

## American Cancer Society sets the record straight on screening guidelines

There's been a lot of confusion lately about cancer screenings, so the American Cancer Society wants to remind people of the screenings they need and at what age.

The American Cancer Society recommends screenings when evidence shows a benefit. In the U.S. death rates from breast cancer in women have been declining since 1990, due in large part to early detection by mammography screening and improvements in treatment. Cervical cancer incidence and mortality rates have decreased 67% over the past three decades with most of the reduction attributed to the Pap test, which detects cervical cancer and precancerous lesions. Early screening for colorectal cancer can identify and remove precancerous abnormalities preventing cancer altogether.

American Cancer Society screening guidelines are as follows:

### Breast cancer

For women in their 20s and 30s, it is recommended that clinical breast examination (CBE) be part of a periodic health examination, preferably at least every three years. Women aged 40 and over should continue to receive a clinical breast examination as part of a periodic health examination, preferably annually. Women should begin annual mammography at age 40.

### Colon and rectal cancer

Beginning at age 50, both men and women at average risk for developing colorectal cancer should use one of several screening tests available. The tests that are designed to find both early cancer and polyps are preferred if these tests are available to you and you are willing to have one of these more invasive tests. Talk to your doctor about which test is best for you.

### Prostate cancer

Health care providers should discuss the potential benefits and limitations of prostate cancer early detection testing with men, and offer the PSA (Prostate-Specific Antigen) blood test and the DRE (Digital Rectal Examination) annually, beginning at age 50, to men who are at average risk of prostate cancer, and who have a life expectancy of at least 10 years. The American Cancer Society does not support routine testing for prostate cancer at this time. The Society does believe that doctors should discuss the potential benefits and limitations of prostate cancer early detection testing with men before any testing begins.

### Cervical cancer

Cervical cancer screening should begin approximately three years after a woman begins having vaginal intercourse, but no later than 21 years of age. Screening

should be done every year with conventional Pap tests or every two years using liquid-based Pap tests. Testing may be done at a longer interval after a pattern of normal tests has been established, and may in later years be stopped if certain criteria are met.

The Society constantly reviews guidelines as new evidence becomes available.

Screening guidelines are posted on the American Cancer Society Web site at [www.cancer.org/guidelines](http://www.cancer.org/guidelines).

*The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early; helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing nearly \$3.4 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call 1-800-227-2345 or visit [www.cancer.org](http://www.cancer.org).*



Pictured are Theresa Bendert, clinic office manager, Arlys Reynolds, December Employee of the Month, and Chon Somervold, clinic director, Sanford Clinic Vermillion.

## Reynolds is Sanford December PRIDE Employee

Arlys Reynolds, receptionist, Sanford Clinic Vermillion, was selected as the December 2009 PRIDE Employee of the Month. Arlys has been employed at Sanford Vermillion since February 2007.

"Hopefully you've had a chance to walk through the clinic during most of the holidays. Any decorations that are there are because of Arlys. Valentine's Day, St. Patrick's Day, Easter, Halloween, Thanksgiving, and especially Christmas. She brings her own things to make the clinic atmosphere very festive. I know our patients enjoy them and as a fellow worker, I appreciate her extra efforts." "Over the years, Arlys has

developed a great relationship with our patients. She usually has a treat for our younger ones."

These comments were shared in nominations for Reynolds.

"I am very happy that Arlys has received this award. She is a very dedicated and hardworking employee; very deserving of the Employee of the Month award," said Theresa Bendert, clinic office manager, Sanford Clinic Vermillion.

Arlys is married to Marlin Reynolds and they reside in Wakonda. Arlys and Marlin have six children residing in Omaha, NE and Kansas City, MO.

## Riter-Rapp is new NFIB/South Dakota state director

South Dakota has a new state director for the representative group of its most important economic component, it was announced today. Lindsey Riter-Rapp will take the South Dakota reins of America's leading small business association, the National Federation of Independent Business.

"Small business has been and always will be the economic engine of the nation's and state's economies," said Dave Brasher, NFIB's regional state public policy director. "But small businesses are not smaller versions of bigger businesses. They have uniquely different difficulties in remaining solvent. Lawmakers too often forget this, which is one of the main reasons we brought Lindsey Riter-Rapp on board, to remind them of that. Her experience and connections were exactly what we were looking for."

An attorney, Riter-Rapp is a partner in the Pierre-based firm of Riter Rogers Wattier & Northrup, which lobbies the state legislature on behalf of its clients, in addition to practicing general law. Because South Dakota has a part-time Legislature, its sessions are highly intense and compact, according to Brasher, which is why NFIB needed someone with established connections to lawmakers and state officials. "Given what small business is always up against, we couldn't hire someone and wait for his or her learning curve to straighten. That's why I'm delighted Lindsey could join the team. She's been in the thick of it."

A South Dakota native, Riter-Rapp graduated from the University of Nebraska with a degree in English, before returning home to get her law degree from the University of South Dakota. She spent five years as a public defender in Rapid City, before joining her law firm. She and her husband, Jonathan, and their two sons make their home in Pierre. She can be reached at [lindsey.riter-rapp@nfib.org](mailto:lindsey.riter-rapp@nfib.org).

## SD Ag Dept. offers financing for farmers and ranchers

The South Dakota Department of Agriculture (SDDA) would like to remind farmers and ranchers that it has financing programs available to assist producers during these difficult economic times.

In response to stricter banking regulations brought on by the national financial downturn, some South Dakota producers have experienced difficulty obtaining loans. Some operators have been asked to make larger down payments and provide additional documentation to their lenders.

The SDDA has programs available that partner borrowers with local lenders to provide lower interest rates. The SDDA's current rate is 4.5% and affects the Livestock Loan Participation and Rural Development Agricultural Loan Participation programs.

The Livestock Loan program partners SDDA with a local lender to provide opportunities for livestock operators with current facilities, equipment and feed. The SDDA can finance 50% of the total loan amount, or a maximum of \$100,000, for up to 5 years.

The Rural Development Loan program is designed to help producers purchase land, buildings, equipment, machinery, or other improvements for a new or existing operation. This loan also works in conjunction with a local lender and can provide

up to 80% of the total loan amount, or a maximum of \$300,000, for up to 10 years.

In addition to the participation loans, SDDA also has guaranty loans and bond programs, which can provide producers with low-interest financing.

For additional information on any of the financial programs offered through the Value Added Finance Authority, contact your local lender or Michael Schelske, Loan Administrator with SDDA, at 605-773-5436. Program summaries and application forms are available at [www.state.sd.us/doa/ag\\_dev/loan](http://www.state.sd.us/doa/ag_dev/loan).

## Committee will study use of interpreters, translators in court

The South Dakota Supreme Court's Committee to Study the Use of Interpreters and Translators in the South Dakota Court System will hold its first meeting on Friday, Jan. 8, 2010, beginning at 10 a.m. in Room 414 of the Capitol Building in Pierre. The primary focus of the Jan. 8 meeting will be to discuss the general goals and future direction of the committee's work.

The committee was created to examine how interpreters and translators are used in the South Dakota court system and to provide a report and to make recommendations to ensure meaningful access to the judiciary by those diverse persons who appear in and utilize our

courts. The committee consists of a broad based membership representing the divergent groups that participate in the operation of the courts and is chaired by the Honorable Bradley Zell, a judge from the Second Judicial Circuit.

The committee encourages all interested persons to attend. The meeting will also be live-streamed over the internet and can be found at [www.sdjudicial.com](http://www.sdjudicial.com).

Individuals requiring assistance should contact the State Court Administrator's Office (605) 773-3474 at least 48 hours before the meeting to make any arrangements.

### Court Services Officer Unified Judicial System

The South Dakota Unified Judicial System is inviting applications for Court Services Officer in Vermillion, South Dakota. The salary range is \$17.02 to \$19.57 per hour. This position provides professional probation work by providing casework services in a court services program. Requires graduation from an accredited four year college or university with a bachelor's degree in the social sciences, psychology, sociology or closely related field; experience in substance abuse treatment, probation, parole, or a closely related field is preferred. This position will be required to work hours during evenings and weekends, as necessary. The closing date for this position is January 5, 2010. Successful completion of a criminal background investigation is required for employment. To apply: Submit a letter of interest and resume or state employment application (available at a South Dakota Department of Labor office and on the Internet at [www.state.sd.us/jobs](http://www.state.sd.us/jobs)) to: PMB 2713-000, Director of HR, Unified Judicial System, 500 East Capitol, Pierre, SD 57501.

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### Lewis & Clark Regional Water System

Lewis & Clark Regional Water System is seeking qualified applicants for two positions in Vermillion SD.

**Plant Supervisor:** oversee the personnel and treatment process of the Water Treatment Plant. Salary range \$54,412-\$73,611.

**Maintenance Foreman:** oversee the maintenance personnel and activities of the water supply, treatment and distribution systems. Salary range \$51,314-\$69,430.

The full job descriptions can be found at [www.lcrws.org](http://www.lcrws.org). To apply, submit cover letter, resume and the names of 3 references by January 31, 2010 to Jim Auen, Water Plant Superintendent, Lewis & Clark RWS, 401 E 8th Street, Suite 306, Sioux Falls, SD 57103. 605-336-8688. EOE.

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## Welcome Alan Fritch Vermillion Branch Manger



Originally from Table Rock, Nebraska, Alan has over 28 years of successful experience in all aspects of banking as well as community, agricultural and business lending. Alan and his wife Julie are excited to be part of Vermillion and CorTrust Bank is proud to have Alan as part of their team.

Stop in and meet Alan at the Vermillion branch of CorTrust Bank. He looks forward to meeting you and helping you with your financial needs.



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