

VIEWPOINTS

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Rules To Love Mom By

BY PAULA BOSCO DAMON

"Any fool can make a rule. And any fool will mind it."
— Henry David Thoreau, American poet

"Always give your mother bear hugs," I emphasized somewhat dramatically in a conversation the other day. "Seriously, it's Rule #1."

To drive my point home, I decided it warranted repeating. "Always, always give your mother bear hugs."

After all, I've been the recipient of hundreds, no, thousands of bear hugs, having raised three children. That makes me an expert.

Even though my words most likely landed in a black hole of all the things that seem important to me alone, I began recalling the many other rules I have for adult children.

Take for instance, birthday greetings.

In my book, it's totally unacceptable for any child to wish his or her mother "Happy Birthday" only on Facebook without calling her, sending her a card, taking her to dinner or ordering her flowers.

Same goes for anniversaries and holidays.

The one exception might be if you're lost on a desert island, and I doubt that's going to happen anytime soon.

Another rule. When paying your mom a visit, don't go around acting like you're a house guest or some sort of celebrity.

That mother of yours went through a lot of hard labor to bring you into this world. The least you could do is help her out around the house.

Wash dishes, do laundry, clean eaves, mow the lawn, trim bushes, haul junk — whatever.

Make yourself useful. Offer to do something — anything.

Don't sit there thinking it'll get done somehow. Sure it will. Your sweet little old mother will have to do it all by herself.

Here's one. Every so often, invite your mom out.

Go to a show. Meet for lunch. Attend church. Shop. Take a class. Go on a trip.

It's not going to kill you. Besides, what doesn't kill you certainly will make you stronger.

Rule No. 4: Get along with everyone in the family. Nothing bugs mothers more than seeing their children embroiled in family feuds.

No. 5: Return you mother's phone messages and emails, no matter how long and rambling they may be. Ignoring her will put you in a lot of hot water, and you really don't want that, do you.

Rule No. 6: Be sure to say, "Love you, Mom." It's the one thing she'll never get tired of hearing. Remember, it doesn't hurt to make that an "I" statement, as in "I love you, Mom." That'll make her day.

No. 7: Reminisce. Tell her something you are grateful for in your upbringing. She won't have a clue as to what's gotten into you, but that's okay. Go ahead and tell her anyway. She'll think raising you was well worth her blood, sweat and tears.

Who knows, she may even forgive you for all those naughty things you did when she wasn't looking and you never told her about but plan to someday.

Rule No. 8: Spare your mother too much information. Listen; there is absolutely no need to spill your guts over your misdeeds a thousand years ago. Do your mom a favor, keep it to yourself. Besides, what she doesn't know won't hurt her. If you do need to get it off your chest, write it in a letter, promptly put the letter through the paper shredder and immediately take it to the recycle bin.

Or better yet, put a match to it — that is only if there's no burn ban.

At long last, these rules are mere pledges to which I hope my adult children will be loyal, but I'm not holding my breath.

Longtime regional newspaper columnist Paula Bosco Damon has received numerous national and state first-place awards for her writing. Email boscodamon.paula@gmail.com.

DON'T WORRY— AS USUAL, COOLER HEADS WILL PREVAIL!



It's County Fair Time

BY SHAUNA MARLETTE

"You can tell the sweet smell of summer in the air.

Whole town shuts down, everybody's gonna be there

Down at the county fair"

Lyrics to 'Country Fair'

By Lonestar

Nothing says summer like a good old fashioned county fair.

As have looked out the window of my office this week, the Clay County Fairgrounds have been hub of activity.

From young and old alike bringing their crafts and animals to register for judging, to big machinery preparing the demolition derby arena for Friday night's

action, one thing was consistent — the smiles seen on people's faces.

The smells of the fair will spark memories for the adults bringing back remembrances of their times as children — running from booth to booth, laughing with their friends and family.

Fair time in South Dakota is a tradition that everyone embraces.

In talking with fair organizers they are planning for the best Clay County Fair yet, and in doing so have tried to make it more family friendly.

Thursday, officially kicks off the activities with a free family night barbecue, bouncy houses and so much more.

The countless hours of work grooming and training animals, the pride in showing what you have accomplished,

are about to be rewarded.

Friday will see a princess crowned, several cars smashed, children pedaling and so much more.

Saturday, the fun will continue with mutton busting, pie eating and a ranch rodeo.

As the ribbons and awards are handed out this weekend, I look forward to enjoying the fair in all of its glory.

No matter what happens, purple ribbon or white, everyone is a winner.

So, I encourage you to get involved and be a part of this week's Clay County Fair.

There is nothing else like it and you will build memories with your family you will treasure for a lifetime.

Oh! We Got Trouble, Trouble, Trouble

BY RICHARD P. HOLM MD

Trouble, trouble, trouble, Oh! we got trouble Right here in River City! With a capital "T"

That rhymes with "P" And that stands for . . . Prescription Drugs.

Proof of this trouble comes from South Dakota's new Prescription Drug Monitoring Program established by the South Dakota legislature in 2010. This tool is there to help prescribers and pharmacies know when a drug seeker is at the door falsely claiming a medical problem in order to obtain drugs to sell or abuse.

We know that in South Dakota one hundred and sixty-two people have obtained separate prescriptions for narcotics from more than ten physicians/PAs/NPs over only eight months, and fifty-five have tapped at least six prescribers for such meds

using six or more different pharmacies.

We also know that since 2004, poisoning deaths in South Dakota from abuse or wrongful use of certain prescription drugs have averaged at nineteen per year, mostly due to narcotics and opioids, and that number appears to be on the rise.

Still, appropriate prescribing of narcotic pain medicine provides for many an escape from suffering. Rest assured that physicians and care providers will and should prescribe pain relievers without hesitation when such medicines are needed to help people in trouble.

But with all that compassionate care comes excessive prescribing. In fact, the Prescription Drug Monitoring Program tells us that in the first eight months of this year in South Dakota there have been dispensed more than eleven million tabs of the

specific medication hydrocodone with acetaminophen or Vicodin. That is thirteen tabs for every South Dakotan. Other prescriptions for potentially abused medications commonly sold on the streets include zolpidem or Ambien, lorazepam or Ativan, methylphenidate or Ritalin/Concerta, and oxycodone with acetaminophen or Percocet, to name a few.

The harms from drug abuse extend beyond the illicit user to those living nearby. The surrounding community so exposed has increased crime and violence, child and spouse abuse, motor vehicle accidents, sexually spread diseases, fetal malformations in children, and deaths due to accidental and intentional overdose.

We've got trouble, trouble, trouble right here in South Dakota. This is a call to all physicians and pharmacies out there who are targeted

by drug seekers. Do not fall for it. Use the Prescription Drug Monitoring Program, be aware of the danger to patients and society, and just say no when you should. And to those who are seeking illicit drugs, know that we are watching you.

To hear more from Dr. Holm, watch his TV show, On Call with the Prairie Doc, every Thursday at 7pm CT on South Dakota Public Broadcasting and his website, www.PrairieDoc.org. On Call with the Prairie Doc is produced by the Healing Words Foundation in association with the South Dakota State University journalism department and airs Thursdays on South Dakota Public Broadcasting Television at 7 p.m. Central, 6 p.m. Mountain, and streams live at www.PrairieDoc.org.

LETTER TO EDITOR

Gifted Education Needs To Be Addressed

Throughout South Dakota, the standards of gifted education is an issue that needs to be addressed. Many towns across the state, such as Vermillion, where I go to school, do not have gifted education programs. Gifted students are getting cheated, as they do not get the knowledge that they could be getting, and instead sit in regular classes, not having the challenge that they deserve. They also don't have the comfort of being with those like them, and instead feel isolated. I believe that this issue needs fixing. If not, the amount of gifted education programs will dwindle until gifted students do not have the chance to excel in education.

The state of South Dakota needs to confront this problem, as gifted education is incredibly helpful to gifted students. It gives them a

chance to hone their mind in ways standard education would not let them. The lack of these programs causes gifted students to be limited in school. It forces them to sit in a classroom where they receive a standard education instead of an education that challenges them and forces them to use their mind. Because of having a standard education, they can lose the precious resource that is a gifted mind.

The effects of not having a standard gifted education program are hurting gifted students throughout South Dakota. This issue needs attention soon, or else the effects will progressively get worse, and the said students be the one's taking the hardest hit.

Andrew Kronaizl
Vermillion, SD

Planned Parenthood On Trial

The following editorial appeared in the Los Angeles Times on Tuesday, Aug. 4:

An effort by Senate Republicans to defund Planned Parenthood failed Monday evening when a procedural measure fell short of the 60 votes needed to proceed. Good. The bill, introduced in the wake of several undercover videos showing Planned Parenthood officials discussing what the organization does with the tissue from aborted fetuses, was uncalled for, wrongheaded and a transparent case of partisan grandstanding.

The problem is, the measure could still be resurrected — possibly barnacled to some bigger, must-pass bill. And undoubtedly, more videos will show up online, from the anti-abortion group that made the others. So far, despite some casual and even irreverent remarks from Planned Parenthood officials in the videos — and some assertions from the filmmakers — they do not offer any credible evidence that Planned Parenthood profits by selling fetal tissue or does anything more than donate it for research purposes and then recoup its costs. That is not illegal or, for that matter, objectionable. Nor do the videos make a compelling case that Planned Parenthood is altering its abortion procedures to harvest more usable fetal tissue or organs.

Fetal tissue donation takes place at Planned Parenthood clinics in only three states and only with the consent of patients. The tissue is used by research groups to study medical conditions including Parkinson's, Alzheimer's, brain tumors and spinal cord injuries. Neither the clinics nor the patients benefit financially.

The Senate measure was a rush to judgment based on cryptic undercover videos. Unsurprisingly, it was largely supported by senators who already opposed Planned Parenthood because it provides abortions.

In fact, the money that Planned Parenthood receives from the federal government may not be spent on abortions except in cases of incest, rape or danger to the life of the woman. Planned Parenthood received \$528.4 million in U.S. government funds in 2013, mostly through the Medicaid program.

Planned Parenthood is one of the largest providers of reproductive health care to women in the United States, having treated 2.7 million patients in 2013, according to the organization. It provides a range of services — breast exams, cervical cancer screenings, HIV screening, birth control, well-woman exams — as well as abortions.

This bill was the latest maneuver in an ongoing political offensive against an organization that offers vital services to a huge, mostly lower-income population, simply because it provides safe, legal abortions.

LETTER TO EDITOR POLICY

The Plain Talk encourages its readers to write letters to the editor, and it asks that a few simple guidelines be followed.

Please limit letters to 300 words or less. Letters should deal with a single subject, be of general interest and state a specific

point of view. Letters are edited with brevity, clarity and newspaper style in mind.

In the sense of fairness and professionalism, the Plain Talk will accept no letters attacking private individuals or businesses.

Specific individuals or entities addressed in letters

may be given the opportunity to read the letter prior to publication and be allowed to answer the letter in the same issue.

Only signed letters with writer's full name, address and daytime phone number for verification will be accepted. Please mail to:

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