

Gayville Woman Elected To National Hay Association Board

BY C. PAUL DUGGER

NASHVILLE — Amy Freeburg, Freeburg Hay Company, Gayville, was recently elected to the Board of Directors of the National Hay Association (NHA).

Elections were held at the association's 119th Annual Convention held in Memphis, Tennessee, Sept. 18-20.

"We are delighted to have Amy continue her service to the U.S. hay industry as a member of the board of directors," said David Fink, NHA president, Germansville, Pennsylvania.

Elected to serve as officers were Fink, Bob Eckenberg, First Vice President; and Terry Button, Rushville, New York; Second Vice President.

Elected to the position of director were Freeburg, Carl Blackmer, Livonia, New York; Randy Britten, Bryan, Texas; Eric Frisvold, Union City, California; Clayton Gerald, Munfordville, Kentucky; Christine Grooms, McCook, Nebraska; Tim Hall, Idalia, Colorado; Greg Jackson, Brawley, California; Larry Jones, Oakland, Tennessee;



Freeburg

Bob McDowell, Rudyard, Michigan; John Randall, Bloomfield, New York; John Russell, Pemberville, Ohio; John Strieter, Bay Port, Michigan; Rod Van Orman, Ellensburg, Washington; and Dan Wray, El Centro, California.

The National Hay Association was founded in 1895. The National Hay Association is the national trade association for the U.S. hay industry, working daily within the industry, federal agencies, and the Congress itself to create an environment that benefits hay merchants and the people who depend on hay and straw in their commerce. A non-profit organization, NHA's activities are funded entirely through membership dues. NHA proudly represents hay producers, brokers, dealers and consumers of forage products, as well as disciplines and activities of businesses that provide products and services to the hay industry.

Boy Scouts Hold Monthly Collection

Yankton Boy Scout Troop No. 133 will hold its monthly scrap newspaper and aluminum can collection Saturday, Oct. 4. Papers and cans will be picked up at the trailer courts and apartment complexes in Yankton. Also, paper and cans will be picked up at Riverside Acres.

Have newspapers and cans secured in sacks or small cardboard boxes and ready to be picked up by 9 a.m. Saturday.

Paper and cans may also be taken to the Riverview Park Reformed Church Parking Lot, 1700 Burleigh, between 9:30-11:30 a.m. Saturday.

For more information on the newspaper and aluminum can collection, call 665-0685. The Boy Scouts cannot handle tin or plastic. These need to be placed with the recycling the city picks up or taken directly to the landfill for recycling.

Yankton Clothing Drive Slated Oct. 6-17

A Community Collection Clothing Drive will be held in Yankton Oct. 6-17.

Items wanted include gently used and clean winter coats, boots, snow pants, and winter hats and gloves. All sizes are needed, but especially children's sizes.

Drop-off locations include the Boys & Girls Club of Yankton, Maurice's, Payless Shoes, Avera Sacred Heart Hospital and participating area schools.

Send Your Rain Totals To The P&D

If you get some rain, tell us about it.

The *Press & Dakotan* is asking readers in our surrounding coverage area to call, email or fax in your rain amounts. We need this information by 8 p.m. each night (except Saturday). In the event of a storm, other details would be appreciated. To send us your rain totals, call us at (800) 743-2968 (press "3" for the newsroom), email us at news@yankton.net, or fax us at (605) 665-1721.

MILITARY

DUSTIN NIEMAN

Private First Class (PFC) Dustin Nieman is a 2013 high school graduate from Yankton High School. He enlisted November 1st, 2013 in the Delayed Entry Program.

PFC Nieman shipped to recruit training June 2nd, 2014 and graduated recruit training August 29th, 2014. He will be attending training for aviation maintenance in Pensacola, Florida.

For more information about how you can earn the title United States Marine please contact Sgt. Ryan Fife at

(605)351-5259, visit the Marine Corps recruiting office at 5019 South Louise Ave Suite D, Sioux Falls SD or you can visit WWW.MARINES.COM.

HUNTER CHALMERS

Army Pvt. Hunter L. Chalmers has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches and field training exercises.

Chalmers is the son of Duane and Molette Chalmers of Lake Andes.

He is a 2014 graduate of Marty Indian School, Marty.



Nieman

BIMAL KC

Army Spc. Bimal Kc has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches and field training exercises.

Kc is the brother of Bikash Kc of Vermillion, S.D. and Juna Kc of Kalamazoo, Mich.

He earned a bachelor's degree in 2012 from Troy University, Troy, Ala.

ANDREW ROTH

U.S. Air National Guard Airman 1st Class Andrew J. Roth graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Roth earned distinction as an honor graduate.

He is the son of Patrick and Tina Roth of Parkston and the airman is a 2014 graduate of Parkston High School in Parkston.

Dr. Rosmann

Forgiveness: Hard To Achieve, But Essential For Healing

BY DR. MIKE ROSMANN

Many people contact me about struggling with forgiveness. They want to forgive but don't know how; they find it difficult to offer authentic forgiveness and sometimes impossible.

We all have dark parts of our character we would like to extract but which are hard to change. We don't like to feel angry or harbor resentments.

It's part of our human nature. All of us can become confused at times and can't figure out what is the best course to take.

Forgiveness isn't about compromising our beliefs and values. It's about accepting that others who offend us have the right to make mistakes. We can't judge their motives; knowing motives is the responsibility of the person who commits the perceived offense, and a Higher Power.

Forgiveness is about our own thinking and allowances for others. Not being able to forgive can build up our distress and compromise our health; severe long-term stress is known to suppress the competency of our immune systems and to change our genetic material, as documented in the *Farm and Ranch Life* article for the week of May 18, 2014.

Facing truth is never as hurtful as dishonesty in the process of forgiveness, either for the givers or the recipients of forgiveness.

Forgiveness reduces our distress level. The third person in a musical group in which Marilyn and I were musicians, a guitarist named Pat, opened my eyes about forgiveness many years ago. During a reconciliation service when the priest asked us to turn to our neighbor to request forgiveness, Pat looked me in the eye and said, "For what has already been forgiven, thank you."

Pat had done nothing to offend me. But his statement changed my entire outlook at a time when I was angry with several graduate school professors for



Dr. Mike ROSMANN

making me rewrite my master's thesis 18 times to achieve their approval.

I suddenly realized that my teachers were just doing their job, shaping me and challenging me to do my best. I was the one with an attitude problem. Over the next two years, and with a positive attitude, I sailed along to quickly complete my doctoral degree.

Forgiving is not forgetting. All of us are reluctant to forgive when we are hurt badly by persons who treat us unfairly, such as by bullying, discriminating against us or starting false rumors.

We don't want to undergo the same painful experience in the future. It's natural to keep our guard up after getting hurt.

We should learn from our experiences. If we don't learn from our experiences, we are being dishonest with ourselves and setting ourselves up for post-traumatic stress disorder.

Forgiving is also about moving on with our lives, rather than holding grudges. A farm woman I know was omitted from a will that divided her parents' property equally with her only sibling, a younger brother who also was a farmer.

Their father died first. When their father's will was read, the two children learned it was their parents' wishes that the family farm would remain in their mother's name until she passed on; then each would inherit equal shares.

After the father's death, their mother, who suffered dementia, granted Power of Attorney to Make Business Decisions to the son. Without disclosing anything, he prevailed upon his mother to change her will so he would inherit

all the property.

Some ten years later when their mother died, it was a complete surprise to his older sister to learn their mother had modified her will. She filed a court suit to overturn the will, contending that her brother had unduly influenced their mother to change her will.

When court proceedings were completed the judge honored the mother's final will, much to everyone's surprise. The son had carefully taken steps to record his mother changing her will in a staged audio recording that made her seem of sound mind when she was compromised mentally.

The daughter lost her half of a five million dollar estate. Upset at first, she and her family wrote me some 18 months later to say they were moving on.

They had decided that continuing their resentment would only hurt them; this was an opportunity to improve their character. They forgave their relative but would not allow him to ever be in a position to hurt them again.

Forgiveness promotes peace. Last week I was in Washington DC to attend a professional meeting.

I felt the need to apologize to the president of the organization because I did not complete a chapter for a book she edited this spring. I had struggled long and hard and I still don't know why I couldn't complete the task on time.

All I had were lame excuses. When I offered my apologies to the president, I was embarrassed.

Touching my arm, she said, "You don't have to apologize; we've all been there!"

The only reply I could offer was, "For what already has been forgiven, thank you."

Dr. Rosmann can be contacted at: www.agbehavioralhealth.com. Sponsored by Lewis and Clark Behavioral Health

Boys & Girls Club Hires New Director

The Boys & Girls Club has hired a new Unit Director, Kelsie Thoreson. Previous Unit Director at the Boys & Girls Club of Yankton, Jessica Rohrs, has been promoted to Area Director. Both will provide great leadership and continue to help the Boys & Girls Club expand and offer great programming to youth in the Yankton area.

Kelsie grew up in the Sioux City area and graduated with a Human Services degree from SDSU. For the last year, she has served as the Teen Court Coordinator and has run the Teen Court program in Brookings, Moody, and Yankton County. Kelsie has served in some interim roles within the Boys & Girls Club of Yankton as was promoted to the Unit Director position this spring.

"I am honored to have the opportunity to serve as the Unit Director in such a strong and supportive com-



Kelsie Thoreson



Frani Kieffer

munity," Thoreson states. "I am ready to take the Club to the next level to meet the needs in the community." Kelsie will oversee the Boys & Girls Club of Yankton Traditional Unit and Academy building, programs and staff.

Kelsie is passionate about youth and will bring a positive energy to Yankton. The Boys & Girls Club of Brookings Corporation which serves Yankton, Moody County, and Brook-

ings has added a position in Resource Development. Frani Kieffer is joining the team as Development and Marketing Coordinator. "Frani brings energy, professionalism, and a passion for youth to our team. She will be a great resource and asset to the Corporate team as well as locally in Yankton. We are thrilled to have her," shares Tara Mills, Director of Development and Marketing.

Boys & Girls Club of

Brookings continues to grow and collaborate to expand opportunities to our members. Those interested in participating or learning more information are encouraged to stop by the Club, call 605-668-9710, or email kelsiethoreson@great-futuresd.org to learn more information.

The mission of The Boys and Girls Club is to inspire and enable all young people, especially those that need us most, to realize their full potential as productive, responsible, and caring citizens. The before/after school programs, summer programs and other camps provide fun, educational activities and opportunities for all youth at a very affordable cost. To get involved with the club in any way, visit www.greatfuturesd.org or call 605-692-3333.

Harvest Season Brings Safety Reminders

LINCOLN, Neb. — With harvest season set to get underway the Nebraska State Patrol encourages all motorists to exercise caution as we experience an increase in agricultural equipment on state roadways.

"During this time of year it is common to see slow moving agricultural equipment especially on our rural roads," said Colonel David Sankey, Superintendent of the Nebraska State Patrol. "We want to take this opportunity to remind all motorists to pay extra attention and to take care when approaching, following or passing farm vehicles."

Motorists are reminded combines, grain carts, tractors and other agricultural implements typically travel at slower speeds. Due to their dimensions and loads, operator visibility is often reduced. Drivers are also reminded to watch out for wildlife often shifting locations due to the increase in activity.

Operators of agricultural implements are reminded they may travel upon the shoulder of the roadway

when available. They are also reminded of the need for Slow Moving Vehicle (SMV) warning triangles and to utilize their flashing yellow caution lights whenever they are on the road. When

turning left from a roadway into a field or farm entrance, operators are cautioned to be aware of vehicles attempting to pass them. If an occupant restraint system is available in the implement

they are driving, operators are encouraged to buckle up.

Colonel Sankey said, "Let's have a safe harvest season. Be sure to watch out for others and always wear your seat belt."

MOUNT MARTY COLLEGE

Center for Active Learners



Symbols in Stone

Dates: Tuesdays - October 14, 21, & 28
Time: 1-3 PM | Location: Roncalli 114
Instructor: Fr. Thomas Wordkemper

Most cemeteries are fascinating depositories of history and art. We will ponder the beauty and meaning of the many ways our ancestors and contemporaries express the values and fundamental truths of death and the afterlife. Who can question the meaning of a finger pointing heavenwards? But what about that vine or those leaves of that particular flower? Each week, following a brief lecture, the group will visit a cemetery in the area (weather permitting) to make rubbings of symbols. PLEASE NOTE: Students are asked to supply dark crayons, freezer paper and blue painters tape. Transportation will be provided.



Recipe for a Sweet Life - As Easy as 1, 2, 3!

Dates: Mondays - October 20 (9-10AM), October 27 (9-11 AM), November 3 (9-Noon)
Location: Sacred Heart Monastery
Instructor: Sr. Margo Tschetter
Limited to SIX Participants

Learn the secret behind the "Never Fail" recipe for buns, rolls and bread!! Never buy frozen dough again! Participants will be introduced to this simple recipe that is sure to satisfy many palates through the preparation and creation of delicious baked goods. You will be amazed with how many items you can enjoy (and share with others) - all coming from this simple recipe. And just in time for the holidays!

Register Now!
The Fall 2014 Session begins October 8th!

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