

THURSDAY \*\* AFTERNOON/PRIME TIME \*\* FEBRUARY 23. Table with columns for time slots (3 PM to 1:30) and rows for broadcast stations (KUSD, KTVI, KDLT, KMEG, KTTW, KXNE, KCAN, KELO, KSIN, KSFY, CW) and cable stations (TWC, CSPAN, WGN-A, TVG, QVC, ION, HSN, ESPN, ESPN2, FSN, SPEED, LIFE, WE, FOOD, SOAP, HALL, HGTV, TRAV, DISN, NICK, CART, TVL, FAM, A&E, TRUTV, APL, DSC, TLC, SYFY, HIST, FNC, CNN, MSNBC, CNN2, CNBC, TCM, AMC, BRAVO, FX, WTBS, USA, TNT, SPIKE, COM, E!, INSP, TBN, EWTV, UNI, MTV, VH1, CMT, DXD, RFD-TV, CSPAN2).

FAIR

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when cooking, Kingsbury said.

However, "labels can sometimes be really tricky," she said. "You've got to be really good at reading labels."

For example, one company markets a chicken broth it claims has 33 percent less sodium than its regular product, but which actually contains 60 mg more sodium per cup.

"Packaging can be very deceiving, so don't just grab this because it says 33 percent less," Kingsbury said.

Another popular attraction was the Community Blood Bank, which had a bus taking

donations in the parking lot. "We provide blood to the Sanford Vermillion Hospital, so all the blood that's donated today comes back to Sanford Vermillion for local use," said Community Blood Bank executive director Ken Versteeg.

Blood bank reps have attended the fair for the past five years, and collected more donations each year.

"The very first year we started doing this we collected about 25 units of blood," Versteeg said. "Now we see on the upwards of 40 to 50 people come out to donate at this event."

Each unit is equivalent to about a pint, he added.

The event comes at a good time for the blood bank - just prior to the long President's Day weekend.

"It's an opportunity for us to be able to have enough blood to get through that weekend," Versteeg said.

He added that Saturday's turnout had been "fantastic."

"I definitely think we're going to see 40 to 50 people again," he said.

The fair typically has approximately 42 booths overall, said USD student health coordinator Rachel Svartoi.

"We're limited on space, so

we try to keep it intimate with local vendors," she said.

Merrigan agreed, adding, "We went to the third floor one year, but we just decided it was easier to keep it on first and second."

Lavin said this intimacy creates a good environment for people to get their testing done.

"It's obviously inside, it's well-marked, but people can get such a variety of screenings in one place," she

said. "It gives people a chance rather quickly and conveniently to know more about their health."

Merrigan said people could attend a demonstration and get all their necessary testing and information in about 90 minutes.

"But the nice thing about this set-up is, you can just pick and choose, do what you want, stay as long as you want," she said.

Versteeg said the

Community Blood Bank definitely will be back next year.

"Of all the health fair events that we come to to do blood drives, this is the most impressive. The services that are offered here are far superior. It's just amazing for the community to have access to all of this in one building. It's fantastic," he said.

March Movies planned at library

The Vermillion Public Library will be hosting March Movies, a film festival free to the public that will promote a wider and more empathetic understanding toward individuals with special needs.

Conditions portrayed in the movies to be viewed in March include Alzheimer's, autism/Asperger's Syndrome, developmental challenges, Down's Syndrome and Tourette's Syndrome.

The following five films will be shown at 6:30 p.m. on Thursday evenings, March 1-29 in the Community Room of the Vermillion Public Library: "The Notebook," "Rain Man," "The Memory Keeper's Daughter," "Radio" and "Front of the Class."

Hot drinks and popcorn will be provided. For more information about this event, call the library at 677-7060 or e-mail vpl@sdlm.net.

Noem's office accepting applications for summer interns from college students

Representative Kristi Noem (R-SD) is currently accepting applications for summer internships in her Washington, DC office, as well as in her offices in Sioux Falls, Rapid City and Watertown.

Student interns in Noem's office will assist staff with legislative research and various constituent service and communications projects. Both South Dakota and Washington, DC internships are unpaid, but provide students with first-hand knowledge of the legislative process and the countless

other functions of a congressional office.

Representative Noem is a member of the Agriculture Committee, the Education and Workforce Committee, and the Natural Resources Committee.

College students who are interested in interning in any of Representative Noem's offices should submit a resume, cover letter and references by April 6th, 2012 to Peter.Eckrich@mail.house.gov

For more information, contact Peter Eckrich at 202-225-2801.



Get on board get screened

Sanford Mobile Heart Screening unit is coming to Vermillion.

Heart Screen includes: CT calcium score, EKG, cholesterol, blood pressure, Body Mass Index and risk estimate for heart conditions.

- Dates: Feb. 22 and 23
Times: 8 a.m. - 6 p.m.
Location: Sanford Vermillion, 20 S Plum Street, Vermillion

Schedule your appointment by calling Sanford Vermillion at (605) 624-2611, ext. 496.

