

A Message For The Graduating Class Of 2010

BY VAL FARMER

What is a powerful idea? It is an idea that if understood and lived has great power to change people's lives. As a graduation message I am including some of the powerful ideas I've learned to appreciate.

On work and success.
- Success at work is no substitute for happiness in the home.

- Success has a price. You will have to pay the price of success long before you experience rewards or the recognition of others. The price of success is hard work.

- What is truly worthwhile takes time and effort. There are no shortcuts to greatness.

- Find a need and fill it with quality. Your product or service will not sell itself. You have to do it.

- Discover the joys of compound interests and avoid its pitfalls.

- Do quickly and well what you ask other's to do. It will give you moral authority in leadership.

- Other people know more than you think. Respect their wisdom and ideas.

- Love learning. All your life. There is so much to learn.

- Learn to be a team player. There is great power when committed people work together for common goals.

- Be generous with your praise and recognition of other's efforts and accomplishments. Rejoice in other's successes.

- Be a self-starter. Don't wait to be told what to do.

- Put first things first. Start with the end in mind.

- True solutions lie in solving other people's problems as you solve your own.

On relationships, communications and marriage.

Make your greetings and farewells special. Be the first one to give love. Love creates love in others. It is easy to love someone who is loving you.

Love is a choice. Love is a verb. Love is consistent loving actions, not a feeling.

First, listen to understand. Then reply. How people feel about you after talking through a disagreement is more important than any solution you obtain.

Other people do not make you angry. You make yourself angry by your own thoughts and assumptions.

Be careful not to interrupt others' thoughts before they feel understood. Put your own agenda aside and really listen when



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others are talking. Be kind to strangers. Don't be so busy that you fail to see the needs of people who cross your path. What you say with your eyes, face, body posture and tone of voice is powerful communication.

Be easy to get along with. Be easy-going. Don't sweat the small stuff. We gain self-control by the decisions and commitments we make in advance. Be quick to apologize and willing to forgive. True happiness comes through service to others.

On morality, values and spiritual growth. Sexual relations are sacred. They are meant to strengthen the bonds of love and affection in matrimony. Outside of marriage, they have destructive consequences.

What you pay attention to and how you spend your money tell what you value. There is too much in this world that is not worthy of your time or your money.

Cultivate your faith and your faith will sustain you during times of trial and difficulty. There is a power beyond yourself that waits to bless you if you will only ask. The price for a peaceful conscience is obedience to the truth you know and the spiritual laws of life.

Wickedness never brings happiness. Your body is a precious and marvelous gift. Do not take risks with it, either by harmful substances or by putting yourself in harm's way. Don't become a law unto yourself. Know and understand that there is a God and that you are accountable.

People are more important than things. Don't sacrifice your integrity to achieve the approval of others. Have courage to stand up for what is right, even if it costs you dearly. Your word is your bond. When you cheat, you are only cheating yourself. Don't look for the easy way. It is by doing hard things that we grow.

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

Val Farmer is a clinical psychologist specializing in family business consultation and meditation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

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BOSCH

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just a matter of the people in charge giving me that opportunity," he said in an interview with the *Press & Dakotan* Tuesday.

As activities director, he will be placed in charge of both the athletics and fine arts programs.

"Part of the position is assistant principal, so I would do some things with teacher observation and evaluation, and student supervision. But obviously, the main part of the job is the supervision of activities," Bosch said. "I'm looking forward to maintaining the great traditions Yankton has ... and working with all of the students that are involved in these programs."

Bosch said he sees his new role as part of a larger framework of the school.

"In my opinion, my challenge is to maintain the high quality of education we have. ... The activities are an important part of our total education program," he said.

School administrators said they are glad to see Bosch step up to the plate.

"I am very happy for Wally to become the activities director," said Dr. Wayne Kindle, principal at Yankton High School. "We are getting somebody that is very dependable. He's a hard worker. He comes from the old school. He doesn't count hours — he comes

early, stays late and puts in the time needed to get the job done."

Kindle said Bosch is a worthy successor to Winter.

"I think Bob has laid the groundwork for a lot of different things that Wally will pick up and move forward," Kindle said.

For his part, Winter said the district made a good decision in hiring Bosch for the job.

"Wally Bosch will get along just fine," Winter said. "He has sufficient background and will do very well. He knows our staff and our activities program, and that will be to his advantage."

Bosch said he's honored to be following in Winter's footsteps.

"Mr. Winter has been a tremendous asset to our district, both as a teacher and a coach and activities director," Bosch said. "He has put our district's activities at a level that is respected throughout our state. Everybody knows what kind of job he's done, and he'll be missed."

Bosch added that he is glad to

VISITING HOURS:

Know The Symptoms Of A Stroke

BY LAURIE MCKEE, RN
Director of Intensive Care
Avera Sacred Heart Hospital



McKee

May is Stroke Awareness Month and there are many articles and activities occurring to heighten the awareness of the signs and symptoms of stroke. Symptoms of stroke include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

The American Stroke Association continues to show that stroke remains the No. 3 killer of Americans, after heart disease and cancer. Strokes are occurring every 45 seconds with a fatal one every 3 minutes. It is the leading cause of long-term disability. However, the sooner one gets the medical attention they need, the less disability that will result. Time lost, is brain lost. Medical treatment should begin within 3 hours of the onset of stroke symptoms. If you or someone near you is experiencing signs and symptoms of stroke, call 911 immediately.

As important as knowing the signs and symptoms of stroke is knowing if you are at risk for stroke and what you can do to reduce your risk of stroke. Know your risk factors- the personal characteristics and habits that may increase your chances of having a stroke. Some you can't change or control such as your age, family history, race and gender.

Strokes are not gender bias, the signs and symptoms are the same for male or female; however, new statistics from the American Heart Association show that about 40,000 more women have strokes each year. According to a Heart Study that was presented at the 29th annual stroke Conference in February, women aged 55 and older have a one in five chance of suffering a stroke in their lifetime, while men at the same age have a one in six chance.

You can modify, treat or control many factors to lower your risk of stroke. Blood pressure is the leading cause of stroke and the single most important modifiable risk factor for stroke. High blood pressure is called the "silent killer" that causes many strokes.

Cigarette smoking increases your risk for stroke. The use of oral contraceptives combined with cigarette smoking greatly increases stroke risk.

Drug and alcohol abuse can lead to multiple medical complications, including stroke. High blood cholesterol and a poor diet. Diets high in saturated fat, trans fat and cholesterol can raise blood cholesterol levels and diet high in sodium can contribute to high blood pressure.

Physical inactivity and obesity can increase your risk of high blood pressure, high blood cholesterol, diabetes, heart disease, and stroke.

Diabetes mellitus is an independent risk factor for stroke.

Peripheral artery disease or the narrowing of blood vessels caused by fatty buildups of plaque in artery walls increases the risk for stroke.

Know your health and visit with your physician about your risk factors for stroke. A physician can help identify those risk factors that you can control or treat. What can you do? Lead a healthier lifestyle. Don't smoke, improve your eating habits, be physically active, take your medicine as directed, get your blood pressure checked and control it if it's high, maintain a healthy weight, decrease your stress level, and have regular medical checkups.

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.

SCHOLASTICS

Area Dakota State University Grads Announced

The following local students received degrees from Dakota State University's spring commencement on Saturday, May 8. The names of honor graduates are marked with an asterisk (*) to designate graduation with cum laude, two asterisks (**) to designate magna cum laude, and three asterisks (***) to designate summa cum laude.

Freeman: Bachelor of Science in Mathematics for Information Systems: Tiffany Hora; Bachelor of Science in Education/Elementary Education: Darci Beier*

Hurley: Bachelor of Business Administration in Management: Alicia Hora

Menno: Bachelor of Science in Computer Science: Joshua Cokens Springfield; Bachelor of Science in Physical Science: Kianne Gilles* Yankton: Bachelor of Science in Computer Science: Nathaniel Gates

Northeast Grads Recognized For 4.0 GPA

NORFOLK, Neb. — Several students were recognized at commencement exercises at Northeast Community College in Norfolk, Neb., for obtaining a perfect 4.0 grade point average out of a 4.0 system while working towards their degrees or diplomas.

Area students, their hometowns and degrees included: Judy Nice, Medical Coding, Allen, Neb.; Greta Friedrichsen, Practical Nursing, Bloomfield, Neb.; Ethan Burk, Automotive Technology, Springfield.

Yankton Student Inducted Into Honor Society

BROOKINGS — Staci Metz, a fifth-semester student with the South Dakota State University College of Nursing from Yankton, was inducted into the Phi Chapter of Sigma Theta Tau honor society at the Performing Arts Center April 15.

Membership is by invitation to baccalaureate and graduate nursing students, who demonstrated excellence in scholarship, and to nurse leaders exhibiting exceptional achievements in nursing.

Sigma Theta Tau International is dedicated to improving the health of people worldwide by increasing the scientific base of nursing practice. Members are nursing scholars committed to the pursuit of excellence in clinical practice, education, research and leadership.



Metz

Area Students Receive SDSMT Scholarships

The following students from the Yankton area have been awarded scholarships from the South Dakota School of Mines and Technology, an engineering and science university in Rapid City for the fall 2010 semester.

- Adam Brewer, Gayville-Volin High School
- Tyler Frick, Yankton High School
- Amanda Sparks, Yankton High School
- Eric Vik, Yankton High School

The School of Mines offers 16 undergraduate degrees in engineering and science. All of the university's programs combine hands-on experiences with classroom instruction so students graduate with the skills and experiences they need to succeed. School of Mines graduates average starting salaries of approximately \$56,000.

FDNB Awards Scholarships To YHS Graduates

First Dakota National Bank announced their FirstChoice Scholarship winners for 2010. Jayna Specht and Mallory Schulte of Yankton have each been awarded \$1,000 in scholarship funds to be used for the 2010-2011 school year.

All FirstChoice Student Checking participants who are seniors in high school or college students attending a post-secondary accredited American college, vocational technical school or university are invited annually to apply for this excellent scholarship opportunity offered by First Dakota. Applicants are judged on leadership, financial responsibility, school and civic involvement, and satisfactory scholastic progress.

Other Area winners include Kristen Schwasinger, Vermillion; Courtney Krcil, Dante; Amber Schnoor, Parkton.



Specht



Schulte

"Honey do list" done you in?



This time of year our projects may cause us some aches and pains. We can get you feeling better with pain relievers, ice packs, muscle ointments and of course prescriptions for the big owies.

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be continuing his work with the Yankton district.

"I love Yankton schools. I'm a little biased, but I think we're the best school district in the state of South Dakota," Bosch said. "Two of (my three kids) have graduated from the district, and my daughter will graduate on Sunday, so both as a parent and as school personnel, I think we

have a terrific district."

Bosch also expressed thanks to his coworkers as he moves on to his new position.

"I'm looking forward to moving to a different job, but at the same time, I'm going to miss working with the kids and staff that I've had the opportunity to work with for the past 23 years," he said.



Mr. and Mrs. Richard Freng

50th Wedding Anniversary

Richard (Dick) and Beverly Freng of Huron will celebrate their 50th wedding anniversary on May 28, 2010.

Their children include Karen and Greg Olson of Rapid City, SD, Carmen and Brent Mason of Frankfort, SD, Kyle Freng of Huron, SD, Cristen Kuno of Sturgis, SD, Kara and Corey Wiegell of Huron, SD, and Courtney Freng of Minneapolis, MN.

Greetings may be sent to 540 Ohio NW, Huron, SD 57350.

NEWS AROUND THE CLOCK
www.yankton.net

Please join us for **Hazel German's 103rd Birthday Celebration!**

Monday, May 24, 2pm

Autumn Winds, East Building

Birthday Greetings Can Be Sent To Hazel at:
Autumn Winds, 2905 Douglas, #12
Yankton, SD 57078



Happy Birthday Hazel!!

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