

◀ RELAY FOR LIFE ▶

**FRIDAY,
MAY 31st**

**INDOORS AT RWC,
in ESTHERVILLE**
Armory Gymnasium

**5-9
PM**



A publication of the **ESTHERVILLE NEWS**

**MEAL · TEAMS · AUCTION
ENTERTAINMENT · CEREMONIES**

SCHEDULE

COMMUNITY MEAL

5:00 PM \$10

To-go containers available

PULLED PORK
SANDWICH OR
MAIDRITES, CHIPS
& COLESLAW,
WATER

OPENING CEREMONY

5:30 PM

Survivor welcome to join for
meal, t-shirt, & pin

LIVE AUCTION

6:30 PM

All are welcome!

LUMINARY CEREMONY

8:00 PM

Will start to put indoor luminaries up at 5:00pm

SPONSORS

THANK YOU FOR MAKING THIS YEAR'S EVENT POSSIBLE!

FITZGIBBONS LAW FIRM, LLC

Employees

Credit Union



FULL SCHEDULE

4:45 PM TEAM CAPTAINS' MEETING

- Team Captains' meeting & picture

5:00 PM BEGIN OPENING

- Survivor tent & food tent open from 5-7
- Food: Pulled pork sandwich or maidrites, chips and coleslaw, water - **\$10**
- Survivor registration • Put up Luminaries

5:30 PM OPENING CEREMONY

- Raising of the American Flag- Girl Scout Troop
- National Anthem- Lorie Irwin, vocalist
- Introduction of 2024 Honorary Survivor
- Doug Burton as emcee
- Cancer Survivor's Lap - Lorie Irwin, vocalist

6:00 PM MANY VOICES CHOIR

6:30 PM AUCTION

- See available items on Page 4

7:30 PM GAVIN ERICKSON

- Vocalist & guitarist

8:00 PM LUMINARY CEREMONY

- First luminary lit by Honorary Cancer Survivor
- Nade Foster, vocalist

8:15 PM RAFFLE ENDS

- Raffle sales end
- Raffle winners announced
- Announcement of final amount raised

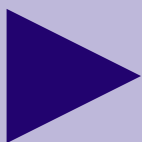
9:00 PM CLOSING CEREMONY

- Everyone welcome for one final lap
- Luminaries taken down

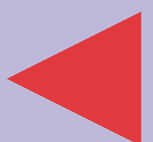


ec Estherville Communications
INTERNET • TV • VOICE • BUSINESS
855-859-3363 esthervillecommunications.com

M.E.'S 712-362-3950
2209 Murray Road
Estherville, IA
BODY SHOP



EPS BUILDINGS Simply Better Buildings
ENERGY PANEL STRUCTURES INC.
AN EMPLOYEE OWNED COMPANY
603 N. Van Gordon Ave. | Graettinger, IA 51342 | Phone: 712-859-3219



TEAMS

TEAM NEW HOPE

Raffle for \$50 Hyvee Gift Card

1 for \$1.00 | 6 for \$5.00

TEAM WA-TAN-YE

Kid's Games & Cake Walk

At Center Court during Relay

RINGSTED HAPPY HOOFERS

Golf Tournament/Auction

July 20th, 2024

To Register Call Amanda Morris

TEAM GALLOPING GRANDMAS

Bake Sale

Fresh Baked Goodies & Mariann's Scrubbies

TEAM DIEKMANN

Relay Supper 5-7pm

Pulled pork or maidrites, chips & coleslaw, and water

TEAM WILD BUNCH

Pie in the Park

5 PM Until Gone & Selling Homemade Full Pies

TEAM OLD LUHRS

1,000 Raffle Tickets

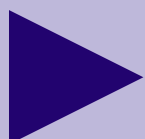
1 for \$5.00 | 5 for \$20.00

TEAM NEW HOPE


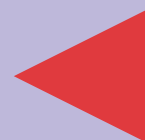
Relay for Life Golf Tournament

July 27th • Hillcrest Golf Course • 9am Shot Gun

Call 712-209-1343 to sign up



RED POWER Team ESTHERVILLE RED POWER
 2703 Murray Rd | Estherville, IA
 (712) 362-3596
www.redpowerteam.com

KCN JOHN DEERE
 K.C. NIELSEN LTD
www.kcnielsen.com



Henry Olson
 Funeral Home & Crematory
 401 N. 7th St.
 Estherville, IA
 712-362-2646
www.henryolsonfuneral.com

AUCTION ITEMS

NORTHSTAR BANK & AGENCY

Danette Hauschen's Caramels

WILD BUNCH

Hawkeye Basket
Hawkeye Suncatcher
Baked Goodies

Hanging Baskets
Sewing Machine
with Table Top

WA-TAN-YE

Italian Cream Cake
Pillow from Hoyer Chiropractic
Mediacom "Super Package"

GALLOPING GRANDMAS

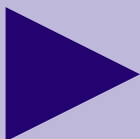
Car Care Products Basket
Model Car
Christmas Stocking with Scrubbies

TEAM NEW HOPE

Hawkeye Banner • Peanut Butter Fingers
Oak Chair Planter with Plants
Pheasants Forever Print



PLUS MANY MORE ITEMS!



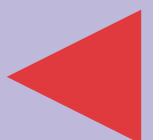
JUHL MONUMENTS

**JUHL+
MONUMENTS**
JUHL MONUMENTS
 (712) 362-3238
 brenda.juhl@gmail.com

Inman Electric & Downtown Antiques
 inmanelectric@gmail.com
 15 South 6th Street, Estherville, IA 51334
 712-362-2203
 Now shipping with FedEx & United Parcel Service

ARMSTRONG LOCKER
 FOR YOUR BEEF & PORK PROCESSING NEEDS
 Fine Selection of Retail Meats | M-F 8am-5pm
 Al & Shelly Irmiter | 712-868-3021
 401 6th St, Armstrong, IA @armstrongmeatlocker

Fire • Auto • Homeowners • Life • Crop
Petersen Insurance Agency
 LLYOD PETERSEN
 JONATHAN PETERSEN
 102 W. Robins St. Graettinger 859-3841
 25 W. Maple St. Ringsted 866-1826
 1-800-850-3841



STORIES & MORE

Breast cancer FAQ

The World Health Organization reports that roughly 2.3 million women were diagnosed with breast cancer in 2020. By the end of that year, there were nearly eight million women alive who had been diagnosed with the disease in the previous half decade.

A breast cancer diagnosis inevitably leads to questions about the disease. The bulk of those questions undoubtedly are asked by the millions of women who are diagnosed with breast cancer. But millions more individuals, including friends and family members of recently diagnosed women, may have their own questions. Women can discuss the specifics of their diagnosis with their physicians. In the meantime, the following are some frequently asked questions and answers that can help anyone better understand this potentially deadly disease.

What is breast cancer?

Cancer is a disease marked by the abnormal growth of cells that invade healthy cells in the body. Breast cancer is a form of the disease that begins in the cells of the breast. The National Breast Cancer Foundation notes that the cancer can then invade surrounding tissues or spread to other areas of the body.

Can exercise help to reduce my breast cancer risk?

The NBCF notes that exercise strengthens the immune system and women who commit to as



little as three hours of physical activity per week can begin to reduce their risk for breast cancer. However, even routine exercise does not completely eliminate a woman's risk of developing breast cancer.

Is there a link between diet and breast cancer?

The organization Susan G. Komen®, a nonprofit source of funding for the fight against breast cancer, reports that studies have shown eating fruits and vegetables may be linked to a lower risk for breast cancer, while consuming alcohol is linked to an increased risk for the disease. In addition, the NBCF reports that a high-fat diet increases breast cancer risk because fat triggers estrogen production that can fuel tumor growth.

Is there a link between oral contraceptives and breast cancer?

The NBCF reports that women who have been using birth control pills for more than five years are at an increased risk of developing breast cancer. However, the organization notes that risk is very small because modern birth control pills contain low amounts of hormones.

Can breastfeeding reduce breast cancer risk?

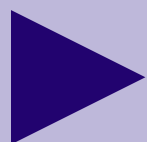
Breastfeeding and breast cancer are linked, though the NBCF notes that the role breastfeeding plays in lowering cancer risk depends on how long a woman breastfeeds. The World Cancer Research Fund International notes that

evidence indicates that the greater number of months women continue breastfeeding, the greater the protection they have against breast cancer.

Is there a connection between stress and breast cancer?

The NBCF notes that researchers have found that traumatic events and losses can alter how the immune system functions, which can provide an opportunity for cancer cells to establish themselves within a person's body. The NBCF urges women to identify ways to keep their stress levels in check.

Breast cancer education can be a valuable asset as women seek to reduce their risk for the disease.





DRIVE THRU · HOME-MADE DAILY LUNCH SPECIALS + SOUPS · ORDER ON 

Mon- Wed: 7am-2pm | **OPEN LATE!** Thurs: 7am-7pm
 Fri: 7am-2pm | Sat: 8am-2pm | Sun: closed
 12 S 6th St | Estherville, IA | 712-380-1300

SIMMONS


ACCOUNTING & TAX SERVICE

808 18th St. | Spirit Lake, IA | 712-336-4280



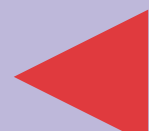
- Estherville 712-362-5000
- Graettinger 712-859-3201
- Ledyard 515-646-2035
- Swea City 515-272-4226

www.bankplusiowa.com

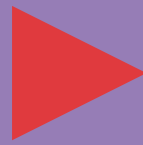


**409 Central Ave.,
 Estherville, IA
 712-362-3745**

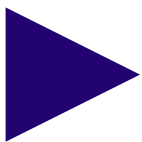
Mon.-Fri. 7:30-7;
 Sat. 7:30-6; Sun. 10-5



Honorary Survivor
TRACE IVERSON



**FIGHTING
A SECOND
BATTLE**




CURRANS
Plumbing &
Heating LLC
712-260-0239 • 712-260-2716



**NORTHSTAR BANK
& AGENCY**

Estherville • Armstrong

MEMBER
FDIC



**StateLine
Cooperative**
Real People. Real Pride.

Ringsted
712-866-0581
Armstrong
888-802-3897
Swea City
515-272-4406
Maple Hill
712-363-3131



ESTHERVILLE NEWS

10 North 7th Street
Estherville, IA 51334
712-362-2622

www.esthervilleneews.net



Tumor in Trace Iverson's throat is gone after surgery, chemotherapy and radiation. Now he's recovering from a five-centimeter tumor that was removed from his brain

BY AMY H. PETERSON

APETERSON@ESTHERVILLENEWS.NET

Trace Iverson is married to Lesli Iverson. The two own the local golf course and bowling alley – gargantuan projects they wouldn't have taken on if they'd known what they'd face over the last several years. Trace is an arborist – among the three businesses, since he's had to take it easy while fighting cancer, Trace estimates he works only eight hours a day these days. Trace is the son of Clair Iverson and the late Dixie (Nelson) Iverson, who passed away in 2012 from pulmonary hypertension at the age of 62. Trace said his mother's condition was rare, similar to the esophageal cancer he started fighting in 2020, and the brain tumor he's fighting now. Clair and brother Jay own Carz Central, and Jay is father to Trevor, who's married to Kierra, and daughter Brooklyn, and has a stepson, Jason and a six-year-old grandson.

The throat tumor came on gradually.

"I couldn't swallow. I was having a hell of a time with things like red meat. We had gone several times to check it out, and they would stretch it out – then it would be fine for couple of years," Trace said.

When Trace and Lesli returned in July, 2020, they thought it would be the usual – stretching the esophagus and waiting. This time, however, medical staff couldn't get the scope into Trace's esophagus. Trace and Lesli were told to go to the hospital in Sioux Falls immediately as they believed he had a tumor. Radiation began right away, and Trace was outfitted with a port and a feeding tube. The routine of chemo and radiation put many miles on the Iversons' vehicle: stay in Sioux Falls Monday night, treatment Tuesday. Return home for a day until late Wednesday afternoon, have treatment and return early Thursday, then drive out Friday – five days a week for six weeks. Then they waited 90 days before surgery. Radiation and

chemotherapy had shrunk the tumor – necessary for Trace because the tumor was pressing against his heart.

When they finally did the surgery, they somewhat MacGuyvered Trace's insides, removing the esophagus completely and pulling up his stomach. Surgeons cross two to three body cavities during the six-hour procedure, and hospital recovery took 10 days. This was the fall of 2020 at the height of the public health emergency. The hospital was full and Trace recovered in the COVID unit, where infection precautions for virus patients were also an advantage for Trace with his post-surgical immune functioning.

After the surgery, Lesli joined Jay and Clair who had waited outside for eight hours due to COVID precautions. They took Lesli to get something to eat. When Lesli returned, they declined to let her back in due to visiting hours having ended for the ICU as Trace had coded while Lesli was out.

When Lesli walked into Trace's room, he gave her a look of, "get me out of here!" With a tracheotomy and strapped to the bed per ICU procedure, and other patient's rooms visible through the windows, it was surreal, Lesli said.

For his last two nights, a standard hospital room opened up. Eventually, Trace was sent home with a port and a feeding tube. After several checks of his esophagus healing, Trace began experiencing balance problems and slurring his words. Lesli thought he'd had a stroke.

Trace said, "When my kids started saying, 'Dad, you've told me that three times already,' I truly felt like, 'I didn't know that.' It got to be that when I would stand up or try to walk somewhere, I had to feel the wall. The tumor must have been pressing on a nerve or something."

Surgeons removed a five-centimeter tumor from Trace's brain. Five radiation treatments followed, then a three-month wait for a scan to make sure there was no further development. Doctors orders were for all rest and no stress, a major challenge for a man used to working before sun up and past sun down.

"Absolutely no work, no lifting over five pounds. Had to give up a lot of things you don't even think about like picking up a chair or whatever," Trace said.

The Iversons chose to take a trip to Mexico for rest, relaxation, and removing Trace from the temptation to work or help someone. Sitting at a resort and relaxing was, Trace said, "probably the best three weeks of my life. We got away from everything, including doctors."

When they arrived home from Mexico, the Iversons drove straight to Sioux Falls for Trace's checkup and scan.

Throughout all of this, the Iversons became owners of two businesses they hadn't worked in before. In 2019, they'd purchased the bowling alley. On the potential of their investment in it, Lesli quit her job at a local credit union to work at the bowling alley full time.

Trace said, "We figured worst case scenario,

we can juggle both. I'll do the tree service and landscape business and at night we would be down there. It got to be a lot more than we counted on. Then we started food and Lesli had to quit her job."

Then in March of 2020, the public health emergency shut everything down, including the bowling alley.

"We had to support the place on takeout food only. No bowling, no eating inside. So every day I went down there from 11 to two and from five to seven and I did carry out food. We struggled, but we made it. Community was huge for us. Community really helped," Lesli said.

Trace added, "We didn't really have a kitchen at that time, just what we made in roasters and fryers."

Lesli believes the community support came because the Iversons have donated a lot of certificates and other items for silent auctions and fundraisers.

"We usually don't tell them no, because they helped us when we needed it for sure," Lesli said.

Now that the couple also owns the Estherville Golf Course, they're slammed in the summer. Lesli arrives at 7 a.m. and often doesn't return home until 10 p.m. There's no way the Iversons can go anywhere unless they have good help. They say the employees they have now are excellent; most work year round between the bowling alley and the golf course.

Because of Trace's cancer recurrence, the Iversons are interested in him having a full-body scan to rule out any additional cancers growing.

Trace is now seeking pain relief and other wellness treatments through a clinic in the Lakes that offers a hyperbaric oxygen chamber and supplements. He continues immunotherapy to ward off further cancers.

Trace and Lesli said Relay for Life is important to them because cancer research is vital to saving lives.



ESTHERVILLE PRINTING COMPANY

620 Central Ave | Estherville, IA | Phone: 712-362-4803
Fax: 712-362-4201 | esthervilleprinting.com

The Graettinger Times

712-859-3780 Local News for Over 125 Years

Bank Midwest

BankMidwest.com ■ Member FDIC
Armstrong • 712.864.3250

Stateline Publications

Armstrong Journal
Bancroft Register
Ringsted Dispatch
Swea City Herald-Press
www.statelinepubs.com

A guide to prostate and testicular cancers

Each November, men embrace a popular and fun yet serious phenomenon known as Movember®, an annual effort to raise awareness about health issues that affect men. The prostate and the testes are exclusive to the male reproductive system. Prostate cancer and testicular cancer are two issues that garner much attention thanks to Movember®, so now is an ideal time for men to learn about these conditions.



Testicular cancer

The testes are small, egg-shaped glands responsible for making and releasing male sex hormones for growth of muscle, body hair and bone. They also make and move semen and sperm for reproduction.

According to the Urology Care Foundation, testicular cancer occurs when cells in the testicles grow to form a tumor, which is rare. More than 90 percent of testicular cancers begin in germ cells that are responsible for producing sperm. The Mayo Clinic says it can happen at any age, but testicular cancer occurs the most between the ages of 15 and 45 and is first noticed as a bump or lump on a testicle.

Testicular cancer can quickly spread outside of the testicle, but it is highly treatable even if it spreads.

Prostate cancer

Unlike testicular cancer, which affects a relatively small amount of men each

year, prostate cancer is one of the most common types of cancer, indicates the Mayo Clinic. Oftentimes prostate cancers grow slowly and are confined to the prostate gland. Still, some types of prostate cancer are aggressive and can spread quickly.

Catching prostate cancer in its early stages when it is localized greatly improves the odds that treatment will prove successful. The American Urological Association says ethnicity plays a role in prostate cancer, with African American men having a higher risk of the disease than men from other demographics. Men over the age of 55

as well as those who have a grandfather, father or brother with prostate cancer face a higher risk as well.

Sometimes prostate cancer shows no symptoms. In other cases, dull pain in the lower pelvis, frequent urination, trouble passing urine, blood in urine, and painful ejaculation may be associated with prostate cancer. These symptoms also can be related to a condition called benign hyperplasia, so it's best to speak to a doctor. Doctors will use prostate-specific antigen (PSA) tests and other information to check for prostate cancer. Some men never need to have any treatment other than

active surveillance or watchful waiting, particularly if they are at advanced ages when a slow-growing prostate cancer is detected.

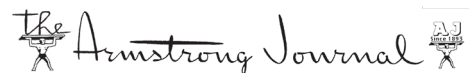
As with any health abnormalities, individuals should know their bodies and what is normal for them. Anything that seems out of the ordinary, particularly lumps, bumps, pain, blood, or issues around the groin, should be brought to the attention of a physician.



Relay for Life corporate sponsors Armstrong Journal, Estherville News and Ringsted Dispatch donated a check for \$200 from the advertising sales of this section. Kris Grabinoski and David Swartz, representing the newspapers, present the check to Scott Olk of Relay for Life.



★ ESTHERVILLE NEWS



THANK YOU SPONSORS