



District tourney begins Feb. 21
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Vermillion

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Celebration!

A jubilant crowd in the DakotaDome helped the USD women's basketball team celebrate its thrilling 59-53 overtime victory over South Dakota State University Monday night. The game marked the rebirth of the traditional in-state rivalry between the Coyotes and Jackrabbits that has been dormant since SDSU left the North Central Conference in 2004. For more photos, view the gallery at spotted.plaintalk.net.

(Photo by David Lias)



Barb Kingsbury, dietary manager at Sanford Vermillion, assists her husband Dennis, an Aramark chef, as he prepares fish tacos during a low-sodium cooking demonstration called, "Shake the Shaker." The demonstration was held as part of the annual Community Health and Wellness Fair hosted by Sanford Vermillion.

(Photos by Travis Gulbrandson)

Know your numbers

Health fair plays a numbers game to promote healthy living

By Travis Gulbrandson
travis.gulbrandson@plaintalk.net

One of the most important things you can do in maintaining your overall health is to "Know Your Numbers."

That was the theme of the annual Community Health and Wellness Fair, which took place Saturday in the Lee Medicine Building on the University of South Dakota campus.

The first two levels of the building were filled with booths that dispensed information and gave visitors a chance to have a variety of screenings done, including blood pressure, blood sugar, body mass index, cholesterol and vision and hearing tests.

Mary Merrigan, director of public relations for Sanford Vermillion, which hosted the event, said getting the

numbers from these and other tests is important for people to know what condition they are in health-wise.

"Once you know what your numbers are ... if something should be found out today that is a little bit askew or far out of whack, that's the important thing to find out, and then to follow up with their primary physician and to check into what they need to do.

"Our biggest goal here is, if there are issues, for people to know what they are and to affect their health in a better way," Merrigan said.

Sanford wellness coordinator Carol Lavin said between 50 and 100 people take part in the screenings each year.

Once they have their results, they can make healthy changes to their diet and other health habits, she said.

This was one of the areas stressed in a

cooking demonstration that was held at the fair, "Shake the Shaker," which informed visitors of how they can reduce their sodium intake.

"Americans typically consume about 3,400 mg of sodium a day," said Barb Kingsbury, dietary manager at Sanford Vermillion. "The recommendation for a healthy person is about 2,300 mg. It seeps into everything."

Kingsbury said her struggles with high blood pressure were alleviated when she moved to a low-sodium diet.

"I can tell you right now, that was not easy," she said.

There are some easy switches that can be made, such as using unsalted butter and unsalted ketchup, or using Mrs. Dash, lemon and lime juice or olive oil

■ FAIR, Page 16

USD forum panel disagrees on Iran

By Travis Gulbrandson
travis.gulbrandson@plaintalk.net

Two opposite views were held at a Monday forum that asked the question, "Is war with Iran inevitable?"

The conversation took place in Farber Hall on the University of South Dakota campus as part of a series of International Forums.

Col. Damian Donahoe, senior military science instructor at USD who returned from a deployment to Afghanistan last year, held the view that a U.S./Iranian conflict is "not likely."

"Quite frankly, it's quite difficult for the president to sell this to the American public," Donahoe said. "All the actions that the current president is taking show that he is looking to resolve conflicts."

Donahoe pointed to the examples of the withdrawal of troops from Iraq and the push to move from a combat role in Afghanistan to one of assistance.

"This current president is not one who is itching for a fight, but taking means to de-escalate conflict," he said. "I really think that some time



Col. Damian Donahoe (center) discusses the possibility of war with Iran as Tom Sorensen, associate dean of the University of South Dakota School of Law, and retired economics professor Dr. Benno Wymar listen. The conversation took place Monday as part of an ongoing series of International Forums.

(Photo by David Lias)

■ FORUM, Page 12

Coyote Village investigation continues

By Travis Gulbrandson
travis.gulbrandson@plaintalk.net

No charges have yet been filed against the former University of South Dakota student whose room contents led to a partial evacuation of Coyote Village last week.

Clay County state's attorney Teddi Gertsema said she is waiting on more information from the Division of Criminal Investigation, which is conducting the investigation.

"I talked to them, and I kind of sent them out to check on a couple more things," Gertsema said. "I still don't have the reports in."

Gertsema said Clay County and DCI will most likely issue a joint press release when the investigation is complete.

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