

VIEWPOINTS

To Study Happiness

By Richard P. Holm MD

Have you noticed that every bookstore seems to have a corner dedicated to “how to be happy”, and on the magazine shelf you can almost always find at least one article from some magazine with the same promise? No question, every one of us would like to know what is the key to a good life. That’s why it sells books.

Probably the most famous scientific study to define what predicts happiness and healthy aging began in 1938 and is still going on. The Harvard “Grant” study started with 268 “normal” well-adjusted male sophomore students, and has followed their stories all these years. The survivors are now over 90 years old and are still under observation.

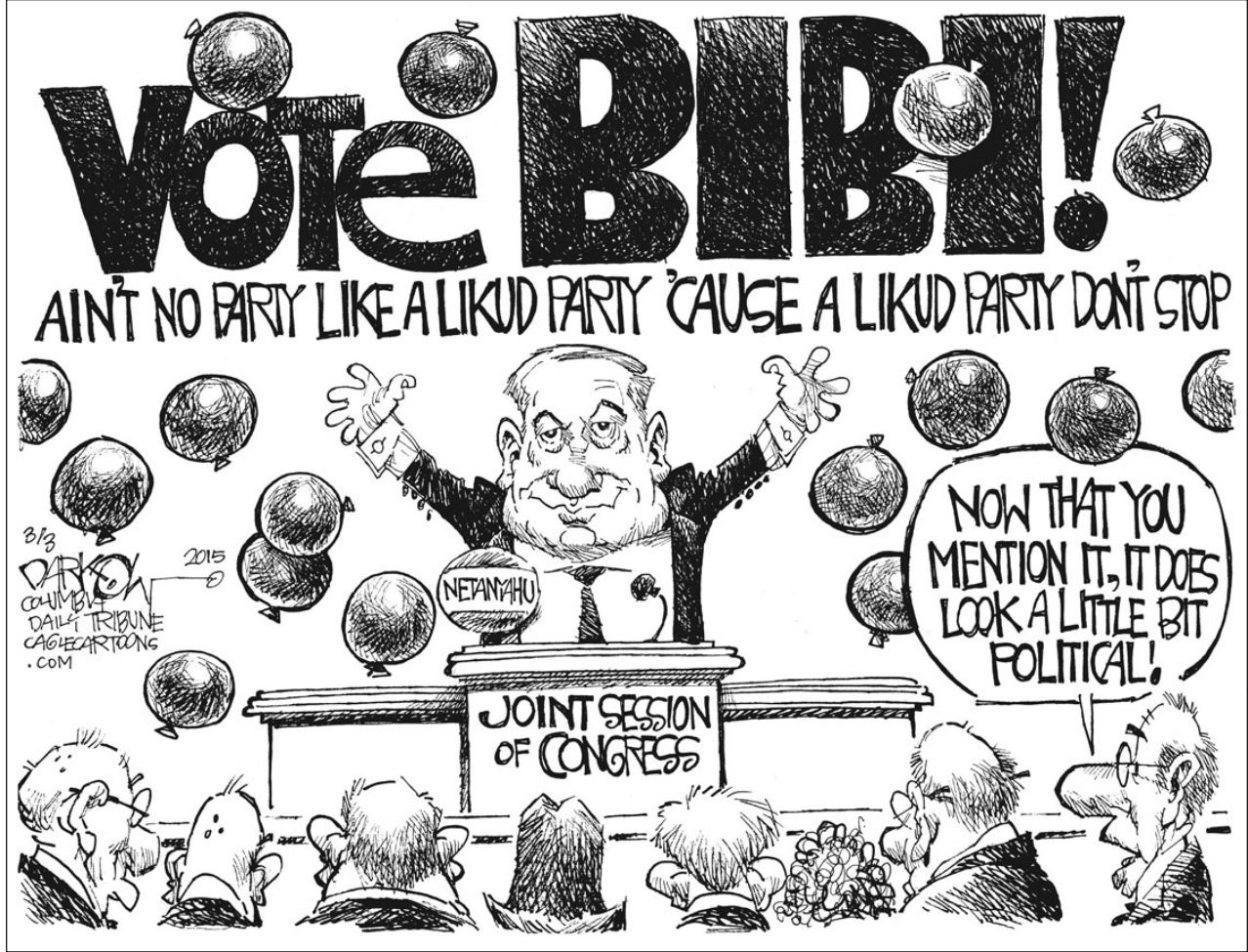
Of course these were Harvard boys, mostly with silver spoon in their mouths, and they were not normal. Many achieved dramatic success. One was a best-selling novelist, four ran for U.S. Senate, one served on a U.S. Presidential cabinet, and one, John F. Kennedy, was president. Still, one third of these men experienced, in their lifetimes, significant mental illness and alcoholism. Indeed, they were perhaps not “normal” in accomplishments, but certainly normal in experiencing tragedy.

There have been lessons gleaned from this research worth remembering, however. Cholesterol, I.Q. and childhood temperament have nothing to do with healthy aging, while smoking, alcohol abuse, and depression all have a major negative effect on physical health.

In contrast, results encouraged getting a good education, having a stable marriage, and, of course, developing caring relationships (especially with siblings). In addition they found that regular exercise predicted mental health. One analyst said that what mattered the most had to do with how these men coped and defended themselves against life’s pain and loss.

I read this to one friend and he suggested, “Pets sure help,” another advised, “You gotta have faith,” and another said, “You need someone to love, enough to eat, and work to keep you busy... that’s it!”

That should be in a book.



Out of the mouths of babes

By Paula Damon

“The best interview subjects are children under 10 and people over 70,” according to the late Art Linkletter, former host of the TV show Kids Say the Darndest Things. “They both say the first thing that comes to their mind,” Linkletter explained. “The children don’t know what they’re saying and the old folks don’t care.”

Such claims for the younger set can be found in the following unedited and unprompted comments from my grandson Cecil, who at age three has had some curious and profound things to say...

All in a day’s play
Cecil and his mother are singing, when he abruptly shouts, “No more singing!”

“Why? Singing is good for me. It warms my heart,” his mother retorts. “Praying warms my heart,” Cecil says, smiling.
So happy, his mother agrees, “Oh, Cecil, you are right. Praying does warm your heart. Jesus likes praying and he...”

“Mama,” Cecil interrupts, “I said PLAYING, Mama. PLAYING warms my heart.”

After his daddy’s third attempt at the hula hoop, Cecil suggests, “Dad, it is time to hang the hula hoop back on the wall.”

Mother: “Cecil, what do you want to be when you grow up?”
Cecil: “A pirate with a parrot.”
Bedtime bantering

Author Robert C. Gallagher once observed in this rhyming verse, “Anyone who thinks the art of conversation is dead ought to tell a child to go to bed.” Based on these

MY STORY YOUR STORY



PAULA DAMON
paula.damon@iw.net

proof of comedian Red Skelton’s observation that “Any kid will run any errand for you, if you ask at bedtime.”

As Cecil is winding down in bed, he says to his mom, “How about if I climb on your back?”

Mom: “Hm-m, no.”
Cecil: “How about if I fall down on your back?”

Mom: “No.”
Cecil: “How about if I draw letters on your back?”

Mom: “No, Cecil, you have to stay in bed.”
Cecil: “Numbers? Come on, Mama, it will be fun.”

Mom: “I get really frustrated when little boys take a long time to go to bed.”

Cecil: “I get frustrated when trains come apart.”

No thanks, Santa
At bedtime on Christmas Eve, when Cecil suddenly realizes Santa is a stranger sliding down the chimney of his house to bring presents, fill stockings, eat cookies and drink milk, he fearfully shouts, “I changed my mind. I don’t want Mr. Potato Head

Cecil-isms, I tend to agree...

“Mama, I am tired of going to bed,” Cecil yawns.

“Are you ready to be covered up?” mother suggests.

“Well, let’s see. We have two yes’s and one no,” Cecil notes, to which his mother responds, “The yes’s win.”

Here’s some

observation that “Any kid will run any errand for you, if you ask at bedtime.”

As Cecil is winding down in bed, he says to his mom, “How about if I climb on your back?”

Mom: “Hm-m, no.”
Cecil: “How about if I fall down on your back?”

Mom: “No.”
Cecil: “How about if I draw letters on your back?”

Mom: “No, Cecil, you have to stay in bed.”
Cecil: “Numbers? Come on, Mama, it will be fun.”

Mom: “I get really frustrated when little boys take a long time to go to bed.”

Cecil: “I get frustrated when trains come apart.”

No thanks, Santa
At bedtime on Christmas Eve, when Cecil suddenly realizes Santa is a stranger sliding down the chimney of his house to bring presents, fill stockings, eat cookies and drink milk, he fearfully shouts, “I changed my mind. I don’t want Mr. Potato Head

for Christmas! I want nothing!”

Some privacy, please
Sirens sound while Cecil pretends to drive the family’s parked car with his mother looking on right outside the door.

Opening the door, she says, “Hey, Cecil, do you hear that ambulance?”

“No, but I hear that fire truck. Now, can I please have some privacy?”

Just a number
Mom: “Cecil, your daddy’s birthday is tomorrow. Do you know how old he is going to be?”

Cecil: “No.”
Mom: “He is going to be 50. Is 50 a big number?”

Cecil: “No.”
Mom: “Fifty is not a big number?”

Cecil: “No, it’s not big, it’s huge.”
And finally, Cecil goes on to prove Psalm 8, Verse 2, “Out of the mouth of babes and nursing infants, you have ordained strength.”

Hey, Hon?
While Cecil is playing under the kitchen sink, he hollers to his mom, “What a mess! Hey, Hon, can you grab me a towel, please? A wet towel, please?”

“Hm-m, sure Cecil.”
Cecil’s mother hears a loud clank. “Cecil, did you just drop James the toy train engine behind your bed?”

He replies, “He’s gone forever, Babe.”

Maybe psychologist Henna Lemetyinen was right when she concluded, “Language is a cognition that truly makes us human...”

researchers are finding evidence for mastery of this complex skill increasingly in younger children.

And so it goes.

THANK YOU VERMILLION

Thank you for your wonderful support of the USD AWOL mission trip to San Raymundo, Guatemala! The expenses for the trip included transportation to Omaha and back, airfare to Guatemala City and back, and the materials for building the house. The experience not only gave a house to a homeless family, it allowed the students to witness to the people of Guatemala. The students also realized how very little is needed to be truly happy and encouraged them to do more volunteer work in their local communities.

The businesses that donated for the trip include:
The Front Porch
Lori Lees
Nook ‘n Cranny
Massage for Health
Brunick Furniture
Davis Pharmacy
Tan World
Willson Florist
Sturdevant’s Auto Parts
Café Brule
Sharing the Dream
Vermillion Theatre
Please support these local businesses that give back to its community members!

Vonda Cotton
USD 2015 AWOL
participant (Guatemala)

LETTER TO THE EDITOR POLICY

The Plain Talk encourages its readers to write letters to the editor, and it asks that a few simple guidelines be followed.

Please limit letters to 300 words or less. Letters should deal with a single subject, be of general interest and state a specific point of view. Letters are edited with brevity, clarity and newspaper style in mind.

In the sense of fairness and professionalism, the Plain Talk will accept no letters attacking private individuals or businesses.

Specific individuals or entities addressed in letters may be given the opportunity to read the letter prior to publication and be allowed to answer the letter in the same issue.

Only signed letters with writer’s full name, address and daytime phone number for verification will be accepted. Please mail to: Letters to the Editor, 201 W. Cherry St., Vermillion, SD 57069, drop off at 201 W. Cherry in Vermillion, fax to 624-4696 or e-mail to Alan.Dale@plaintalk.net.

CHAMBER CHAT

TUESDAY, MARCH 17
• Governor Daugaard to speak at Vermillion Area Chamber & Development Company (VCDC) Annual Banquet Tuesday, March 17
• The Vermillion Area Chamber & Development Company (VCDC) Annual Banquet is Tuesday, March 17 at the Vermillion Technology Center (VTC), 1012 Princeton. The guest speaker is Governor Dennis Daugaard. Honored guests are Senator Tim Johnson and Barb Johnson. The social hour will begin at 5:30 pm, followed by dinner and the program. It is a time to thank all of the members, individuals, and volunteers who support and contribute to the success of the Chamber and business community through their membership and investments. The banquet also gives us an opportunity to recognize the outstanding achievements of the community’s leaders and organizations by presenting the Family Business of the Year Award, the Mayors

Community Service Award, the United Way Volunteer of the Year Award, the VCDC Community Leader Award, along with other awards. The banquet is open to the public. Chamber Members \$40 per person, non-Chamber Members \$50 per person. For more information and to register by March 9, please contact the VCDC at 116 Market Street, 605-624-5571.

WEDNESDAY, MARCH 18
• 1 Million Cups-Yankton/Vermillion Town Hall #2: Join us Wed, March 18 @ 9:00 am at the Vermillion Technology Center (VTC) when the VCDC hosts our friends from the west for a great discussion! It is also a chance to show off the beautiful, state of the art VTC located at the corner of Princeton & Bower St. near Hy-Vee, Walmart & Polaris.

TO SEE A FULL VERSION OF THIS WEEK’S CHAMBER CHAT GO TO WWW.PLAINTALK.NET.

By SEN. ARTHUR RUSCH

We have just finished the seventh week of the 90th legislative session. We have just two weeks left to finish up all of the legislative work. “Crossover day” was on February 25th which means that any bill which has not passed out of the house of origin is now dead. On “Crossover Day,” traditionally one of the longest days of the session, the Senate finished considering all of the bills which had started in the Senate bills by 4 p.m. but it took the House until 7 p.m. to finish considering all of the bills which had started there. From now on the Senate will only dealing with HB bill or bill that originated in the House. As of right now the Governor has signed 64 bills into law and 12 are still being considered by him.

At the last election 57% of the voters approved a constitutional amendment which allowed an expansion of gambling games in Deadwood (and as a result of federal law, I believe that this will also apply to all casinos in Indian Country as well). To carry out that

constitutional amendment the legislature passed new legislation this week allowing roulette, craps and keno to be played in Deadwood. This bill is now on the Governor’s desk.

The Common Core Educational standards were under consideration in the House this week. HB1223 would have eliminated the Common Core standards from South Dakota schools. This bill was defeated in the House committee but was “smoked out.” This means that at least one third of the members of the house demanded that it be sent to the floor for consideration. The “smoke out” was successful but when the bill got to the floor of the house it was defeated by a vote of 31 to 39. The Senate passed and sent to the House SB 91 and SB 92 which provided for a need based scholarship program and a critical needs teaching program. Unfortunately both of them were funded at the \$1 level due to uncertainty about what amount of money will be available for appropriations.

The House also passed HB 1201 which changed the existing zoning processes to

allow a certification process for conditional uses. One of the elements of the bill which is most controversial is the provision that conditional use permits could be approved by a majority vote rather than the 2/3rds vote which is now required.

Another bill which passed the Senate this week and is now in the House is SB 3 which allows the Department of Agriculture to set up a mediation program to allow parties who are in dispute about drainage problems to utilize mediation to resolve their differences rather than going to court. This bill had been recommended by the watershed task force which met during the past year.

As I told you last week the Senate passed a Highway Funding Bill based on the summer highway study which proposed \$50 in new taxes and fees for roads and bridges. This bill went to the House and the House then dropped the highway funding bill which it was considering so it remains to see what the House does with the Senate version of the proposed law.

There have been 9 bills

introduced in the legislature this year dealing with guns. 7 of them have been killed (including the “campus carry” bill), but SB12 which allows the spouse of an active duty military person to qualify as a resident for purposes of obtaining a permit to carry a concealed pistol was passed by both houses and sent to the governor. HB 1215 which provides for an “enhanced” permit to carry a concealed weapon, which will allow reciprocity in more states, passed the House unanimously. It requires following a more rigorous background check, fingerprinting, etc. and is favored by the Sheriff’s Association. I expect that it will also do well in the Senate.

We still don’t know what kind of budget we will be dealing with at the end of the session but I have heard that the financial projections are not good. I understand that the appropriations committee is waiting until they see the February tax collection figures, which will hopefully be by March 9th, to estimate revenue for next year