. It is home to one of the world's finest collections of musical instruments, including a Stradivari violin, guitar and mandolin; the world's oldest cello, the Amati "King," the world's oldest playable harpsichord; and guitars once owned by greats like Johnny Cash and Bob Dylan.

More information about the National Music Museum is available at nmmusd.org.

CASA Super Hero Fun Run & Walk On Sat.

Southeast CASA (Court Appointed Special Advocates) will put the "fun" in its two-mile Super Hero Fun Run/Walk for CASA on the morning of Saturday, June 21st.

People are encouraged, although not required, to dress up as a superhero for the fun run, said CASA Program Director Sherri Rodgers-Conti. "Throw on a cape, which may be purchased at the event, and you're good to go," Rodgers-Conti said. "This is a very family-friendly event, with an emphasis on having fun. Participants will be helping abused and neglected chil-

dren, because the proceeds will provide a CASA volunteer for child victims."

Local heroes will be on hand to provide activity stations for the kids to enjoy along the route.

"CASA programs believe that every child needs a hero, but an abused child needs a Superhero...the CASA volunteer."

Registration on the day of

the event begins at 9:00 a.m. at the Meridian Bridge Plaza. There will be activities for children, including face painting, prior to the start of the fun run/walk at 10:00 a.m. The event route includes the Meridian Bridge and Riverside Park, concluding with a pancake feed and the VFW.

You can give a voice to abused and neglected children who are involved with the

court and the foster care systems through your support of the CASA program. Southeast CASA promotes and protects the best interests of these children through the advocacy efforts of trained volunteers.

For more information or to pre-register, call (605) 760-4825 or visit www.southeastcasa.org or www.eventbrite.com.

REUNIONS

VARILEK REUNION

The Varilek family reunion will be held on Sunday, June 22, at the Springfield Community Center (east end of main street) beginning at noon.

Bring your favorite dish to share. Table service and beverages will be furnished.

NIELSON FAMILY PICNIC

The Nielson family picnic will be at noon on Sunday, June 22, in the Lloyd Mork Memorial Park (North Park), Irene.

CWACH REUNION

The 76th Cwach Reunion picnic will be Sunday, June 29, starting at noon at JoDean's, 2809 Broadway. Bring pictures and genealogy. Tell friends and relatives. For more information, call Leona Cwach at 665-7956.

50th Anniversary Celebration



Mr. & Mrs. Larry Hames

Larry and Irene Hames of Yankton, SD, will celebrate their 50th wedding anniversary on June 29, 2014.

Irene Gentrup and Larry Hames were married on June 29, 1964, at St. Rose of Lima Church in Crofton, NE.

They have three children: Joe Hames of Lincoln, NE; Dan Hames of Las Cruces, NM; and Deb Labahn of Sioux Falls, SD. The couple has 10 grandchildren.

They will celebrate with a family gathering with their children and grandchildren.

Their family requests a card shower. Greetings may be sent to 129 Signal Hill Rd., Yankton, SD 57078.

INVEST IN WIND ENERGY



DAKOTA POWER COMMUNITY WIND

Dakota Power Community wind is hosting a series of investment meetings for South Dakota investors to learn more about a South Dakota wind farm development opportunity. The plateau that extends east of Interstate 29 northeast of Beresford to south of Canton, shows GREAT PROMISE for wind energy production. The opportunities for an eastern South Dakota wind farm are enhanced by a proposed major transmission line from northwestern Iowa to Joliet, IL that would provide marketing opportunities for the power all the way to the East Coast. The investment opportunity is structured to provide for South Dakota residents to become investors for as little as \$4,000.

Meetings will be held in your area on:

• Thursday, June 19th

at Minervas in Yankton at 2:00 PM

The information provided is not an offer to sell securities. Investors who wish to purchase securities in Dakota Power Community Wind must be a resident of South Dakota and may only invest after receiving and reviewing a prospectus.