

Farmer's Finale: Time To Move On 'To A New Life'

BY DR. VAL FARMER

I can't believe I am doing this. I am writing my last column. Since January 1984, I have had this obligation to write for the public every week.

What are my feelings about ending a weekly column that has been an ingrained part of my life for 28 years? It is hard to say what it will be like to not have something until you don't have it. I will probably know better two months from now than I will today. But I can guess.



Val FARMER

What I won't miss.
• I won't miss the incessant weekly pressure and responsibility to have something to say that is worthy of the space and the expectations of the readers. The column has been a beneficent tyrant, an ever-present reality that cannot be ignored. It takes thought, energy, planning, and preparation. It requires work, hard work.

• The column has been an obstacle to our family life in terms of divided attention. It has had a priority that can't be ignored or disputed as much as I or my wife would like it otherwise; something like farming.

• I am bothered by the occasional negative comment or criticism from a reader who has taken offense to something I have written or where I have caused pain. It is complicated. If I wasn't disturbing the status quo, I probably wasn't being effective.

But sometimes I am reminded that I didn't tell the other side of the story or that there was more to say that didn't get said. Where I have disappointed readers, it stops me in my tracks and helps me realize the power words have and that I am not always right or perfect.

What I will miss.
• I enjoyed the challenge. I have appreciated the opportunity to have access to countless readers and to influence or stimulate them on topics that, in my opinion, were important. My agenda was to tell the truth, to share a point of view that could or should make a difference in readers' lives.

From my perspective as a clinical psychologist and my moral, spiritual perspective, I could see a lot of mistakes people were making in their lives. I could see forces in society and culture that were wrong and destructive. I wanted to call attention to those things to make popular things that were good and make unpopular things that were evil.

My voice wasn't the only voice. I could join my voice with many others who are disturbed by the disintegration of marriage, family life and religious, cultural supports for happiness and well-being. It is hard to give up that kind of power for doing good in the world.

• I have tried to help a unique audience: rural readers from farms, ranches, and small communities of the Midwest. They are special, and their love affair with their work, lifestyle, families, and their friends and neighbors is real. Their dilemmas, conflicts, and challenges are also unique and I have had the privilege to address these concerns.

• I will miss the many friends I have made. What a great group of people I have had to associate with! I have been overwhelmed and awed by the impact of my writing for this segment of society.

I appreciated the speaking opportunities, counseling, and farm family mediation work I have been able to do. My column gave me credibility and access to a counseling clientele that inspired and humbled me. Their hearts were good and their intentions noble they just needed some tools to work with to unlock the love that was already there.

If in the course of my professional work, I have disappointed you, if I wasn't enough or a good fit for what was needed, I apologize.

• I will miss the impact the column has had on my personal and family life. It has helped to provide a good living for our family.

The discipline of a weekly column has helped me create a huge volume of work that would never have happened otherwise. It is a legacy that has been recorded and may continue to benefit my family in unknown ways long after I am gone.

In order to write, I have had to learn. I reached out to many people for wisdom and inspiration. I learned from the people who wrote me, from those whom I have counseled, and from professional colleagues and associates whose insights far surpassed my own. I have been blessed to be an information broker

for others' research, ideas, and wisdom.

Who benefitted the most? I believe my column has helped me be a better husband, father, friend, and neighbor. I hope that my children will regard my work as a blessing in their lives despite the drawbacks that only they would know and appreciate.

• Finally I will miss the partnership with my wife, Darlene, in this endeavor. She wasn't satisfied without me doing my best. Her criticisms were hard to bear but on the mark and accurate. Early on she was merciless in cleaning out the psychological jargon that cropped up.

Her support made this column possible. She sacrificed to make sure my path was clear. Her insights and wisdom found their way into my writing. It has been a joint effort.

My life with her will be a new partnership, based around her language and family history skills. I hope to be able to be just as helpful to her as she has been to me.

There it is. The last typo has been corrected. Done! And now on to a new life.

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

Dr. Farmer's book on marriage, "To Have and to Hold" can be purchased for \$8 each plus \$2.95 for shipping and handling for the first book and \$2 for shipping and handling for each additional book. Send a check or money order to: JV Publishing, PO Box 207, Grover, MO 63040.

A second book, "Honey, I Shrank the Farm," can be purchased by sending a check or money order for \$7.50 (shipping included) to the same address.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Mo., and can be contacted through his website. 2012 JV Publishing

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Visiting Hours

Friday Is National Doctors' Day

BY PAMELA J. REZAC, ED.D.

President & CEO Avera Sacred Heart Hospital

On Friday, March 30, we will celebrate National Doctors' Day. The Yankton region has every reason to celebrate this national day of observance.

We have a wealth of physicians in Yankton practicing a wide variety of specialties — something most cities the size of Yankton cannot claim.

At Avera Sacred Heart Hospital, we are grateful for the role physicians on our medical staff play in the health of our region. In addition to their expert knowledge in their specialties and their direct patient care, our local physicians are also mentors to future doctors through The University of South Dakota's Sanford School of Medicine.

All medical students from the school utilize the medical resources and the knowledge of our physicians during their four years of medical school. In addition, 12-14 third-year medical students, based on the Avera Sacred Heart Yankton Campus of the Sanford School of Med-



icine of The University of South Dakota, participate in the Yankton Ambulatory Program. This program gives these future doctors a chance to do rotations at all Yankton health care facilities in a wide variety of medical specialties. All of our physicians, in one way or another, give their time and expertise to educate these future doctors.

We are proud of the physicians in the Yankton community and grateful for their dedication to the health of our patients and families throughout the region. Whether they are doing a patient assessment, conducting rounds at the hospital, performing surgery or coming in

to answer call in the middle of the night, the physicians in the Yankton region are top notch and we salute them.

DOCTOR'S DAY HISTORY

The first Doctors' Day observance was held on March 30, 1933, by the Barrow County Auxiliary in Winder, Ga. The idea of setting aside a day to honor physicians was conceived by Eudora Brown Almond, wife of Dr. Charles B. Almond, and the day was chosen to coincide with the anniversary of the first administration of anesthesia.

On March 30, 1958, a resolution commemorating Doctors' Day was adopted by the United States House of Representatives. In 1990, legislation was introduced in the House and Senate to establish a National Doctors' Day. Following overwhelming approval by the United States Senate and the House of Representatives, on Oct. 30, 1990, President George H.W. Bush signed the resolution designating March 30 as National Doctors' Day.

SCHOLASTICS

YANKTON MIDDLE SCHOOL

3rd Quarter 2011-12 ROLL of EXCELLENCE

8TH GRADE — Bashir Abd Al

Kreem, Grace Adam, Ellen Andersen, Ashli Becker, Brianna Benjamin, Colby Benson, Hannah Bockholt, Sydney Boots, Michael Bouza, Grant Cammock, Alina Chu, Natasha Clark, Ramzie Cronin, Robert Darcy, Micah Davenport, Amy Doering, Sophie Drotzmann, Kylee Duncan, Tanner Dykstra, Skylar Elle, Ellison Fedders, Natalie Ferris, Javier Flores, Brock Folkers, Rachel Frick, Rebecca Frick, Laurel Friedenbach, Sheldon Gant, Brianna Geigle, Danielle Gillis, Jeryka Goble, McKenna Golden, Paige Golden, Ryan Golden, Amanda Gravholt, Talitha Greaver, Alicia Gregoire, Sam Gusso, Chris Haas, Allyssa Hagen, Chase Huber, Olivia Jeffcoat, Hannah Johnson, Joseph Kelly, Keeley Kleinsasser, Jenna Koenigs, Jeffrey Koller, Emilee LaBarge, Ashley Lacey, Joseph Layne, Nathan List, Erin Luken, Kirsten May, Darian Miller, Jessica Muehlbeier, Abby Oien, Ana Orudz, Brett Pardy, Presley Pasco, Andrew Peitz, Jared Rafferty, Alikah Sasse, Blake Savy, Reid Sawatzke, Ethan Schantz, Haley Schild, Kacie Schrempf, Ashley Schweitzer, Alexis Sejnoha, Juliana Soto, Rayden Terca, Shianna Thompson, Mikayla Trenhaile, Aleysia Ugofsky, Manny Valadez, Ashley VanMeeteren, Noah Vetter, Katelynn Weinandt, Samantha Wenzlaff, Hannah Williams, Alex Withrow, Rachel Wood

7TH GRADE — Jacey Anderberg, Mason Ballard, Zoey Bertsch, Jace Binde, Britney Bradwisch, Kaitlyn Bratberg, Linze Cowman, Haleigh Diede, Lilyanna Fedde, Turner Frank, Brock Goeden, Chance Janda, Austin Jerke, Isyck Johnson, Chris Kinsley, Anna Kokesch, Lucas Lammers, Hunter Lippert, Sophie McKee, Rebecca Moser, Travis Munyer, Lauryn Perk, Abbigale Rehurek, Brietta Russell, Ben Rust, Nathan Sangster, Allurah Sasse, Josie Saylor, Katina Schaeffer, Isaac Schulz, Brady Skillingstad, Mason Steffen, Madason Tessier, Dilyn Tramp, Kelsey Westerman, Austin Ahlers

6TH GRADE — Austin Ahlers, Kristyn Albrecht, Brenna Becker, Kobe Bowker, Tecla Braxton, Lucas Brinkerhoff, Cole Brummer, Josh Carr, Makenzie DeLozier,

Cole Diedrichsen, Destiney Fejfar, Ethel Flores, Tessa Folkers, Taten Gale, Jakob Goble, Lance Haak, Amanda Haas, Emma Harris, Nicholas Harris, Amanda Hawkins, Danielle Herrlein, Khalid Hussein, Gabrielle Keiser, Emily Knouse, Ryan Kraft, Cameron Krejci, Casey Krejci, McKenzi Kruger, Andrew LaBarge, Lily Lammers, Victoria Lammers, Lanna Lane, Nicole Langdon, Adam Lange, Haley Larson, Javier Lopez, Heriberto Magana, Brooklyn Maldonado, Madison McClure, Kendall Megard, Piper Mikkelsen, Kiara Monteith, Sky Nockles, Taten O'Hara, Emily Oswald, Oakley Palmer, Aurora Papstein, Destiny Pesek, Lillian Purzol, Eleanor Rhoades, Devin Roberts, Kylie Rodig, Addison Ryken, Jack Sasek, Amma Savey, Lauren Schild, Maru Schmidt, Robyn Schramm, Bailey Sejnoha, Aaron Smurthwaite, Jackson Somsen, Allyson Trenhaile, Abigail Van Osdel, Hannah Vetter, Cassidy Weinandt, Raymond Wermers, Ben Wold, Isiah Woods, Austin Wootton, Kyle Zimmerman, Joseph Zoeller

3rd Quarter 2011-12 YMS HONOR ROLL

8TH GRADE — Austin Ament, Ted Anders, Jacob Arendt, Ashley Bilbrey, Landon Binder, Henry Borgstrom, Abby Boyd, Garner Brandt, Ethan Brausey, Savannah Busskohl, Kourtney Christensen, Devin Cook, Cole Corkery, Kylie Coulson, Gabriel Dannenbring, Chris Eilers, Tanner Frick, Paul Gallinger, Colin Garvey-Muth, Morgan Gladden, Kylie Grate, Trevor Guthmiller, Tyler Guthmiller, Logan Haak, Zachary Hanzlik, Alexandra Hatch, Miranda Headley, Samantha Heumiller, Thomas Hill, Aedan Huntley, Coleton James, Zachary Janssen, Roland Jefferson, Matthew Jensen, Wyatt Kellen, Dylan Klimisch, Ciara Kulhavy, Ciara LaCroix, Lanae Lane, Mason Langeland, Cody List, Katheryn Mahowald, Michael Maldonado, Kaytlynn Mariette, Noah Marsh, Lincoln Megard, Benjamin Mooney, Kaisee Murphy, Sarah Odom, Rebecca Pearman, Payton Pierce, Isabelle Plath, Emily Racliffe, Mitchell Riibe, Erica Schaefer, Kierra Schaffer, Allen Schild, Levi Schmidt, Tyler Schmidt, Jacqueline Shepherd, Amber Simek, Jacob Smith, Jenna Sorensen,

Bradey Sorenson, Zachary Stemper, Samuel Stewart, McKenna Van Winkle, Tanner Watts, Amber Winters, Savannah Woods

7TH GRADE — Haden Adam, Stephanie Anderson, M'aleigh Andrzejek, Zoey Auch, Jordan Bak, Kylie Bohy-Duhachek, Zachary Borstad, Adrian Brausey, Jeremiah Braxton, Shaelyn Bruckner, Matthew Cooper, Kami Cornemann, Cheyanne Crisman, Lincoln Dangel, Nichole Eilers, Ethan Emmerich, Chase Erickson, Ashley Eskins, Albert Fernandez, Nicholas Frazier, Camille Friedenbach, Jeremy Gilbery, Kaitlin Guthmiller, Lindsey Hale, Jessica Hauger, Haylee Heinemeyer, Madelynne Henrickson, Allyson Hento, Shanna Hill, Elle Hiltunen, Kelsey Hudson, Samuel Jansen, Austin Keller, Alexander Ketter, Kyle Kleinschmit, Nikole Knox, Alex Kotalik, Jordan Kuipers, Victor Lacey, Matthew LaFave, Kade Larson, Dylan Lynde, Makayla Mahowald, Robert Marlow, Morgan Mason, Merlye Miller, Devon Mines-Alver, Nathan Nelson, Madeline Nooney, Mason Novak, Erin Olson, Shaun Pinkelman, Wesley Privett, Shelby Radack, Dylan Rausch, Desirae Sanders, Mathew Santiago, Dalton Sawtell, Carly Schaa, Cameron Schindler, Cole Schlaefli, Kyle Schmidt, Samantha Simonsen, Treyson Slate, Riley Stanga, Savannah Steffen, Emma Stewart, Gabriel Stone, Tyler Strahl, Madison Styles, Kalie Swensen, Lyndsay Sylvester, Mason Townsend, Darian Tramp, Carly Turner, Hailey Vaillancourt, Hailey Wagner, Gabriel Wenzlaff, Jesse White

6TH GRADE — Reese Anderson, Treyton Bakke, Eli Bos, James Bouska, Kayla Brown, Alex Cutler, Wyatt Duncan, Gerrit Dykstra, Ethan Eide, Hanna Eide, Jaxson Erickson, Hannah Evans, Kellen Franzen, Joshua Galvan-Hofer, Morgan Gandee, Sean Garcia, Jazmyn Gunderson, Dustin Gusso, Noah Haag, Taylor Hamilton, Laura Hanson, Tori Henning, Devan Hobbach, Brady Jaquith, Ryan Knight, Hannah Kotalik, Taylor Kotschegarow, Cooper Kuchta, Lacinda Kuchta, Abby Kuipers, Calvin Marsh, Kayla Martian, Sadie McCloud, Ryan Moderegger, Amelia Morkve, Laila Muhammad, Jacob Nelson, Garett Novak, Tyler O'Donnell, Tyler Odens, Karley Olson, Sara Ordaz, Carmen

Padron, Emily Paulsen, Alix Peterka, Bailey Peterka, Darin Pinkelman, Kironee Randall, Grace Roy, Rylan Russell, Corissa Schwartz, Ashlynn Schwarz, Guthrie Scoblic, Samuel Slowey, Caitlin Stange, Caige Strub, Katrina Thomas, Charles Thornton, Peter Upton, Lauren Vik, Kaylyn Wagner, Sylvester Wagner, Robert Williamson, Katrina Wittrock, Gavin Yasat, Levi Zimmerman, Tess Zoss

BRIAR CLIFF UNIVERSITY

SIoux CITY, Iowa — Briar Cliff University has announced that 286 students have been named to the Dean's List for the fall semester and January term, including 64 students who have achieved a perfect grade point average of 4.0.

Full-time students who have a term grade point average of 3.5 or greater and part-time students who complete six or more credits in a semester with a grade point average of at least 3.5 are eligible for the Dean's List.

Please refer to the information below for the Briar Cliff students in your newspaper's distribution area. Students' names are compiled alphabetically according to their countries, states/provinces and hometowns. An asterisk following a student's name denotes a 4.0 grade point average.

Briar Cliff University Dean's List for the fall semester and January term of the 2011-2012 academic year (area students):

NEBRASKA

Bloomfield — Tanner Schumacher; Creighton — Courtney Becker, Erica Zuhlke; Crofton — Jordan Sanger; Hartington — Michael Wieseler, Sarah Wieseler;

SOUTH DAKOTA

Dakota Dunes — Matthew Collins,* William Hickey,* Heide Huhn-Hickey; Dante — Megan Cimpl; Elk Point — Carol Chytka; Vermillion — Rebecca Moreau; Yankton — Allen Heine, Jayna Specht.

Briar Cliff University is a Catholic institution with an enrollment of more than 1,150 students from 32 states and 11 countries. Students are educated in the Franciscan tradition of excellence in the liberal arts and career preparation in an environment of care, compassion and service. For more information, please visit www.briarcliff.edu.

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DEADLINE: Friday, April 27th

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