

EAGLE SCOUT



Doug Kronaizl, a 2011 graduate of Vermillion High School, was became an Eagle Scout in an August 2011 ceremony. Doug, a member of Troop 66 of Vermillion, earned this prestigious rank in Scouting by organizing the repainting of the 50 states in front of St. Agnes Elementary School. Doug led a group of four made up of both Scouts and non-Scouts. The paint for the project was donated by Time Kelly at Diamond Vogel in Sioux City, IA, and supplies were donated by Rodney and Jill Schaffer. Doug joined the Cub Scouts while a second grader, and has been involved in Scouting since then. He has served as his troop's historian and scribe, and most recently served as assistant senior patrol leader with Tedd Schaffer. He is a member of the Order of the Arrow.

(Photo by David Lias)

Reduce cancer risk by reducing excess weight

By the American Cancer Society

- Excess body weight increases the risk of developing and dying from many types of cancer.
- About one in three cancer deaths in the U.S. is related to nutrition and physical activity, with obesity as a major factor.
- Two out of three Americans are overweight or obese.
- Evidence suggests that a diet low in vegetables, fruits and whole grains, and high in red and processed meats can increase the risk of several of the most common cancers.
- Avoiding weight gain has clear benefits for reducing the risk of heart disease, diabetes, and cancer.
- Public policy efforts aimed at obesity, physical inactivity and poor nutrition offer

a critical opportunity for disease prevention, particularly among children. The Society is working in partnership with other organizations to improve nutrition and increase physical activity in schools and remove barriers to healthy lifestyles in communities.

- The American Cancer Society recommends a diet high in fruits, vegetables, whole grains, and lean protein and limited consumption of processed and red meats and alcohol.
- Balancing caloric intake with physical activity plays an important role in maintaining a healthy weight or losing weight.
- The Society recommends at least 30 minutes of physical activity 5 or more days/week; 45-60 minutes is preferable.
- For tips on staying healthy, visit

www.cancer.org/healthy.

- Overweight and obesity are clearly associated with increased risk for developing many cancers, including cancer of the breast (postmenopausal), colon, endometrium, esophagus, and kidney.
- Observational studies show that obesity also increases the risk for cancers of the pancreas, gallbladder, thyroid, ovary, and cervix, and for multiple myeloma, Hodgkin lymphoma, and aggressive prostate cancer.
- The link between body weight and cancer risk is believed to stem from multiple effects on fat and sugar metabolism, immune function, level of hormones (including insulin and estradiol), and cell growth.

Taggart is Sanford Vermillion December PRIDE Employee

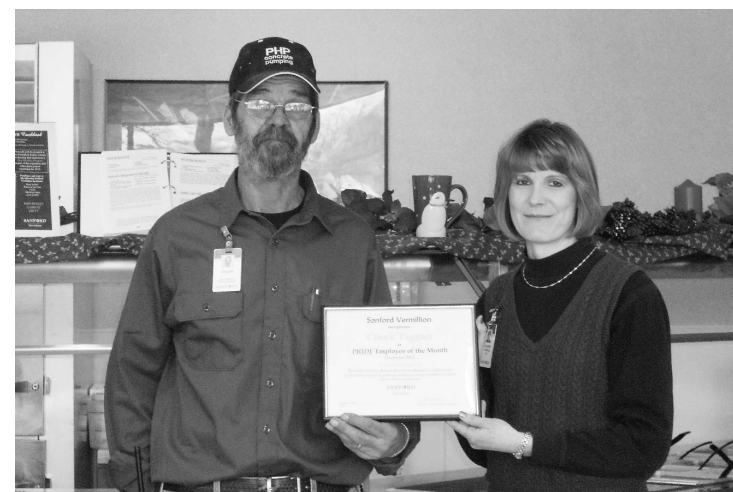
Chuck Taggart, assistant plant operations manager, was selected as the Sanford Vermillion December 2011 PRIDE Employee of the Month. He has been employed here since 1988.

Comments from the nomination for Taggart: I would like to nominate Chuck Taggart as Employee of the Month. Chuck has met and gone beyond a unique request made to assist the Patient Care Unit in customer service. Unfortunately, there have been some families who have gone through the difficulty of losing an unborn baby. Sanford Vermillion staff wanted to provide these families with various options in dealing with their loss. Staff asked if Chuck could make a small wooden box for those families wanting to take their baby home with

them. Chuck went all out, constructing not only one but two beautiful small oak containers including a tight fitting lid adorned with a cross on top.

Thank you, Chuck, for demonstrating personalized service, respect, innovation, dedication, excellence, and compassion toward our Sanford families! Since then, Chuck has handmade two more oak boxes for us to have on hand if this heartbreaking situation arises again. Chuck, you are a great benefit to have here at Sanford Vermillion. Thank you for sharing your talents and taking care of so many needs of the staff and the customers we serve.

"Chuck shows thoughtfulness and creativity in the many special requests he fulfills. He always has others in



Chuck Taggart, December Employee of the Month and Val Osterberg, Chief Finance Officer, Sanford Vermillion.

mind, on and off the clock," said Tim Hannahs, plant operations manager, Sanford Vermillion Medical Center.

Chuck is a native of Vermillion. He and his wife,

Mary, reside in Vermillion. They have five children, Billy (Yankton), Mark, Laurie, Matt and Amanda (all of Vermillion) and 11 grandchildren.

A moment in South Dakota history:

King of the Rivers Boat Pilots

It was said that he could navigate a sternwheeler through a seas of dew.

Grant Prince Marsh was considered the premiere steamboat pilot on the Missouri River in the late 1800s. He built a reputation for making more trips, traveling farther upriver and staying longer on the river each season than other steamboat pilots. Marsh never lost a steamboat in all his years as a steamboat pilot.

Marsh was born in 1834 and grew up in the river town of Rochester, Penn. He began his steamboat career 12 years later as a cabin boy.

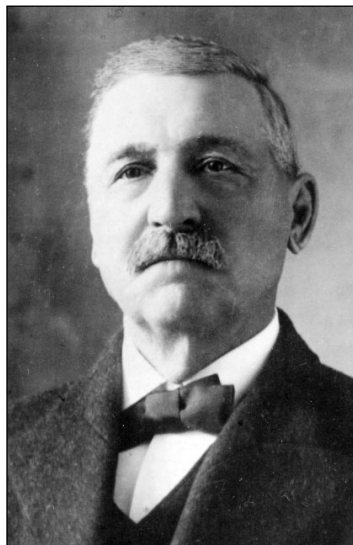
Marsh received his first command in 1866, and both he and his boat became Upper Missouri River legends that same year. At the height of the Montana gold rush, Marsh kept the Luella on the upper Missouri throughout the summer. Most river boats would go downstream by July 15 for fear the water level would be too low to operate a steamboat. When Marsh departed on Sept. 3, he piloted the Luella down the Missouri River through water barely two feet deep with a cargo of gold

dust conservatively valued at \$1.25 million. Grant was the first to remain so late on the Upper Missouri.

During the winter of 1868-1969, the steamboat Marsh was piloting became imbedded in ice in the Upper Missouri River. Marsh returned in the spring to extricate the Nile and bring the steam boat to Saint Louis. This marked the first time a steamer had wintered on the Upper Missouri and returned undamaged.

It was Marsh and those he brought with him who relayed the fate of Gen. George Custer and the Seventh Cavalry to the rest of the nation in 1876. The Far West's 54-hour, 700-mile dash to Bismarck with wounded troopers of Major Reno's command was one of the most remarkable feats in the history of Missouri River steamboating. The previous year, it had taken it Marsh four days in better water to descend the Yellowstone from Billings to Fort Buford, near present-day Williston, N.D. The trip in 1876 was at least 150 miles longer.

Marsh stayed active on the



GRANT MARSH (Photo courtesy of State Archives/South Dakota State Historical Society.)

river as long as he could. He died in Bismarck, N.D. in 1916.

This moment in South Dakota history is provided by the South Dakota Historical Society Foundation, the nonprofit fundraising partner of the South Dakota State Historical Society. Find us on the web at www.sdhsf.org

842nd platoon busy in Afghanistan

FOB SHARANA, Afghanistan — Long days are nothing new for members of the South Dakota Army National Guard's 842nd Engineer Company maintenance platoon, especially since they have reached Afghanistan in November.

After the long anticipated trip overseas by the Northern-Hills based 842nd, they have fallen under the 18th Engineer Brigade and worked side by side with the brigade's Forward Support Company and 1022nd Engineer Company. While remaining flexible, the platoon has experienced only a few major changes to their plans and has set up shop at Forward Operating Base Sharana.

With many overdue services on equipment that was not properly maintained the last year, maintenance personnel have spent many days and nights getting it all ready for new missions that are coming faster each day.

With the rough terrain and long trips, the equipment has been tested through and through, and the maintenance

team is there with smiling faces to keep it out on the road, at the job sites as needed.

Maintenance is not the only platoon that has been split up, but with only 27 personnel to work on the company's equipment in four different locations, it has required for long days and extra effort to meet the standards passed onto them.

On FOB Sharana there are a total of 14 maintenance personnel, with four attached to the 1022nd and four used primarily as logistical support. Fortunately, when vehicle and equipment operators have time, they come to help the mechanics as needed.

Axles have been a major problem and it looks like it will stay that way the entire year. "They are not difficult to change out, but are very tedious and time consuming," said Pvt. Joshua Moak.

As a whole, mechanics have changed out three 870A1 trailer axles and two front 916 truck axles.

The maintenance platoon has proven their abilities over and

over in the past two weeks by bringing the company to a higher-mission capability with very few of the proper tools.

Even with only having around eight mechanics for 140 plus pieces of equipment, morale has remained high.

The company as a whole has taken the deployment thus far as a learning and growing experience.

Maintenance has held up the backbone of the company, by not only keeping their spirits and morale high, but by working hard to keep the operators and missions on the road.

The support of each other and their families has made the biggest difference and shows in their accomplishments thus far. Like the company motto says, "Consider it done" – or as the maintenance platoon would say, "If all else fails get a bigger hammer!"

New games at library's fun & games in Jan.

If you're looking for some exciting entertainment this winter, there will be afternoons of fun and games in the Community Room of the Vermillion Public Library from 1 to 4 p.m. on the following Saturdays: Jan. 22 and Feb. 26 from 1 to 4 p.m. Engage in mental stimulation by playing board games and putting jigsaw puzzles together.

During each Fun & Games in 2012, the library will introduce a new game that has been added to their game collection. This provides individuals the opportunity to learn or to show others how to play new games. January will feature Dominoes, for a variety of game options. Blurt, a popular vocabulary-building game will be introduced in February.

Anyone ages 12 and up is invited to attend this activity. There will be a wide variety of challenging and interesting games and puzzles available. Drinks and snacks will be provided. For more information about this enjoyable event, call the library at 677-7060 or e-mail vpl@sdln.net.

Nelson elected as new PUC chairman

The leadership of the South Dakota Public Utilities Commission was transferred today to new chairman Chris Nelson after a vote among the three commissioners. Commissioner Kristie Fiegen was elected to serve as vice chairman.

In making the nomination for chairman, Commissioner Gary Hanson described Nelson as an academic who "understands issues from the minutiae. His background as the secretary of state and his life experiences certainly qualify him to lead this commission," Hanson said.

Nelson is beginning his second year on the commission. He was appointed in January 2011 by Gov. Dennis Daugaard to fill a vacancy left by the resignation

of Dusty Johnson. Nelson moved into the chairman's position after serving as vice chairman since June 2011. He is a member of the National Association of Regulatory Commissioners and is on that group's Committee on Telecommunications. Prior to joining the PUC, Nelson was the South Dakota Secretary of State for eight years.

"I greatly appreciate the confidence my fellow commissioners have placed in me," Nelson said. "I further appreciate the professionalism and dedication of the staff and commissioners here and look forward to an exciting year."

Fiegen was appointed to the PUC by Gov. Dennis Daugaard in August 2011 to complete the remainder of the term left by Steve Kolbeck's resignation. Fiegen is a former

member of the South Dakota House of Representatives and was the president of Junior Achievement of South Dakota before becoming a commissioner.

"Commissioner Fiegen brings vibrancy to the PUC," Hanson said in his nominating remarks. "She has shown to be a talented individual throughout her career. She is very, very capable to be the PUC's vice chairman," he said.

"I'm honored to accept this position as the PUC's vice chairman," Fiegen said. "I am pleased to be part of the commission when so much is occurring in the energy and telecommunications arenas."

Hanson served as the PUC's chairman in 2010, a post he also held in 2005 and 2008.

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