

Grief

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learning about misconceptions that are out there."

Tweeter Henseler, director of pastoral care at Avera Sacred Heart Hospital explained that members of the community had the opportunity to go to a seminar hosted by Wolfelt in Sioux Falls.

"Sister Kate from the Monastery as well as others from the community went to his day-long presentation," she said. "Sister Kate immediately called Pam Rezac and said we need to get someone like that here.

"I think it is an incredible opportunity for the community to have someone of his caliber and experience. ... His material is very user-friendly, with a great message that we can use and apply in our day-to-day lives. This seminar is for anybody. We all experience loss, big or little, and his message can help us deal with all of it. It is just such a strong, great message."

Wolfelt explained that there is a misconception that there are orderly steps to grief, and during his presentation he will try to help people find their own paths of mourning.

"Many people don't know the differences between mourning and grief, and feel they should move away from grief instead of towards it," he said. "A lot of the messages people get these days are back-up messages, 'Carry on. Keep your chin up. God wouldn't give you more than you can bear.' If (those mourning) are not careful, they internalize those messages, and while they were not intended to be hurtful, they really are keeping your grief inside. It is through mourning — by sharing your losses and how they affect you on the outside — that you can integrate them into your life."

While everyone grieves differently this program will be beneficial for anyone, Wolfelt said.

"The core content we are focusing on is if you have had someone in your life who has died," he said. "But, we will be talking even about a broader frame of loss, but primarily through death. There are people who could learn about mourning the other losses in life as well. We will also be learning about what makes people's mourning unique — what was the nature of the relationship, have you had support to mourn. People will find it very helpful to know we have identified that there are universal needs of mourning. We will be helping people understand that they need to be an active participant in their mourning, that they can't just let time go by and everything will be better."

With more than 40 books to his credit, Wolfelt speaks in nearly 80 cities a year on grief and mourning.

"I discovered my passion for this years ago when I had a loss in my adolescence," he said. "I wrote my first book when I was 19 years of age. People began to invite me across the country to speak; I kind of found my calling. I dedicated my life to exploring loss and being an advocate for helping people learn to grieve and mourn."

In the end, Wolfelt said the workshop is really about learning to live life fully.

"If anyone wants to come to learn about grief and living and how to support someone in death and mourn their own life losses, I think they would really enjoy their evening with us," he said.

For more information about Wolfelt's work, visit www.centerforloss.com.

Henseler, said there is no registration required for Tuesday's free community seminar.

She also said there will be a full-day workshop held on Wednesday for providers. To register for the Wednesday workshop, call 668-8475.

THE PEOPLE'S CHOICE



PHOTO: JESSICA GIARD-CHAMBERLAIN/OACOMA SUN
The Yankton High School marching band won the People's Choice Award at the 12th annual River City Band Festival in Chamberlain Oct. 8. Also at the festival, Menno won the Class A Street Competition and Platte-Geddes won the Class AAA Street Competition. Brookings won the Sweepstakes Award.

Pugh

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my daughter, Colette Abbott, is chairman of the race," he said. "And I also have five daughters, one daughter-in-law, nine granddaughters and three great-granddaughters. So needless to say, I was willing to do whatever I could."

The Susan G. Komen Race for the Cure Series is the largest series of 5K runs/fitness walks in the world, according to the race's website. It raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship and honors those who have lost their battle with the disease.

This is the fourth year the Komen South Dakota Affiliate has hosted the race, which was held at the DakotaDome in Vermillion. Up to 75 percent of the funds raised at the race remain in South Dakota to provide breast health research, diagnostics, screening, treatment, services and education for uninsured or underinsured women. The remaining 25 percent goes to fund national research to discover the causes of breast cancer and, ultimately, its cures.

"It's really a good thing," Pugh said. "They raise a lot of money, and most of it stays in South Dakota."

The event also does an incredible job of raising breast cancer awareness, he said.

"The Komen effort is outstanding," he said. "You have 2,000 to 2,500 participating in the race, and many volunteers assisting. It's quite a production."

Pugh added that he was impressed with the amount of work done by those involved with the race.

"I think it's very well put together, even though I admit that I'm prejudiced because my wife and my daughter have a lot to do with it," he said with a laugh. "There's so much more to it than you would think. They honor the survivors of breast cancer, they have to go out and get sponsors, and so on. There's a lot of work involved."

To get ready for the race, Pugh put in some work as well.

"I go to the wellness center daily. I've been going since about two months prior to this race,"

he said. "I didn't want to embarrass myself, so I went up there to walk the treadmill. I guess I had my own health in mind, too."

That health was in question in 1995 when Pugh was diagnosed with kidney cancer. He underwent surgery at Avera Sacred Heart Hospital in Yankton, and doctors were able to find and remove all the cancer.

"I was very fortunate," he said. "A lot of people don't make it with that kind of cancer."

Pugh said his experience gave him empathy for others battling similar diseases, something that was constantly on his mind as he

participated in the Race for the Cure.

"You look around you and see people you personally know who are in recovery, and you see all the survivors walking," he said. "I defy anyone not to be moved greatly by seeing that."

While Pugh was satisfied with his performance in this year's event, he didn't rule out racing again.

"At my age, you never know how many races you're going to be in," he said. "But if my health lets me, I definitely will participate again."

USD Approves Online Program

VERMILLION — The South Dakota Board of Regents has approved the University of South Dakota's plans to deliver its master of public accountancy degree online.

The master's degree in public accountancy at USD has been approved for online delivery, with the first online students to enroll next spring. University officials anticipate a strong demand for the online MPA program. It is designed to provide specialized, in-depth knowledge in all areas of accounting, including auditing, cost, financial, government, and tax. According to federal labor

estimates, employment of accountants and auditors is expected to grow by 22 percent between 2008 and 2018, faster than the average for all other occupations.

In further action, a new graduate-level certificate in mental health counseling was authorized at USD. All four courses for this 12-hour certificate program will be offered online. Practicing licensed professional counselors and recent graduates of a 48-hour counseling program will be the primary audience for this new certificate.

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the priest's residence," said Kathol, who has been with the parish since it decided a business manager was needed.

Ultimately, the decision was made to demolish the old rectory, and it was torn down during the summer of 2010. Ground was broken for the new facility in the spring of this year.

"The foundation was starting to crack (on the old rectory), there were tuckpointing issues, the roof went through a storm and needed replacement, and when we replaced the roof we would need to replace the windows," Kathol stated. "Ultimately, when (the parish) went through everything, they also felt it was necessary to separate the priest living quarters from the parish office."

Because the church had no storage, a decision was made to make room for that purpose in the basement, along with an archive room and extra living

quarters for a potential associate pastor.

A chapel in the building features windows from the parish convent that was demolished in the 1990s.

"Throughout this building, we salvaged different pieces from the old building and other buildings," Kathol said.

In addition, there is a conference room that will provide space for adult education, a dressing room for brides and a family room during funerals.

"That's going to be a big, big change for our parish," Kathol stated.

The congregation is currently in the process of wrapping up a \$625,000 fundraising effort for the building, which was constructed by Randy Kathol Construction of Hartington and designed by RVW of Columbus, Neb.

A 125th anniversary Mass will be held at 2 p.m. Sunday to kick off the afternoon of events.

"In 125 years, we've only had 13 pastors and five of them are still living," Kathol said. "Four of them will be here for the celebration Sunday."



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