1830

Rummage Sales

103 W. 4th (parking on south side) Wednesday, 12/16 through Sunday, 12/20

12Noon-5pm
Everything goes! BHG 60% off, pictures, crocks, lamps, knick-knacks, cookbooks, flowers. Mirrors, chairs, vintage hats, end tables, bookcases, tuxedo

2010 Legal and Public

12+16

Notices

PUBLIC NOTICE: Horvath Communications, Inc. is proposing to build a new self-support telecommunications tower located near 431st Avenue and 304th Street in Lesterville, Yankton County, South Dakota (Lat: 42-59-36.33 N; Long: 97-34-40.58 W). The height of the proposed tower is 350 feet above grade surface (AGS). The overall proposed structure height is 360 feet AGS. Public comments regarding potentoric properties may be submitted within 30 days from the date of this publication to: Terracon Consultants, ATTN: NEPA Department, 15080 A Circle, Omaha, NE 68144, (402) 330-2202 or Jes-

Suicide

From Page 1

intolerable situation, Stanage

Research suggests that suicidal behavior is not just about the desire to die. It requires the capacity to inflict self-injury over time, in correlation with repeated and escalating experiences involving pain such as: past suicidal behavior, repeated injuries, repeated witness of pain, violence or injury.

"You have to be able to make a distinction between those protective factors and trigger factors," Stanage said. "That is why you have to do a lot of listening to start with. You have to look at everything else that is going on that could factor into those feelings."

Suicide is often the result of a long-term, gradual, wearing-away process called suicidal erosion, Stanage said. The person's ability to cope with anger, stress, pain, illness, anxiety or frustration diminishes, and so may the fear and pain associated

with self-harm.

Most persons signal their intentions to significant others. Often, these signals involve verbal warnings and can occur more than once.

"If you're depressed and not functioning very well interpersonally, you're more likely to have interpersonal conflict," Stanage said. "Your relationships aren't going to be working as well. You may turn to alcohol or other substances to selfmedicate. You might act out in way that you might not otherwise do."

This is why many professionals are training to assess the risk of an individual by listening to their stories and understanding their perceptions. Family and friends can help in this assessment by seeking guidance from those who work in these situations every day.

These signs can come from something as direct as a verbal warning such as: "I'm thinking about killing myself," and also indirect statements such as: "I can't do this anymore."

Other indicators are types of behavioral warn-

ings such as: giving away cherished belongings or a sudden change in a long

established behavior.

"Hopefully (loved ones)
would be able to ask the
suicide question directly,"
said Lori Montis, suicide and
crisis director for Sioux Falls
Helpline Center. "People are
reluctant to ask the question
about suicide. I think one of
those myths is that people
think the question would
somehow make that person
feel suicidal, if they weren't
feeling that already."

South Dakota's Helpline Center offers aid to those individuals who are struggling, as well as the people closest to them who want to help, but aren't sure how.

The center has a thirdparty system in which people — family or friends that are concerned about a loved one — can call in when they don't know what to do or how to help. "We will do a suicide risk

assessment of the person based on the information the third party has," said Janet Kittams-Lalley, president of Sioux Falls Helpline Center. "Then we can try to do an outreach to that person at risk and talk to them directly."

In order to become the solution, professionals have to establish the problem and the feelings that have led up

to suicide risk.
Initially, individuals who
may be at risk of suicide
are asked three prompting

questions:

• Have they had any cur-

rent thoughts of suicide?

• Have they had any thoughts of suicide in the last two months?

• Have they ever had a suicide attempt?

If a person responds "yes" to any of those prompting questions, that leads to a suicide risk assessment and the building of a safety plan based on their information.

"People are really good at that mask and don't necessarily want to share those concerns or burden their loved ones," Montis said. "I think that communication piece is really important as far as letting other people know what you are concerned about or what you've seen to get that individual connected to that help or support."

As part of the assessment, professionals would cover core areas that are commonly associated with someone at risk including: desire, capability and intent.

According to suicidology. org, most individuals don't die in their first suicide attempt. In the U.S., there is an average of 25 attempts per one completion. Although having suicidal ideations does not mean someone will act on them, research suggests that the risk of completing suicide is greater in survivors.

"That is why, if they are not sure what to do, we are here 24 hours a day," Kittams-Lalley said. "If a person has the feeling that something is not right, but they are unsure whether to talk to this person or what to say, call us. We want to be there to support those people anytime they have a concern."

If you are in crisis or contemplating suicide, please call 1-800-273-8255. You may also dial 2-1-1 to access all resources and information.

Follow @alwooc01 on Twitter.

Funding

From Page 1

regents' president.

"It's a compromise deal. Things like this weigh heavily on students when we're talking tuition freeze," Schaefer said. The governor wants law-

makers to appropriate \$35.5 million to pay off several series of bonds that were issued in 2008 to finance improvements to university science facilities.

In turn the \$2.9 million

that has been annually earmarked for the next 15 years for repaying those two series of bonds would be used instead for two other purposes:

To help keep tuition from increasing for resident oncampus students; and

To increase the endowment for need-based scholarships to lower-income students.

The governor's funding package calls for the universities to redirect some funds from the employee insurance program to other purposes.

The insurance program is

over-funded by about \$275 per employee. Jewett said the insurance money should be retained for future use in the insurance program.

But because of regula-

But because of regulations on federal funds, the insurance money can't be set aside in a savings pool, according to Monte Kramer, the regents vice president of finance and administration.

The needs-based scholarship endowment would get \$1.4 million from the insurance savings and \$2.1 million from other sources under the governor's plan.

Those would raise the endowment to \$5 million. Those other sources

would be \$700,000 from savings in the bonding program and \$1.4 million from university support fees that students pay to the campuses.

Kramer said officials in

the state Bureau of Finance and Management thought the 3.2 percent for university faculty was "generous" when inflation has been below 1 percent in the past year.

Jewett wants a \$35 million math and science building constructed at Northern State University in Aberdeen. The regents unanimously endorsed the legislation for the project Tuesday but there isn't any funding for it.

NSU officials and supporters will need to find the money.

Jewett, now in his nine-

teenth year on the board, is its longest-serving member. His final term expires March 31, 2017. He was the board's president for many years and since then has been a reliably public critic of the current and past governors and legislators on university budgets.

The regents also unanimously endorsed legislation for the \$12 million renovation and expansion of Hammond academic hall at South Dakota State University in Brookings.

The SDSU project will need \$5 million from student fees, \$3.3 million from maintenance and repair funds and \$3.7 million from donors.

The regents also support the governor's revised plan to:
• Provide \$250,000

annually for five years to swap new routers into the university system's Internet network;

• Spend \$434,369 more on

Opportunity scholarships for higher-performing students;
• Provide \$390,054 for

National Guard and state-employee tuition support; and • Give \$210,725 annually

for a child maltreatment center at the University of South Dakota that was recommended by the governorappointed Jolene's Law task force on child sexual abuse.

Birds

From Page 1

sound from and sit there calling back to me," Dietrich said.
Once the sun rises, all

field observers go to their assigned territories and search for birds. All count circles are 15 miles in diameter. The count circle for Yankton is centered roughly two miles north of Yankton along Highway 81 and includes the communities of Yankton, Utica and Mission Hill, as well Gavins Point Dam, a portion of the Missouri River and the James River, and State Lake.

Dietrich said observers look for the rare and unusual birds in our area, but they count all the birds, including the non-native birds like House Sparrows and European Starlings.

Every year, observers seem to find one or more birds like Whit Sparrow and V

unusual birds on the count, Dietrich said. Last year's count included Carolina Wren, Yellow-bellied Sapsucker, Hermit Thrush, Fox Sparrow and Ross's Goose, all of which have been seen a few times since the count started in Yankton in 1916.

Seventy-seven species were seen on count day in 2014, which was the third highest number ever. There were 82 species spotted in 2012 and 80 in 2013. The Gavins Point Dam

and Lake Yankton area are popular birding spots all year, but many times hold some unusual ducks, geese or gulls in the winter, Dietrich said. In 2012, there were seven Long-tailed Ducks that hung out above the dam for two weeks, including the count day. The same year, a single Snow Bunting was spotted on the face of the dam.

Other areas east of Yankton have produced grassland birds like White-throated Sparrow and White-crowned

Sparrow. Northwest of Yankton, observers find raptors like Red-tailed Hawk, Roughlegged Hawk, and occasionally a Northern Goshawk plus Western Meadowlarks and Red-winged Blackbirds. Northeast of town, observers find Bald Eagles and other raptors plus Cedar Waxwings, Golden-crowned Kinglets, Eastern Bluebirds, Brown Creepers and several woodpecker species. "I enjoy every CBC I do

and always see interesting birds and other things in nature," Dietrich said. He encourages participa-

tion. A new person is paired up with an experienced birder. If you would like to

participate by counting birds that visit your feeders in the backyard, Dietrich said more feeder watchers are always needed

If interested or for ad-

ditional information, contact Roger Dietrich at 605-660-6247 or email at 1947rogerd@ gmail.com.

Plan

From Page 1

(plan)," Gustad said. "It takes longer to do that preliminary engineering."

Woods said the plan gives the county some general guidance on what to do for roads over the next five years.

"We had meetings with the townships in regards to our plans for some of the roads," he said. "Those plans are subject to change, but just kind of what we want to do in regards to general maintenance, if we have some bridges we want to redo — it just kind of puts out the preliminary plan on those structures."

The plan is set to be examined each year and revised as needed. Woods added that the

recent meetings were productive, but they also highlighted the issues with available finances.

"Some of the concerns were, like we've all had, there's a shortage of money, a lot of projects that need to be done and how can we efficiently take care of the projects to keep the roads operational and try to find some new revenue sources" he said

He added that it will be some time before the county can begin seeing any BIG money from the state.

"It probably won't be until 2017 or later," he said. "This is a brand new program, so a lot of the rules

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are still coming at us as we speak."

The BIG grants are a part of Senate Bill 1, passed during the 2015 legislative session.

Woods said county officials were only recently made aware of the eligibility requirements for the grants.

requirements for the grants.
"These rules came at us roughly 40 days ago that we had to have this extra layer of requirements to be done,"

he said. In other business Tues-

day, the county:
• Reappointed Michael
McDonald as Veteran's Service Officer.

• Held two executive sessions.

Follow @RobNielsenPandD on Twitter.



