

# Local 'baby closet' continues to aid Vermillion families

By Sarah Wetzel  
For the Plain Talk

Anyone who has children knows that it gets very expensive very fast.

According to a 2010 USDA report, the average middle-income family will spend roughly \$12,000 on child-related expenses in their baby's first year of life.

Which is why Pastor Tony Armbrust, of the Faith Fellowship of the Open Bible, and his wife, decided to give families of Vermillion a helping hand with a unique idea.

"When me and my wife began pastoring we had this desire to not just meet people's spiritual needs but also their physical needs," Armbrust said. "My wife had the idea of a baby shower and I thought why don't we just collect baby clothes and baby items and just give them away to members of the community so we started it and donations began to come in."

This 'baby closet,' as it is called, is open to anyone who needs it.

"We open it once a month, also if people call they can set up an appointment," Armbrust said. "They can come and get what they need. Right now we have a lot of clothes. We're just trying to get the word out because people come and go. We don't charge anything. We just want to bless people."

The baby closet items are mostly for infants but they are working on expanding into larger sizes.

"We've had people ask if we can get bigger sizes in but our main thing is 0-24 months," said Laurie Fritsch, a member of the congregation and volunteer for the baby closet.

"We have kind of expanded the size of the clothes," Armbrust said. "We really are limited in space. It's not a big room and has a lot of clothes in it. We're trying to find a way we can accommodate more clothing but we're trying to get the word out, open it more days and have it more available."

But it's not just clothes that are available.

"People can have a pack of diapers each month for each kid," Armbrust said. "We help them with that because it gets expensive. It's the church that pays for those."

Funds for the diapers also come from individual donations and sponsors including Sanford/Employees, First Bank and Trust, Knutson Family Dental, Members of Lions Club, and South Dakota Dept. of Labor.

"They donate money for diapers and I think that's the main thing they help to cover," Fritsch said. "That's the biggest expense we have to keep it going is diapers and wipes."

According to Armbrust, their mission to serve is, so far, a success as the baby closet goes into its fifth year running.

"We've just been able to assist a lot of families," Armbrust said. "We meet a lot of people and get to know a lot of people."

Fritsch volunteered at the last baby shower two weeks ago, sorting clothes and helping families find items for their children.

"This morning we've had about a dozen people come in here," Fritsch said. "Some new people that haven't been here before so that's kind of fun."

According to Fritsch, the reward for her is deeply spiritual.

"Every time I help it really gets to me," she said. "When I come in and help, it reminds me what God wants us all to be about is helping each other."

According to Fritsch, though the baby closet is not meant to be a religious outreach program, the spiritual experiences she has through volunteering are just the icing on the cake.

"And I get a chance to hold the babies," she said. "I have fun helping with the kids."

Those who visit the baby closet notice the positive atmosphere as well.

"It's a very welcoming place to anyone in the community regardless of whether you are a church member there or not," said Marije Wright, a Vermillion resident and mother of three with one on the way. "The baby closet has been a tremendous help for our family since we have moved to Vermillion. They have given us clothes and diapers on a monthly basis."

"Without the baby closet it would have been a lot more difficult to clothe our growing kids," she said.

Wright said she also uses her connection with the baby closet to give back when she can.

"When they grow out of clothes that are still in good condition, it's a great place to be able to donate them and help other families in need," she said.

"People can donate financially of course," Armbrust said. "We have an account and that would go directly to diapers and wet wipes. But also just if people have clothes in decent condition they can donate them. We also accept larger children's items like swings and cribs. Anything we get, we can

usually find a home for them."

According to Armbrust, most of the clothes and items are donated by local families but some come from second hand stores.

Those running the baby closet are all volunteer.

"Me and my wife do a lot of it but on volunteer day we had a bunch of volunteers from the high school come and helped us organize and put the clothes away," Armbrust said. "We had a fraternity come in once. If people want to help organize, they can do that. Anybody that would like to come and help we'd love to have them."

"It takes more than just our church to make it happen," Fritsch said. "It does serve a lot of people."

Those volunteering have seen positive results time and time again.

"I remember one lady who got kids from her sister," Armbrust recalled. "Something had happened to her sister and she had five kids and she had no clothes and nothing to put on their backs. She called us up and we were able to meet at the church and get them some clothes so they had some things to wear. We've had that same scenario happen quite a few times. These kids from a rough situation come with nothing so we can get them started or people who can't bring their clothes with them when they moved, there's been a lot of cases."

"We have people come in that are pregnant out of wedlock but they still need support," Fritsch said. "They need people to love them, they need people to know that they're there for them. I enjoy it but it's kind of heart-wrenching, not in a bad way, but it gives me a passion, that I should have anyway."



The Faith Fellowship of the Open Bible offers assistance to anyone who might be in need of baby clothes and other items on a monthly basis.

SARAH WETZEL / FOR THE PLAIN TALK

The church also throws an annual community-wide baby shower in late Sept. or early Oct. for mothers who are either pregnant or have a baby under 12 months.

Armbrust works hard to make sure the baby closet is as easily accessible as possible both to those who need clothes and those who wish to donate or volunteer.

"The phone number is

605-624-4116 and we just ask them to leave a message," he said. "The baby closet is open the second Saturday of each month from 10 am to noon. If people don't make that they can call me and I'll set up an appointment with them and see what we can do."

The church is located at the bypass of Highways 50 and 19.

## CANCER

From Page 1A

further behind the 8-ball.

So as I give a cursory glance toward prostate cancer we lest not forget that this is a world full of cancers, not just one, and represented by numerous victims bearing multiple colors for different faces of the disease: (and this is only a small list of a long one noting various cancers)

January it was Coaches vs. Cancer and Cervical Cancer Awareness, followed by National Cancer Prevention Month (shouldn't that really be what every month should be about?), and Colorectal Cancer Awareness in March.

Then there was Testicular Cancer Awareness in April, Brain Tumor Awareness and Skin Cancer Detection and Prevention Month in May, Men's Health/Cancer Awareness Month in June, and July focused on UV Safety Month.

August saw a focus on Summer Sun Safety and the next month emphasized a slew of subjects: Childhood Cancer Awareness, Gynecologic Cancer Awareness, Leukemia and Lymphoma Awareness, National Ovarian Cancer, Thyroid Cancer Awareness, and recognition of Prostate Cancer Awareness.

Last month was Breast Cancer, while this month also focuses on Lung Cancer and Pancreatic Cancer.

How many of these did we know about? How many should we know about?

Maybe it's time for one color?

For now, we take a look at prostate cancer and what it means. *The Plain Talk* hopes to begin a monthly tradition of educating the public on the recognized cancers on the calendar. As you will see in this issue we added an extra touch to our color pages to recognize prostate cancer.

This is only the beginning of what we hope is special tradition here...

(all information courtesy of cancer.org)

### Some of the Symptoms of Prostate Cancer?

- A need to urinate frequently, especially at night.
- Difficulty starting urination or holding back urine.
- Weak or interrupted flow of urine.
- Painful or burning urination; blood in urine
- Erectile dysfunction.

### What are the key statistics about prostate cancer?

Other than skin cancer, prostate cancer is the most common cancer in American men. The American Cancer Society's estimates for prostate cancer in the United States for 2014 are:

- About 233,000 new cases of prostate cancer will be diagnosed
- About 29,480 men will die of prostate cancer

One out of seven men will be diagnosed with prostate cancer during his lifetime.

About six cases in 10 are diagnosed in men aged 65 or older, and it is rare before age 40.

Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer.

More than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still

alive today.

### Survival rates for prostate cancer

Survival rates are often used by doctors as a standard way of discussing a person's prognosis (outlook).

The 5-year survival rate refers to the percentage of patients who live at least 5 years after their cancer is diagnosed. Of course, many of these people live much longer than five years (and many are cured).

According to the most recent data, when including all stages of prostate cancer:

- The relative 5-year survival rate is almost 100%
- The relative 10-year survival rate is 99%
- The 15-year relative survival rate is 94%

### How is Prostate Cancer Treated?

Depending on the situation, the treatment options for men with prostate cancer may include:

- Expectant management (watchful waiting) or active surveillance
- Surgery
- Radiation therapy
- Cryosurgery (cryotherapy)
- Hormone therapy
- Chemotherapy
- Vaccine treatment
- Bone directed treatment

### EXPECTANT MANAGEMENT AND ACTIVE SURVEILLANCE FOR PROSTATE CANCER

Because prostate cancer often grows very slowly, some men (especially those who are older or have other serious health problems) may never need treatment for their prostate cancer. Instead, their doctors may recommend approaches known as expectant management, watchful waiting, or active surveillance.

Some doctors use these terms to mean the same thing. For other doctors the terms active surveillance and watchful waiting mean something slightly different:

Active surveillance is often used to mean monitoring the cancer closely with prostate-specific antigen (PSA) blood tests, digital rectal exams (DREs), and ultrasounds at regular intervals to see if the cancer is growing. Prostate biopsies may be done as well to see if the cancer is becoming more aggressive. If there is a change in your test results, your doctor would then talk to you about treatment options.

Watchful waiting is sometimes used to describe a less intensive type of follow-up that may mean fewer tests and relying more on changes in a man's symptoms to decide if treatment is needed.

Not all doctors agree with these definitions or use them exactly this way. In fact, some doctors prefer to no longer use the term watchful waiting. They feel it implies that nothing is being done, when in fact a man is still being closely monitored.

For more information on prostate cancer visit [www.cancer.org](http://www.cancer.org) or <http://www.prostate.com/patient/>.

## Single Copy Sales Manager

Yankton Media, Inc. is currently looking for a **Single Copy Sales Manager**. As the Single Copy Sales Manager you will work closely with the Circulation Director to ensure that all over the counter and news box locations are functioning properly. This includes (but is not limited to) regular phone and in-person visits, ensuring signage is properly posted and regular maintenance on news box locations. Applicant will also be responsible for draw maintenance, management of delivery contractors and be asked to seek out new sales locations.

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The Single Copy Sales Manager is an entry level position with some managerial duties. Normal hours are Monday - Friday 8-5 with some weekend and evening work. Medical, dental, and vision insurance is available, paid time off available after 90 days.

Interested applicants please send a cover letter and resume to:

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## Heartland Humane Society: December Meet and Greet at Tractor Supply

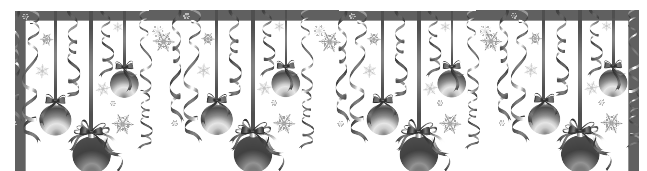
YANKTON — Heartland Humane Society welcomes the community to meet their dogs available for adoption on Saturday, Dec. 6 from 10:00 a.m. – noon at Tractor Supply in Yankton.

Tractor Supply is located at 2908 Broadway Street in Yankton. Heartland will have several different sizes and breeds of dogs available to meet and adopt. Also, since this is the Christmas month and a time of giving, they will be giving out gift bags for your dog or cat companions at home! And don't worry, there will be cookies! This will be a fun event, so make sure to stop out.

Anyone interested in adopting an animal is encouraged to fill out an application prior to the Meet and Greet. Applications must be reviewed and approved prior to adoption. You can pick up an application at the shelter or find it online at [www.heartlandhumanesociety.net](http://www.heartlandhumanesociety.net)

For more information on the event, contact Heartland Humane Society 605-664-4244 or email [hhs@midconetwork.com](mailto:hhs@midconetwork.com). You can view all animals up for adoption on the shelter's website or on Petfinder.com.

Heartland Humane Society is a 501(c)3 non-profit organization that serves southeastern South Dakota and northeastern Nebraska, protecting and enhancing the lives of companion animals by promoting healthy relationships between pets and people. Visit Heartland Humane Society online at [www.heartlandhumanesociety.net](http://www.heartlandhumanesociety.net).



## Veteran's Holiday Relief Drive

Benefiting Homeless and at-risk Veterans and Military Families

HOSTED IN PARTNERSHIP WITH

SOUTH DAKOTA American Legion Auxiliary

And

Autumn Simunek, Miss Oahe

Contribute American Legion Auxiliary "Buddy Basket(s)"

Home-warming Welcome Recipe: Assemble a Laundry Basket/

Waste Basket filled with: Paper Towels – Bathroom Tissue

– Window Cleaner – Scrubbing Cleanser – Rubber Gloves

– Cleaning Sponges – Dust Pan w/Hand Brush – Light Bulbs

– Shower Curtain w/rings – Bath Towels – Laundry Detergent

– Eating Utensils – Dishes – Dish Soap – Dish Towel Set

– Frosted with clear wrap, bow and greeting tag/card

### Contribute Single Item(s) of Need

Bed Sheets (all sizes) – Alarm Clocks – Household Kitchen Items

– Hygiene Products (shampoo, deodorant, shaving cream, etc.)

– Sleeping Bags – Buddy Basket Items – Shopping Gift Cards

– Winter Coats – Gloves – Hats (all sizes)

Monetary Donation(s): Checks payable & mailed to:

American Legion Auxiliary Unit #1, Attn: Vet Relief Drive

c/o Marie Anne Ben 16 East Bloomingdale St. Vermillion, SD 57069-3071

SD Operation: Military Kids, Attn: Vet Relief Drive

(SD Central Funds Office)

SDSU West River AG Center 1905 Plaza Blvd. Rapid City, SD 57702

### SOUTH DAKOTA DROP-OFF LOCATIONS

Through January 10, 2015

- Vermillion - The Broadcaster/Plain Talk 201 W Cherry St.

- Main Street Center 320 West Main Street

- Sioux Falls - Berakhah House 400 N Western Avenue

- Rapid City -The Cornerstone Rescue Mission 30 Main Street

- Hot Springs, Veterans Town - RadioShack® 204 S Chicago St.

- Pierre - Hughes County Courthouse Basement 104 E Capitol Ave.

(Adopted/Supported by Pierre Elks Lodge #1953)

- Additional Locations - Call Local American Legion Auxiliary Unit

Thank you for contributing to

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