PAGE 12



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1555 Dogs - Puppies



Dog Sense Training

Beginning April 17. Basic obedience sessions. Call 605-660-5694 or 605-660-0246 for information.

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& 2 Bedroom Orchard 1 Square, 418 W. 15th, for elderly or persons with disabilities. Rent based on income and includes utilities. Equal Housing Opportunity. 605-665-6135 or Skogen Company 605-263-3941

1-Bedroom with garage. Heat, water, garbage, paid. available, no Washer/dryer pets/smoking. 901 Mulberry available April 15^t \$390/month plus electricity Deposit/lease/references re quired. 605-661-6652.

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FOR SALE: Now building homes in Summit Heights Hillcrest East and Quarry Pines. Call Jim or Jasor Tramp for details. 605-661 2191 or 605-661-2192.

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EMPLOYMENT

APPLICATIONS BEING ACCEPTED for Day County Highway Superintendent/Weed and Pest Supervisor - Day County, South Dakota, is accepting applications for the position of County Highway superintendent/Weed and Pest supervisor. Experience in highway maintenance and construction, administrative and managerial skills required. A complet job description and application forms may be obtained from the Day County Highway department (605) 345-4658 or Day County Auditor. Salary to be set by the Board of Commissioners depending upon education and experience. Applications must be submitted to Day County Auditor, 711 West 1st Street, Webster, SD by May 4, 2015. EOE.

ECONOMIC DEVELOPMENT MAN-AGER - The city of Browns Valley, MN is in search of a highly motivated, community minded person to manage its economic development program. Job description and/or application can be picked up at City Hall or from the City's website at: www.brownsvalleymn.com. EOE.

HAUSER HOMES OF AKASKA, SD looking for carpenter, competitive wages. Call Tim 612-760-6661 or leave message at 605-649-6400. Great area for outdoorsmen.

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SPECIAL EDUCATION INSTRUC-TOR K-12, signing bonus. Send cover letter, resume, certification and other credentials to Dr. Michelle Greseth, Sisseton School District 54-2, 516 8th Ave West, Sisseton, SD 57262. Closing date: April 17, 2015.

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NU Tuition Freeze Could Thaw Next Year

LINCOLN, Neb. (AP) — It appears the University of Nebraska's tuition freeze will melt next year.

The Lincoln Journal Star reports that a tuition increase was broached Friday at a University of Nebraska Board of Regents meeting. Chris Kabourek, NU's director of budget and plan-

Weight

From Page 1

"Before I was in the group, I lost my first 60 pounds," she said. "It was very slow going. I was running races, but I was still at 200 pounds when I was running those. I got to sub two-hundred and I have maintained sub-200 for eight years.'

Thomas said that when she started Rita's Biggest Losers, she was at 188

pounds. "At the time, my family said that I looked great compared to the fact that I was 250 pounds most of my life," she said.

Colleen Vornhagen also decided to join the group to fulfill her New Year's resolution to get healthy.

"I wanted to get into a healthier lifestyle," Vorhagen said. "I have always been very active. It seems like for the last year or so I became a little less active. I started drinking pop and have a couple a day, and I noticed a little weight creeping on. I never weighed that much in my life. I wanted to get my energy back and get

healthy. To join the challenge, each participant put in \$100. The top two losing the most body fat percentage in the group would get a cash prize at the end of the event.

For inspiration, each week Houska posted on a closed Facebook group the top six members after the participants weighed in at

the store. "I remember I was in fifth place. and I thought to myself, 'I better up my game.' Because I knew that's what I had to do if I wanted to win," Thomas said. "Competition was it for me.'

Houska said that the

Voting

From Page 1

law, the current trustees shall continue to act in an official capacity until the vacancy is filled by election or appoint-

ning, told the board that a 3 percent increase in state aid proposed by the Legislature would allow the university to cover most of its ongoing expenses, but a modest tuition increase would be necessary to fully fund its operations. The tuition freeze was

part of a 2012 deal with the Nebraska Legislature. It pro-

money pot really motivated the participants in her challenge.

"I think money talks to a lot of people," she said.

Though the cash prize gave participants the drive, Thomas and Vornhagen both agreed that Houska and the Rita's Biggest Losers Facebook group gave them the support they needed to accomplish their goals.

"We would give motivational messages to each other on Facebook and that was nice," Vornhagen said. "Rita is so kind and motivated herself. She has donated a lot of her time in trying to set this up and it just has been a good group."

Houska said she would post on the groups page frequently to see how everyone was doing with the challenge throughout the week.

The group kept her updated with their process well, most of the time.

"I remember we were probably three-fourths of the way done with the challenge and I posted to ask to see how everyone was doing,"Houska said. "But no one answered me. So I said, OK. I'm done.'

Thomas said the group felt horrible.

"I told her no one replied because we all had a bad weekend," she laughed. "The hardest part is always being honest with yourself about what you weigh. It's also about being honest when you make mistakes. But all the hard work paid

off.

Vornhagen lost 33 pounds and 17.66 percent of her body fat, earning her a first place title and an extra \$1,300 in her pocket.

"I just feel that I have been blessed with a healthy body now," she said.

Thomas took second place in the competition. "No one has ever seen me this small," she said.

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By THOMAS JOSEPH ACROSS 48 Surren-1 Respond dered to stimuli DOWN 6 Title for Vader 1 Tear

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C R E N N A D E W P H A N T O M E R A

vides a 4 percent increase in state appropriations in exchange for keeping tuition rates flat for Nebraska students.

PRESS & DAKOTAN ■ MONDAY, APRIL 13, 2015

But after taking office in January, Gov. Pete Ricketts proposed a lesser 3 percent increase.

Though Rita Houska did not win any money, she did lose 47 pounds which was the biggest weight-loss out of anyone in the group.

Because the effort was such a success, Rita's Biggest Loser's started its second 90-day challenge on Saturday.

"At first we didn't think that we were going to do another round because we all lost so much weight," Houska laughed. "But there were some that wanted to do it again. So I said, 'Ok. Whatever. If we have five people, we have five people.' But now we are up to 32 people in the group.'

Thomas said she is back for round two.

"I am 15 pounds away from my goal weight," she said. "So I am coming back and bringing two friends along with me. I am excited to support them while I get to my goal — because it's going to be tough.'

Houska will also be participating in the second competition.

"My goal is to lose as much as I can," she said. "I'm just going to keep motivating myself."

The competition is open to the public. For more information or to join, call Houska at 605-260-8326 or stop into Rita's Purse-O-Nalities at 2101 Broadway St, Yankton.

Thomas said that it is not too late to fulfill your New Year's resolution goal to lose

weight. "Don't give up," she said. "Try anything and everything. You can only control the behaviors that control you. I focused on my behaviors and my goal and that has got me to where I am today.'

Follow @hartjordynne on Twitter.

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WANTED

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who have served overseas to all men and women who are willing to take that risk."

Ted Fowler, a Vietnam War veteran from Aberdeen who served in the U.S. Army, said he doesn't think the public understands the impact the change will have. He said his group wants to eventually refer the measure to the voters.

"There are 78,000 veterans in South Dakota and, if we get them all moving in the same direction, we can have an impact," he said.

The changes to the definition will go into effect on July 1.

ment. The following is a round-

up of other area elections Tuesday ELK POINT: In the city elec-

tion, voters will decide two races for alderman. In Ward II. incumbent Neil Leitru faces challenger Lance Penfield. In Ward III, incumbent Myra Honomichl faces Kenneth VonHaden. Both races are for two-vear terms. FREEMAN: Voters will head

to the polls for both city and school races in the joint city/ school election. In the City Council election, incumbent Steve

"Charly" Waltner is running for re-election against challenger Russ Becker for a Ward II vacancy. The ward represents much of the south central and southeastern part of the city.

In another city race, voters will decide a Ward I seat between incumbent Charlie Gering and challenger Gary Block. Ward I covers the northern portion of the city. In the school board race,

incumbent Damell Tschetter is running in a four-way race with challengers Corey Gall, Mark Miller and Kyle Weier for two seats. The top two votegetters will win the seats. Incumbent Chris Lickteig

isn't running for re-election, guaranteeing a new face on the school board. SCOTLAND: In the city

election, voters will choose between Tim Asche and H. Victor Settje Jr. for a twoyear term as Ward I alderman. SPRINGFIELD: Voters will

decide between incumbent John Evenson and challenger David Balvin for a two-year term as Ward II alderman on the city council.

TRIPP: In the city election, voters will decide between incumbent Scott R. Schelske and challenger John M. Friman for a two-year term as Ward II alderman.

The election results will be posted Tuesday night on Twitter and online at www. vankton.net as well as the Wednesday print edition of the Press & Dakotan.

Follow @RDockendorf on Twitter.

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AXYDLBAAXR is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

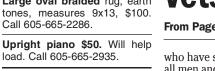
CRYPTOQUOTE

A D T C M N T Z RGDBV BDEGUB MAGU BDEGUB

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Items \$100 or Less Large oval braided rug, earth From Page 1