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Legal and Public Notices

11+16+19
NOTICE TO BIDDERS

Sealed bids will be received by the City Commission of the City of Yankton, South Dakota, at 416 Walnut Street, Yankton, South Dakota, at the Office of the City Finance Officer of said City until 3:00 P.M. or may be hand delivered to the place of opening at 3:00 P.M. on the 3rd day of December, 2015, at which time they will be publicly opened and read in the Second Floor Meeting Room of City Hall, Yankton, South Dakota. Disposition of said bid will be held on the 14th day of December, 2015 at 7:00 P.M. in the City of Yankton Community Meeting Room located in the Technical Education Center at 1200 W. 21st Street, Yankton, South Dakota.

Bids will be received on the following:

ANNUAL SUPPLY OF
TRANSPORT-TANKWAGON
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FOR CHAN GURNEY
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Copies of the specifications may be obtained at the Office of the Airport Supervisor, 700 E 31st Street, Yankton, South Dakota 57078 or by telephoning (605) 661-9223.

All bids must be submitted on forms provided by the City of Yankton.

The City of Yankton, South Dakota reserves the right to reject any or all bids and to waive any informalities therein to determine which is the best and the lowest bid, and to approve the bond, if required.

Kevin Kuhl, PE
Director of Public Works
City of Yankton, South Dakota

Dated: October 27, 2015

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Suicide

From Page 1

taken many of these types of training courses, but never one this intensive on suicide, she said.

"I think it is very beneficial to know everything that was taught today," Empkey said. "I like the handouts. I can go back and give them to my team so they can utilize the information too."

The group spent the first part of the day identifying the scope of the problem, comparing national and local numbers. But QPRT instructor Lori Montis said it can be difficult to get accurate statistics.

"We spent time looking at what groups and age levels are at higher risk," she said. "Suicide attempts are hard data to get. A lot of times, it gets recorded as an accident because there is not proof of an actual suicide."

According to the American Association of Suicidology (AAS), there were 41,149

completed suicides in the United States in 2013. There were also more than 1 million attempts.

Montis works as a Suicide Crisis and Support Director at the Sioux Falls Helpline Center. She has been QPRT certified for the past five years and handles suicide risk individuals on a daily basis.

Because suicide is a serious problem, some of the risks can be unrecognizable. Seventy-five percent of suicides see physicians within a week to a month before their deaths. For this reason, Montis emphasizes the importance of assessing and documenting individuals to determine their level of risk and proper safety measures before it becomes a problem.

"I think it is really helpful for them to know, even if they are not going to be the one to do that whole assessment, what to look for, what questions to ask and who to connect them to," she said.

The interview process involving heightened active listening, without judgements or opinions, is essential to

Christmas

From Page 1

announcer can say something as they come down the street."

No parking is allowed on the parade route, and barricades will be set up at 3 p.m., Schulte said. Area residents stake out their favorite places from which to watch the parade.

This year's Candlelight Christmas features some changes.

In the past, children could visit Santa Claus after the parade. This year, he will also appear before the parade at 5 p.m. at the Senior Center. Santa will ride in the parade and return afterwards to the Senior Center.

Another new event is the Nativity play at 8:30 p.m. in the Hartington City Auditorium basement. The play features children 3-6 from Holy Trinity School and CCD (religious education) classes.

Vendors will also operate in the auditorium starting at 8:30 p.m. "It's the most vendors we've ever had in the auditorium," Schulte said.

In addition, the Memory Tree Lighting will represent a change. The event starts at 6:30 p.m. on the Cedar County Courthouse lawn.

"We sell large 5- or 6-inch ornaments. People buy them for \$5, take them home and decorate them however they want in memory of a loved one who has passed away," Schulte said.

"They turn (the ornaments) back in, and they are placed on the tree. We have the clergy give their talk on the reason for the season. The proceeds (from the Memory Tree) go to the Cedar County Cares giving tree which buys gifts for needy persons."

The ornaments are left on the tree through the Christmas season, Schulte said. The individuals can pick up the ornaments after the display or leave them for next year.

encourage full disclosure, Montis said. Patients can be hesitant to share information with a health professional out of fear of involuntary hospitalization, incarceration or unwanted rescue.

"There is therapeutic value just in letting them tell their story," Montis said. "A lot of times people just want to talk to somebody. If they feel isolated and alone, our being willing to listen to what is not going so great in their life is a huge value in and of itself."

For family members who may be looked to for help and advice, just listening can be difficult. When a person is talking about all these reasons that he or she may want to end their life, it can be easy to rush into giving individuals reasons not to. But Montis warns if we jump too quickly to try and fix things, those at risk individuals may just shut down.

"The hardest part is getting them to be honest with you and to trust you enough to be honest with you," Empkey said. "If they don't trust you, they are not going to

The Candlelight Christmas schedule calls for food and dining at various stands, buildings and churches; wine tasting; open houses at businesses kicking off the Christmas buying season; and live music at the Broadway Lanes.

The Knights of Columbus soup and pie supper raises money for charity, Schulte said. This year, the proceeds will benefit Paul Howey, who was injured in a head-on collision this summer and lost part of his leg, she said. The supper runs from 5-7 p.m. at the KC Hall.

Candlelight Christmas also will feature bell ringers from 6-6:45 p.m. at Trinity Lutheran Church, a Christmas cookie contest, coloring contest, Hartington-Newcastle Student Council dance and two photography booths.

In addition, the "Reindeer Monologues" will perform on Friday and Saturday nights for adult audiences at the Main Street Bar, Schulte added.

tell you the truth. They are not going to open up."

Once a professional or individual has all the information, he or she can develop a safety plan for the person at risk. If someone is at low or moderate risk level, the interviewer can attempt to develop an agreement with the individual whereby the person will commit to seeking help through a safety plan or an outside source. If a person is high risk, has been uncooperative or distant, and refuses to remove a means of suicide, additional measures may be required. It is up to the professional to use proper judgment.

"You're hoping that the talk was helpful and that they are OK now," Montis said. "By the end of that conversation, if your gut says that you are unsure if this person is OK, we need to connect them with the next level of care, whatever that might be."

Mortis explains that a person expresses detailed statements when they are being honest about removing the option of suicide from

his or her mind. Examples include, "I won't do it. I won't put my family through that. I'll call you back personally if I need to." This shows that the person has specific action steps and committed to not hurting someone else due to his or her actions.

Yankton has a variety of resources to help those individuals and families who are struggling with suicide: Lewis & Clark Behavioral Health, Contact Center, Human Services Center and local shelters, as well as church groups and school counselors. These resources and the knowledge they provide are the best defenses against suicide.

"The most important thing is to just be educated on the topic," Empkey said. "Educate yourself and education your children because there is such a stigma related to mental illness and suicide. Have open communication in your family and don't be ashamed to ask for help."

Follow @alwooc01 on Twitter.

"We have eight reindeer, and we each do our own reading. There are no memorized lines," she said.

Candlelight Christmas arose from Chamber members kicking around ideas for a holiday event, Schulte said.

"We thought of what we could do to bring people to Hartington's downtown and benefit the businesses," she said. "We went to the listing of Nebraska events and saw someone had a lighted vehicle parade. We thought that would be fun to do, so we talked about it."

Schulte liked the idea of a Candlelight Christmas.

"Well, to me, Candlelight Christmas had a warm, fuzzy feeling and we could base it on lights and lighting up the buildings. We would have the vehicles in the parade," she said. "We talked about how, when we were kids, the businesses would be open at night and you would come to town and see everybody. We kind of wanted to bring back that nostalgic feeling."

The event has grown

steadily through the years, she said. "We put a lot of work into it. It's not an easy thing to plan," she said.

However, Candlelight Christmas has become a holiday tradition with a lot of fun, Schulte said.

"We've been doing it for 15 years, so my kids were involved and now their kids are part of it," she said.

"They're away from home, but they still try to come back for it."

Does she hold any concerns about the forecast for snow this week? Not if history has any bearing.

"We've never had snow on the ground for the Candlelight Christmas," she said. "We've had flurries during the day but never snow on the ground. One year, it was 60-some degrees."

For more information, check out the Facebook page for Hartington's Candlelight Christmas.

Follow @RDockendorf on Twitter.

GOT NEWS?

CALL THE PRESS AND DAKOTAN AT 605-665-7811

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Carnival attraction
5 React to a monster
11 Wrinkle remover
12 Threat words
13 Lacking slack
14 Slugger Stan
15 Most furious
17 Rooster's mate
18 Lesson leader
22 Road work markers
24 Future fungus
25 Buckeyes' sch.
26 SEALS org.
27 Extreme
30 Near-sighted Mr.
32 Sat for a portrait
33 "That's gross!"
34 D-Day site
38 Lively dance
41 Confident
42 Wise sayings
43 Leave speechless
44 Cure
45 Beliefs

DOWN

- 1 Comic Rudner
2 Turkey neighbor
3 Tasty rings
4 Menu choice
5 One or more
6 Bread edges
7 Prepare for a big day
8 Bulldog backer
9 Simile center
10 Jazz drummer
16 Powerful bunch

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Yesterday's answer

- 19 Challenging puzzles
20 Approximating phrase
21 Nevada resort
22 Brilliant act
23 Ibsen's home
28 Fail to follow suit
29 Found darling
30 Silent
31 1992 Wimbledon champ
35 Optimistic
36 Oil container
37 Urges
38 Watering hole
39 Shelley work
40 Flight

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11-19

A X Y D L B A A X R
is L O N G F E L L O W

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

E I Q S Y N Q M V O Q N E Y L M N W D
E I Q K M D E X Y T H M N N X G V
X Y T N I Q M N E , E I Q P Q D D
H M K M J P Q X Y T M N Q Y B
P Y R G V O G V E I Q K N Q D Q V E .

— J M N J M N M W Q M V O Q P G D
Yesterday's Cryptoquote: THERE ARE CERTAIN THINGS WE FEEL TO BE BEAUTIFUL AND GOOD, AND WE MUST HUNGER AFTER THEM.
— GEORGE ELIOT

Calling All Cooks!

The Yankton Daily Press & Dakotan will be publishing a cookbook in December. This cookbook will not only feature recipes from *The Neighbor Lady Wynn Speece* but also local, regional, state and national celebrities as well as our reader submitted recipes. A fun and informative cookbook you'll want to be part of.

This cookbook will be distributed in the Wednesday, December 23 Press & Dakotan. We would like to have your submissions by November 20th. We thank you in advance for your consideration in participating in this cookbook.

You may use the following methods to submit your recipes:

Email: nicole.myers@yankton.net
or mail to:
YANKTON DAILY
PRESS & DAKOTAN
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319 Walnut Street
Yankton, SD 57078