

What Is Happiness?

By VAL FARMER

Happiness is unselfish. Happiness comes from combining several things that you do well in your life without undo concern for finding happiness. Pursuing happiness too directly becomes self-serving and defeats one main ingredient — losing yourself in meaningful activity or service outside oneself. This is the hardest and most precious lesson in life to learn.

"Happiness is like manna; it is to be gathered in grains, and enjoyed every day. It will not keep; it cannot be accumulated; nor have we got to go outside of ourselves or into remote places to gather it, since it has rained down from heaven at our very doors. Seek happiness for its own sake, and you will not find it; seek for duty and happiness will follow as the shadow comes with sunshine." -Tyron Edwards

"To pursue joy is to lose it. The only way to get to it is to follow steadily the path of duty, without thinking of joy." — A. Maclaren

"Happiness is the legitimate fruitage of love and service. Set happiness before you as an end, no matter in what guise of wealth, or fame; or oblivion even, and you will not obtain it. But renounce it and seek the pleasure of God, and at that instant is the birth of your own." — A.S. Hardy

Happiness is active. You can ask a happy person if they are happy. They will stop, pause and be puzzled. Of course they are happy; they just haven't thought much about it. They are too busy engaging in a good cause to dwell on it. Ask an unhappy person if they are happy and they will tell you chapter and verse all the things that are wrong with their life. They think a lot about it.

"No thoroughly occupied man was ever yet very miserable." — L. E. Landon

"Happiness consists in activity. Such is the constitution of our nature. It is a running stream, and not a stagnant pool." — J. M. Good

Happiness is growth. One of the purposes in life is to enlarge our capacities and to develop the talents, gifts and destiny that lie within us. We need to meet the challenges of life and gather strength and meaning by fully engaging all our powers. Happiness comes with a sharp focus and vision of who we are and by doing worthwhile things. Personal fulfillment comes with a price.

"Joys are our wings; sorrows our spurs." — Richter

"Joy is bread and sorrow is medicine." — W. H. Beecher

"Here below is the land of happiness; it is only the land of toil; and every joy which comes to us is only to strengthen us for some greater labor that is to succeed." — Fichte

"Happiness is like a sunbeam, which the least shadow intercepts, while adversity is often as the rain of spring." — Chinese proverb

"This is the true joy of life —

the being used for a purpose recognized by yourself as a mighty one, the being thoroughly worn out before you are thrown to the scrap-heap; the being a force of nature instead of a feverish, selfish clod of ailments and grievances." — G. Bernard Shaw



Val FARMER

Happiness is virtue. Happy people live up to their own values, standards and sense of morality. This means being true to their deepest sense of what is right and wrong and living up to their spiritual and moral understandings of how life should be lived. This brings a good conscience, personal integrity and

inner peace.

"Happiness and virtue rest upon each other; the best are not only the happiest, but the happiest are usually the best. We lose the peace of years when we hunt after the rapture of moments." — Bulwer

"The strength and the happiness of a man consists in finding out the way in which God is going, and going in that direction." — H.W. Beecher

Happiness is shared. There is joy in belonging, in being accepted, of loving and feeling loved, of being in harmony with those around you and in sharing life's wondrous moments. Happiness is unity and communion with God, with nature and with other people.

People are social. Their lives need to be shared. Sharing triumphs, humor, fun, excitement and enthusiasms within the security of caring relationships brighten and lighten the day.

"The very society of joy redoubles it; so that, while it lights upon my friend it rebounds upon myself, and the brighter his candle burns the more easily will it mine." — South

Happiness is contentment. People create their own unhappiness through their own desires and expectations. To live simply and within reality brings simple pleasure while wanting what is outside of our reach can torment and disturb us. To be easy going, agreeable, accepting, patient and tolerant takes the edge off life's imperfections.

"Happiness consists in being perfectly satisfied with what we have got and with what we haven't got. It is not how much we have, but how much we enjoy, that makes happiness." — Spurgeon.

Happiness is the accumulation of good memories. Memories will warm your soul and bring happiness to older age.

"All mankind are happier for having been happy, so that if you make them happy now, you make them happy twenty years hence by the memory of it." — Sydney Smith

Are you happy? Don't worry about it. Get on with life — the right kind of life.

For more information on happiness, 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, Mo., and can be contacted through his website.

VISITING HOURS

Nurses Are Trusted To Care

BY BARBARA LARSON, RN

Vice President Patient Care Services
Avera Sacred Heart Hospital

National Nurses' Week is May 6-12, which celebrates the birthday of Florence Nightingale, the founder of modern nursing. This special week honors nurses all over the country. Nursing is often described as an art and a science, this year's theme reflects the characteristics that are vital to a nursing professional.

Today's registered nurses are devoted caregivers as well as responsible professionals. As nurses, we work in emergency departments; school-based clinics, and homeless shelters, to name a few. We have many roles — from staff nurse to educator to nurse practitioner and nurse researcher — and serve all of



them with passion for the profession and with a strong commitment to patient safety. Nursing for the last 11 years has been rated the top most trusted profession. During National Nurses Week, we want to honor the men and women who chose this challenging and rewarding career.

Don't forget:

- Nurses at schools (National School Nurses Day is the Wednesday of Nurses Week)
- Nurses at doctor's offices
- Nurses at clinics

If you have had assistance from a nurse case manager from your insurance company, please be sure to say an extra thank you. Or a home health nurse who helped you through a spell of illness.

As a nurse and a consumer, I cannot imagine healthcare without nursing. I personally want to thank those who choose nursing as their life's work. You are appreciated.

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.

County

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accessory building and operate a home-based business on the property. In August of that year, he was also granted a permit to build a 24-foot by 47-foot carport. Wiese built both structures and began operating his business.

In August 2009, Gary Johnson, a neighbor, filed an appeal with the county to repeal the two building permits, arguing that Wiese was in violation of the zoning ordinance. Part of the dispute was that Wiese was operating a business from a building in his backyard, had moved in three storage buildings and had also brought in a semi-truck trailer for storage.

In an attempt to settle the matter, the Yankton County Commission and Wiese agreed to a plan in which he would move the carport to a different location, have two small accessory buildings and remove the trailer. The county agreed to pay for moving the carport and some other costs. It also issued a conditional-use permit to allow Wiese to operate his business. The November 2009 agreement was to have been executed by February 2010.

When it had not been done by June of that year, the county decided to rescind the conditional-use permit. The county claimed Wiese had not described a proper location to move the carport. Wiese disputed that version of the facts.

Dialogue about those and other issues have continued between the two parties, which brought about two County Commission agenda items Tuesday. The first was a request by Wiese to have the property re-zoned as lakeside commercial. The Yankton County Planning Commission had unanimously recommended earlier that the request be denied.

"It is my understanding from my client that if this case were resolved, especially to the extent that he would get the re-zoning to lakeside commercial, that the only remaining issue would be attorney's fees expended so far," said Craig Thompson, a Vermillion lawyer representing Wiese. "The rest of the lawsuit, as I understand it from both sides, would go away."

However, the County Commission was not convinced it was an appropriate avenue for resolution. "You try to stay away from spot zoning," said Commissioner Allen Sinclair. "If you're going to go in there and change one lot like this, that's a spot zone."

Commissioner Garry Moore said such an action would undercut the zoning in place.

"I think this is one of those in-

stances where the zoning board has acted properly in denying the request for the re-zoning of this property," he stated.

Subsequently, the commission unanimously denied the request.

Next on the agenda was a request from Wiese to issue a conditional-use permit, recommended for approval on a 6-5 vote by the Planning Commission, for a small-engine repair business or another type of small business that has similar or less effect on adjacent properties. It would have also allowed Wiese to keep the 30-foot by 40-foot accessory structure and carport.

More significantly, the agreement recommended by the Planning Commission would allow the conditional-use permit to be transferable to any future property owners. That, Wiese argued, would protect him from damages he would incur by not being able to sell the property for commercial use.

"In my personal opinion, Mr. Wiese is trying his hardest to compromise," Thompson said. "My legal opinion is, I have a high degree of confidence in his counterclaim against the county."

"I think we've come up with a solution," he continued. "I think it is in the best interest of Yankton County and Mr. Wiese to go along with this conditional-use permit. It goes along with your regulations. I think we've restricted it enough to protect the (neighbors). I hope you'll agree and adopt what the Planning Commission approved."

But again, the County Commission was not convinced. "It appears to me that, if you grant the conditional-use permit, you might as well have granted the re-zone because you're going to allow small businesses to operate here forever," Sinclair said.

Commissioner Donna Freng added, "The whole purpose of a conditional-use permit is to have control over a property to make sure it stays a certain business. To allow it to go with the land would be foolish. It's not what we do. It's not what we've ever done."

Ultimately, the commission denied the request in a unanimous vote.

Also Tuesday, the County Commission:

- learned that B-Y Water will allow the county to get water service for fire protection at its new Highway Shop from the City of Yankton. B-Y will still provide the facility with domestic water service;

- declined to reconsider a request from National Day of Prayer organizers to hang a banner at the Yankton County Government Center three days prior to the event. It denied the request at a previous meeting; and

- took no action after holding an executive session regarding litigation.

Teacher

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the faculty that we have here and their dedication to Cedar Catholic," he said. "It's a cool thing to happen and a great honor to receive at the end of the school year. The faculty works hard. We know that we're in it together for the kids, like a family."

Besides her teaching duties, Christensen advises Student Council and serves as senior class sponsor, including a class trip to Omaha.

"Lori goes above and well beyond the teaching aspect," Kathol said, noting she inspires students to work hard and continue their education. Nearly all Cedar Catholic graduates attend a two- or four-year college, he said.

Molly Lauer, a graduating Cedar senior, is one of those students with career plans. She will attend Northeast Community College in Norfolk, Neb., to study early childhood.

"(Christensen) is always there, trying her best to help me," Lauer said. "She has shown me how to get ahead, take notes and ask a lot of questions."

Christensen has boundless energy for her students, and she allows them to have their ups and downs, Lauer said.

In turn, Christensen believes she has gained so much from her students.

"Right now, we're so busy getting the seniors ready for graduation," she said. "But when I go through the receiving line (at commencement), it will hit me how much I will miss these kids after having them for six years. Each year, it's really tough."

Christensen said she works to make each student the best possible person. She teaches religion courses to freshmen and juniors. She gives freshmen a solid foundation on the sacraments and church history, and she teaches the juniors about morality.

"With the morality class, we teach about the church's stand on abortion, euthanasia, medical issues and sexuality," she said. "We talk not only about what the church teaches but also why. We encounter the things that society says to them."

Christensen admits she fights popular culture. "The kids see all the ads and programs. They know so much through the media that kids didn't know before in past years," she said.

Christensen challenges her

students to explore and grow in their faith, said fellow Cedar Catholic teachers Patti Bailey and Audrey Freeman. They nominated Christensen for the archdiocesan award.

"As far as Catholic morality, Lori believes the whole point behind it. There is the importance of keeping ourselves whole and pure," Bailey said. "The kids have a lot of questions, because (church doctrine) isn't what society tells us. She gets them to go further, dig deeper, and go experience outside the classroom to become better people."

Freeman joined Cedar Catholic four years ago and considers Christensen to be a mentor.

"Lori gives 110 percent to Cedar. It's not just educating kids with a lot of facts. It's about caring for kids and who they are," Freeman said. "This is my first teaching job, and I love it so much. Lori is so welcoming and such a great role model."

Christensen also provides a role model as the mother of five children, Freeman said.

"Lori and her husband, Cody, run a local business, and Cody services on city council," Freeman said. "Lori is so involved with her community and faith. She has such balance, and she expects no thanks or gratitude."

Christensen has even learned new talents and skills to make her a better teacher, Bailey said.

"(Lori) took piano lessons to make herself a better music teacher. She was teaching theology, so she took more classes," Bailey said.

Christensen remains focused on preparing her students for life after graduation, Bailey said.

"Lori pours her heart and soul into making the kids better people. She is senior (class) advisor, and she works with the kids closely so they are going down the right path," Bailey said.

"She would do absolutely anything for anybody. She believes in (this school) so much. She sees this as her calling, her mission. I don't understand how she does it all."

By being challenged with students' religious questions, Christensen said she has grown in her own faith.

"It fires me up," she said. "If I wasn't at a Catholic school, I don't think I would be where I am today. I have to know what I teach, and I try to share my experiences in the classroom."

Freeman remains grateful for one thing. "Thank goodness, Lori is young enough that she won't retire anytime soon," she said.

Native American Student Grads To Be Honored At U

VERMILLION — The University of South Dakota will honor graduating Native American students at the Native Student Graduate Honoring Ceremony at 5 p.m. Friday, May 6, in the Freedom Forum Conference Room, which is located at the Al Neuharth Media Center on the USD campus.

The Graduate Honoring Ceremony recognizes the accomplishments of Native American Students that are graduating in a manner representative of their cultural heritage. The graduates and their supporters will gather for a dinner and ceremony featuring the wearing of regalia, singing of honor songs by the renowned drum group, Elk Soldier, and other appropriate cultural protocols. The event

precedes The University of South Dakota's 124th Spring Commencement at the Dakota Dome on Saturday, May 7.

Keynote speakers for the ceremony are Wayne H. White Wolf-Evans, Ed.D, professor emeritus, USD School of Education, and Danielle Ducheneaux, outreach services coordinator, Presentation Lakota Campus.

Evans earned both a master's degree (1968, educational psychology) and doctorate (1971, educational psychology and personnel services) from USD. He has been involved with Indian education for 49 years. In the course of his career, Evans has served as an elementary school teacher, as an elementary school principal, as the

director of the USD Upward Bound Program, as the director of Native American Students Services at USD, and as a faculty member in the USD School of Education. An enrolled member of the Teton Sicangu Lakota Tribe, Evans continues to serve the campus, community and state through his sustained effort to improve education and quality of life for Native Americans.

Ducheneaux received her bachelor's degree in contemporary media and journalism from USD in 2010. As a student, Ducheneaux was very active. In addition to

completing her degree, she completed minors in American Indian Studies and art, interned as a photojournalist, worked as a production assistant and interned as a television news reporter. Shortly after graduating she was named the Regional Director for the Great Plains area for MyTribe TV. An enrolled member of the Lower Brule Sioux tribe, Ducheneaux has an 8-year-old daughter, Deja.

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Barron-Dybsetter

Chelsea Barron and Jason Dybsetter are pleased to announce their engagement and upcoming marriage. Parents of the couple are Darin and Julie Van Oort of Hull, IA and Gary and Joani Dybsetter of Yankton, SD.

Chelsea is a 2007 graduate of Boyden-Hull High School, and is currently attending the University of South Dakota, majoring in elementary and special education. She will graduate in May 2013.

Jason is a 2001 graduate of Yankton High School, and a 2005 graduate of Augustana College in Sioux Falls, SD with BA degrees in Religion and Biology. He graduated in 2008 from Luther Seminary in St. Paul, MN with a master's degree in New Testament Studies. He is currently employed as a behavior specialist at Children's Care Hospital and School.

The couple is planning a June 18, 2011 wedding in Rock Valley, IA.

KYNT

AM 1450

MORNING COFFEE

WEEKDAYS MONDAY-FRIDAY

Wednesday

7:40 Amy Bruening
8:15 Chef Stacey

Thursday

7:40 Lisa Scheve
8:15 Carmen Schramm
8:45 150th Anniversary

Friday

7:40 Mike Dellinger
8:15 Pam Meylor

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