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Bike & Build Pedals Into Yankton

Bike & Builders change lives as they pedal across the United States to benefit affordable housing.

First United Methodist Church and Habitat for Humanity of Yankton County (HFHYC) are proud to host 29 Bike & Build cyclists traveling from Providence, Rhode Island to Seattle. When they pedal into Yankton on Friday, July 10, they will have been on the road for a total of 41 days and will have traveled 1,929 miles, which includes 10 build days and only one day of rest.

Julie Dykstra, executive director for HFHYC, states, "We are honored to be selected as the only host city in the state of South Dakota! In addition, our affiliate has been chosen as a build day site!"

The Bike & Builders will work on a home repair project located at 417 Green Street on Saturday, July 11.

Bike & Build envisions future generations that will be committed to a lifetime of civic engagement and who inspire individuals and communities to create fair, decent housing for all Americans. The impact that they have starts with information. The Department of Housing and Urban Development considers housing to be affordable to a low-income family as long as the cost of housing, including rent or mortgage/tax payments plus basic utilities, does not exceed 30 percent of a household's gross income.

Unfortunately, far too many people in Yankton County do not have the financial means to rent or own an affordable, durable home. According to the U.S. Census

Bureau, there are 2,949 individuals and 852 children living below the Federal Poverty Level in Yankton County.

What's worse, of the 8,698 household's located in Yankton County 1,931 are considered cost burdened by housing expenses meaning that more than 30 percent of their household gross income is spent on housing expenses. Many other low-income people are relegated to homes that are inexpensive, but physically inadequate. Problems may include structural deficiencies such as unsafe stairs or surfaces, handicap inaccessibility, poor insulation and damaged roofs. Often, these homes also suffer from overcrowding, where the number of people living in the house is greater than the total of rooms in the house.

Habitat for Humanity builds in partnership with low-income families because they believe that everyone everywhere should have a healthy, affordable place to call home. More than building homes, they build communities, they build hope and we build the opportunity for families to help themselves. Their goal is to help families break the cycle of poverty and build long-term financial security. With an affordable, stable home, families have more to spend on food, medicine, child care, education and other essentials making a better community for all.

Join HFHYC and First United Methodist Church by extending a warm Yankton welcome to the Bike and Builders July 10-July 12. Call 260-4224 to see how you can help.

Century Club Announces Oldest Living South Dakotan

South Dakota Health Care Association's Century Club, in conjunction with KELOLAND Television, is honored to announce Anna Duba Wren Johnson as the "2015 Centenarian of the Year!" Anna recently celebrated her 108th birthday, making her the oldest resident in the Club!

Anna Johnson was born at Stiles, North Dakota on June 24, 1907, to Annie (Phillips) and Joseph George Duba. She was the fourth child and second daughter in a family of two sons and three daughters. Her mother passed away in 1912 and her father in 1968. The town of Stiles does not exist anymore. Anna got her first eight grades of education in Stiles in a country school and high school in Lidgerwood, North Dakota. She also attended aircraft school in San Diego in 1942 and Pasadena City College taking a Business course in California in 1945. Anna lived on the farm in North Dakota for 26 years and left to work in Minneapolis, Dallas and Pasadena, California. From 1942-1945, she worked at Consolidated-Voltaire in San Diego in a war plant as a machine shop inspector on the B24 Bomber.

In 1945, after the war, she moved to Pasadena, CA and was employed at Sears Roebuck & Co. for five years and then moved to the San Fernando Valley in North Hollywood to help open a new Sears store there as a receiving clerk. Anna worked at Sears for 23 years when she retired in 1969 and moved to Corvallis, Oregon to be with an Aunt. She did volunteer work at the Senior Citizen Center and belonged to the Senior Citizen Recycling band for about 15 years. Anna traveled to Hawaii, cruises to Alaska, Switzerland, Italy, France and many places in the U.S.

Anna married Archie Wren in Corvallis, Oregon on Nov. 10, 1970. Archie was a native of Sheridan, Oregon. He passed away in August 1974. Anna belonged to the



Johnson

Western Bohemian Fraternal Association Lodge in Lidgerwood, headquartered in Iowa. She had several interests and hobbies.

The most important were travel, sewing, crocheting, painting, tending to a flower garden, and visiting relatives and friends. Some of Anna's favorite foods and treats include catfish and hot chocolate.

Anna has lived at SunQuest Healthcare Center in Huron since February 2011. Anna married Farrell Johnson at SunQuest Village on Nov. 17, 1997. She credits her longevity to genetics. Anna's aunt (her father's sister), Josephine (Duba) Nelson lived to be 105 years.

The Century Club is a creation of the South Dakota Health Care Association and has recognized more than 1,500 South Dakotans since its beginning in 1997. Century Club sponsors created the Club to recognize both the contributions and the years of these special individuals. The Century Club is as its name states ... a club. Therefore, there may be older people in the state that have not yet been inducted by a family member or loved one into the Century Club.

The Century Club is open to residents of South Dakota upon the celebration of his or her 100th birthday. There are no dues and every inductee receives a specially designed certificate and membership card signed by sponsors. Once a year, the current oldest living Century Club Member is recognized as the "Centenarian of the Year." Submit names for the Century Club by visiting www.sdhca.org and downloading a Century Club Application or call LuAnn Severson, Century Club Coordinator, at 1-800-952-3052.

Handling Losses, Particularly Those Caused By People

BY DR. MIKE ROSMANN

Sponsored by Lewis & Clark Behavioral Health

Everyone experiences a myriad of losses during a lifetime. Much of what I have learned about handling losses is from working with people professionally to help them through recovery.

A young widow whose husband was fatally crushed when a large round hay bale he was stacking came off the loader backwards and pinned him on his tractor took two years to repeatedly analyze her husband's death during her monthly or more frequent counseling sessions. She regularly recalled what she knew of the event and how she couldn't move forward with her life.

They had an infant son who would grow up without his father. I learned her story by heart. I encouraged her to talk more about where she was headed with her life, but she persisted in recounting what had happened and how she couldn't leave the scenario in her mind.

One day the woman announced during our meeting that she experienced a moment of hope during a walk that she could lead her life without her chosen mate. She thanked me for being patient, perhaps not realizing I had wanted her to move on for a long time.

I was the one who learned the widow could think about the future only when she was ready, and not according to my timetable. She was living with upheaval of her dreams as well as the loss of her husband.

She never married again and her son is now farming. She established a successful career as a school administrator while also managing the farm she rented out until her son was old enough to take over the farm. And, he has a roll-bar on the tractor he uses to move hay bales.

Some losses are so painful we can hardly bear them. The losses we can't control, like storms that destroy our



Dr. Mike
ROSMANN

reviewing the preventable loss we say, "I'll never do that again," and move on.

The losses that often haunt us the most are those we could have avoided if we had treated people differently, such as siblings quarreling over family farmland in an estate. People involved in such disputes often tell me that winning ownership of the land isn't worth losing good relationships within the family.

How can we handle losses when human mistakes contribute to the hurt? The actions of the families of the victims massacred recently in the Mother Emmanuel African Methodist Episcopal Church in Charleston, South Carolina offer a powerful example for healing.

They forgave the perpetrator. They won't forget what happened but they are moving on instead of vowing revenge and holding onto anger and hurt.

They are helping the whole nation heal from a painful episode that has many of us searching ourselves for what we can do better to respect others. Being able to allow others to make a mistake and then going on to live with dignity after getting hurt sets an incredibly positive impetus for healing.

How can perpetrators of losses heal themselves and others? Perpetrators can take their cues from victims who are healing.

Apologizing for causing a loss goes

homes and livelihoods, hurt but we can eventually come to terms with them easier than if they were our fault.

Then there are those losses we clearly could have avoided, like not vaccinating livestock for a contagious illness we chose to ignore.

A long way toward healing ourselves when we harm others and cause them terrible losses. It helped one well-to-do farmer who took rental land away from competitors who were good farmers and careful land stewards by offering higher rents for leased farmland and then exploiting the ground and its resources.

When the larger and well-heeled operator realized that he was losing his reputation as a fair businessperson, he ended the leases and paid visits to his competitors to express his regrets. Now all these farmers and land owners can look each other in the eye when they meet.

The farmer who hurt his neighbors can live with himself knowing he fixed his mistake. Perhaps best of all, everyone involved in the matter feels they can count on each other for help if a threatening circumstance arises, such as a fire or illness.

Some losses are made more painful because we view them as significant. One Nebraska farmer and his wife were excluded from his parents' will that gave all their estate to his only sibling, a brother.

The brother was instrumental in having the will go his way. The aggrieved couple who lost out decided there was little they could do to change what had happened and determined to concentrate on the here-and-now and their future.

They stopped attending the same church and social functions as the brother, but they treat him civilly in public and at family gatherings.

They won't forget how they were hurt but they are over their anger. The burden for healing is now on the brother.

Dr. Rosmann is a Harlan, Iowa psychologist/farmer who can be contacted at: www.agbehavioralhealth.com.

VFW/Ladies Auxiliary Awards



SUBMITTED PHOTO

Post #791 President Joyce Stahlecker accepted the Auxiliary Health Certificate, for having a health Auxiliary. The award was presented during the 85th Department of South Dakota Veterans of Foreign Wars and Ladies Auxiliary State Convention, held in Yankton in June. With President Joyce is Auxiliary is State Chief of Staff Nelda Jorgenson and National Representative Colette Bishop.



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At the Award Ceremony, Commander Cody Mangold of Yankton Post #971 was presented the White hat and pin for being one of the outstanding Commanders in the State of South Dakota of 2015. The award was presented during the 85th Department of South Dakota Veterans of Foreign Wars and Ladies Auxiliary State Convention, held in Yankton in June. Left to Right is Post #791 Commander Cody Mangold, State Commander, Donald Dahlin and National Representative Sr. Commander



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Commander Cody Mangold of Yankton Post #791 was presented an award for 2015 First Quata Buster Post Membership Post. The award was presented during the 85th Department of South Dakota Veterans of Foreign Wars and Ladies Auxiliary State Convention, held in Yankton in June. Left to Right: Post #791 Commander Cody Mangold, State Commander, Donald Dahlin and National Representative Sr. Commander, John Biedrzycki.

HorsePower Camp Lessons And Programs

SIOUX FALLS — HorsePower offers equestrian lessons and programs to people in the Sioux Falls and surrounding communities with physical, emotional and cognitive challenges. They are once again offering summer day camps for participants that may be thinking about the program or for those who already enjoy it. Visit www.horsepowersf.com.

Day camp at HorsePower runs from July 27-30. Each half-day session includes three stations, including a nature walk, a musical jam session, and horseback riding.

"Day camp is a great way for potential participants to see if they would like the program and being around the horses," said Tasha Anderson, executive director of HorsePower. "This is also a great way to provide a camp experience to those that would otherwise not be able

to enjoy one."

Additional day camp information and forms are available on the website at www.HorsePowerSF.com. Updates are also available on Facebook and on Twitter with Sioux Falls' only tweeting pony @hp_pony.



Mr. and Mrs. Dayhuff

www.yankton.net

72nd Anniversary Celebration

Bill and Lucille Dayhuff of Yankton are celebrating their 72nd wedding anniversary today, July 8, 2015.

Open House
Bill's 90th Birthday
Sunday, July 12
3-5pm
O'Malley's
Downtown Yankton
No gifts please.



AM 1450

MORNING COFFEE
WEEKDAYS MONDAY-FRIDAY

Wednesday, July 8
7:40 am YC Observer
(Kathy Church, Kristy Wyland)
8:20 am Hy-Vee Foods
(Chef Staci)
Thursday, July 9
7:40 am YAPG
(John Kramer)
8:20 am Southeast CASA
(Sherri Rodgers-Conti)