

Habitat For Humanity Statewide Fall Event Held

BY RANDY TRAMP
 P&D Correspondent

Habitat for Humanity hosted its annual Fall Event Saturday, Oct 4, at Bella's Restaurant located in Historic Downtown Yankton. The main purpose of this event was to recognize supporters of the year throughout the state of South Dakota, and to highlight the accomplishments of a state affiliate.

Habitat for Humanity of Yankton County recognized the Federal Prison Camp as their "Supporter of the Year."

In 1999 Habitat formed a working partnership with the Federal Prison Camp through their Community Service Program. The CSP program releases inmates to work on special community projects. The Prison Camp has released inmates to assist with 32 of our 38 home builds in Yankton County. In addition, FPC has been instrumental in providing a work force to assist with the home repair program and the annual Habitat 500 Bike Team Rummage. The success of the Yankton affiliate throughout the past 18 years can be directly related to their partnership with the Federal Prison Camp. The partnership has been a win/win for both Habitat and the inmates that assist the affiliate. The inmates are offered an opportunity to learn or sharpen their job skills while working with members of our community. The work experience obtained by the inmates plays a major role in their successful reentry into society. The partnership falls right in line with the mission statement created by our founders in 1996 to work in partnership with people from all walks of life.

Habitat for Humanity received two \$5,000 grants from the South Dakota Housing Opportunity Fund this past



PHOTO: RANDY TRAMP
 Nicole Meyers, pictured with her sons Teagen and Ryker, is a Habitat for Humanity home owner and a present during Habitat's Fall Event last weekend in Yankton.

year, which helps keep the homes affordable for partner families. In addition, Habitat was approved to borrowed money from this fund at an interest free rate.

Julie Dykstra, director for Habitat for Humanity, said: "The funding received from the South Dakota Housing Opportunity fund has been crucial element in helping the affiliate continue its Christian housing ministry in Yankton County this past year."

The key note speaker was Tami Ruzicka, a home owner and family mentor. She was the first Habitat homeowner to pay off her mortgage.

"I applied in February of 1999 and moved into my home in February of 2000," she said.

To describe her involvement, she cited the dream of Habitat: to unite people, communities, churches and businesses in a spirit of a true partnership by building homes with families in need.

Today, Ruzicka is one of several family mentors. She guides new Habitat homeowners in areas ranging from financial advice to homeowner tips. She may help them through a budget or remind them that their rain gutters may need to be cleaned out. Ruzicka passes the importance of Habitat onto the next generation and encourages people to become involved.

Nicole Meyers, a Habitat for Humanity home owner, offered a slide presentation: "My Journey to Home Ownership."

"I would never in a million years give back this experience, it has shown me what hard work really is, how teamwork is so productive," she said.

KK93 partnered with Habitat to promote a jeep raffle. A total of \$16,070 was raised to assist Habitat continue its Christian housing ministry of renovating and repairing homes within Yankton County. John Pesek from Tyndall was the winner of the 1980 CJ7 jeep that was donated by an anonymous family.

Dykstra said: "God's grace is why I do what I do. But to see how home ownership can lay a foundation of hope for families and how repair projects, just improving the appearance of someone's home can make a difference in their lives."

VOTE TERRY WINTER

For State House District 18

We Should Do Better.

A Strong Foundation

★ ★ ★

Core Values

Education

Family

Community

www.voteterrywinter.com

Paid for by Winter for House, Paul Harens Treasurer

Wagner Students Prepare To Be Mentors

WAGNER — On Oct. 13, several Wagner High School students will begin training to serve as mentors for the rest of the school year. High school students in grades 10-12 are allowed to volunteer for this service and the training involves more than six hours of training to prepare for this responsibility. Mentors will work with students in grades 1-3 and donate 30 minutes of their time twice each week throughout the rest of the school year.

A mentor is a person who helps to guide the younger person in a more positive direction as they progress through their life. This kind of help is not done for personal gain, but rather personal satisfaction in helping another. Mentoring at the Wagner School

is about building an ongoing relationship of learning and trust building with those involved. It also involves lots of communication and commitment.

To become a mentor at the Wagner School, students must attend a six-hour training course which is held on Native American Day when the school is not in session. By giving up their school day off, the high school students make their first serious step to real commitment to helping someone else. The mentor's goal involves building a positive relationship with their mentor child so the student can have a positive high school student in their life. The mentor is there to listen, help and encourage them to do better in school.

This program was created more

than 17 years ago by Dana Sanderson, counselor at the Wagner High School, in an attempt to help more students find greater enjoyment in their school experience. More than 900 students have served as mentors or been mentored since its inception.

"When a student decides to become a mentor they tend to become much more serious about their own future and what they can do with it. Mentored children tend to find school more enjoyable and mentors tend to find greater purpose in what they do each day as well," Sanderson said.

He has created his own training program to help meet the needs of the Wagner School Mentoring Program.

It's October: Time To Think Pink For Breast Health

During October, Avera encourages women and their loved ones to "Think Pink" and be aware of the importance of early detection of breast cancer.

October is National Breast Cancer Awareness Month, and Oct. 17 is National Mammography Day. The American Cancer Society recommends yearly mammograms for women starting at age 40.

"Digital mammography is the only screening tool proven to reduce the risk of dying of breast cancer. This tool finds breast cancer in its earliest stages, when there's the best chance for a cure," said Ralph Tullo, MD, of Avera Medical Group Radiology Yankton.

While most cases occur after age 40, younger women also can be diagnosed with breast cancer.

"We encourage women to see their provider annually and discuss the benefits of clinical breast exams and self-breast exams," Dr. Tullo added. "Anytime you feel that something has changed in your breasts, don't hesitate to contact your health care provider."

Breast cancer, the most commonly diagnosed non-skin cancer in women, impacts one in eight women during their lifetime. In 2014, the ACA estimates that 235,030 new cases of breast cancer will be diagnosed. If cancer is diagnosed when it is localized in the breast, the five-year survival rate is 99 percent.

Survival rates drop when cancer spreads to lymph nodes or distant sites.

"Getting an annual mammogram is a gift you can give to yourself, your family and

The Press and Dakotan is looking for stories to feature in our annual Pink Issue honoring the men and women who have fought or are fighting breast cancer.

If you would be willing to share your story or you have an idea of someone we should visit with, please email shauna.marlette@yankton.net or call Shauna at 605-665-7811 ext. 121.

your friends," said Dr. Tullo. "Those in your life will thank you."

After her younger sister had been diagnosed at age 40 with breast cancer after her first mammogram, Jackie Proxter of Pierre was diligent about getting annual mammograms around the first of the year. In January 2012, she was able to schedule her mammogram on a "blizzardy" day because of some cancellations. The radiologist noted some changes from her last annual screening and unusually shaped cells. A biopsy confirmed she had cancer.

"The cancer cells had not broken through the ductile wall yet, and so they weren't in my lymph nodes," she said. "It was a very early detection."

Because her cancer was diagnosed early, Jackie was able to have a breast-con-

serving procedure known as lumpectomy, followed up by radiation. She completed her treatment in June 2012 and continues to take Tamoxifen to prevent recurrence. Since, she's been cancer free.

"I thank the Lord every day that I wake up," she said.

Jackie realizes that had her cancer gone undetected, she would have required more extensive surgery and more treatment. Most health insurance plans cover a screening mammogram each year for women age 40 and over.

"Catching breast cancer in its earliest stages can save patients the expense and trouble of going through more extensive treatment, such as chemotherapy. What's more, it saves lives," said Preston Renshaw, MD, Chief Medical Officer of Avera Health Plans.

IN REMEMBRANCE

Michael J. Hochstein
 10:30 AM, Thursday
 Holy Family (Immaculate Conception)
 Catholic Church
 St. Helena

WINTZ & RAY
FUNERAL HOME and CREMATION SERVICE
 Yankton

WINTZ
FUNERAL HOME INC.
 Hartington, Coleridge, Crofton

605-665-3644 www.wintzrayfuneralhome.com 402-254-6547

AM 1450

MORNING COFFEE

WEEKDAYS 7:40AM MONDAY THRU FRIDAY

Yankton's Home Team!

SD Senate

Matt STONE

VOTE

facebook/mattstonesdsenate
 Paid for by Stone for SD Senate

YHS Juniors Fundraising For Prom

The Yankton High School Junior Class has started fundraising for prom and graduation expenses. The money goes towards decorations for the Junior-Senior prom and expenses for the students' graduation.

The students are selling magazines and a variety of gifts such as wrapping paper, cards, candles, and candy. If you would like to support the juniors you can go on-line to purchase items at www.gaschoolstore.com/. The ID for Yankton High School is 2500494.

You can also contact any junior student at YHS or call the high school at 665-2073 to purchase items. Monetary donations are also accepted.

Facebook Contest Encourages Activity

PIERRE — South Dakotans are encouraged to get active and at the same time share their favorite trails via a Facebook photo contest. The contest invites participants to snap a photo on their favorite South Dakota trail and submit it through the Healthy South Dakota Trails page (www.facebook.com/HealthySDTrails).

Individuals who go to the page and submit a photo of themselves along with the hashtag #ShowUsYourTrailSD under the photo contest tab through Oct. 31 will be entered to win one of two FitBit activity and sleep monitoring devices.

"We know only 46 percent of South Dakota adults get the recommended 2.5 hours per week of aerobic physical activity, and we know we can do better. This contest is a fun way to remind South Dakotans to get out there, enjoy, share and encourage one another to add a little more physical activity to their day," said Linda Ahrendt, chronic disease prevention and health promotion administrator for the Department of Health.

The contest is open to all South Dakota adults and is part of the department's ongoing celebration of 125 years of statehood. Earlier this year, the department invited organizations and businesses across the state to take the 125 Miles for Health Challenge. The goal was to motivate groups of South Dakotans to increase levels of physical activity by committing to walk 125 miles between March and November.

"Physical activity can have an incredibly positive impact on an individual's overall health. Walking for just 15 or 20 minutes per day can lower a person's risk of premature death, heart disease, stroke, high blood pressure, certain cancers, depression, diabetes and even falls," commented Ahrendt. "We want to challenge groups of people to start incorporating more physical activity into their daily routines whether at work, school or just within the community."

For more information about the Show Us Your Trail photo contest visit www.facebook.com/HealthySDTrails/. For more information on the 125 Miles for Health Challenge visit www.HealthySD.gov/.

OBITUARIES

Joseph Heisinger
 Funeral mass for Joseph Heisinger, 80, of Tyndall will be held at 10:30 a.m. on Saturday, October 11, 2014 at Sacred Heart Catholic Church in Parkston. Burial will follow in the Sacred Heart Cemetery, Parkston. Visitation will be held at St. Leo Catholic Church in Tyndall on Friday, October 10, from 3:00 to 6:30 p.m. rosary and a 7:00 p.m. wake service.
 Joseph passed away on

Wednesday, October 8 at St. Michael's Hospital in Tyndall.
 Online condolences may be sent at www.goglinfh.com/.

Goglin Funeral Home
 Tyndall - Scotland - Tripp

www.goglinfh.com

Nola Tislau
 Nola Joyce Tislau, 88, of Vermillion died Tuesday, Oct. 7, 2014, at Morningside Manor in Alcester.
 Funeral services are at 11 a.m. Friday, Oct. 10, at First Baptist Church in Vermillion with visitation one hour prior to the service.
 Graveside service will be on Saturday at 1 p.m., at Highmore City Cemetery in Highmore.
 Kober Funeral Home, Vermillion, is in charge of arrangements.

Floyd Gross
 Floyd E. Gross, 87, of Yankton died Wednesday, Oct. 8, 2014, at Avera Sacred Heart Hospital in Yankton.
 Arrangements are pending with the Wintz & Ray Funeral Home and Cremation Service in Yankton.

FENSEL'S FALL OPEN HOUSE

Saturday, October 5th

Bring fall back into your home!

Come out and shop around and see all our new fall decor.

Warm up to a bowl of soup, bar and beverage for \$4.00!

Now is the right time to plant!
 Cool weather and warm soil encourages strong roots.

<ul style="list-style-type: none"> • Container Grown • Trees • Shrubs <p style="margin: 0;">30% off</p>	<p style="margin: 0;">Rose Bushes</p> <p style="margin: 0;">50% off</p>	<p style="margin: 0;">Perennials</p> <p style="margin: 0; font-size: x-small;">Gallon Size</p> <p style="margin: 0;">\$6.00</p> <p style="margin: 0; font-size: x-small;">Regular \$11.99 - \$19.99</p>
---	---	---

Protect your trees with deer, rabbit repellent and tree wraps.

Spring bulbs just arrived direct from Holland.

Fensel's Greenhouse Floral and Gifts

Hwy 81 - Freeman, SD
 605-925-4204