

VIEWPOINTS

LETTERS TO THE EDITOR

I was honored to speak at the Special Election forum supporting Daycare Ordinance 1326. Some questions may still remain:

1) State law leaves the definition of proximity to a hazard up to the inspector. Vermillion's waiver allowance for an unfenced yard lets parents decide what poses a potential risk for their children.

2) Provider registry is for internal emergency responses and will not be made public without provider consent. House numbers must be plainly legible from the curbside.

3) The inspector will be State certified and subject to employment verifications and provider preference. As with other business inspections, an appointment will be set at proprietor convenience; the wordage of "unannounced" inspections is intended for emergency cases.

4) Ordinance 1326 pro-

vides a threshold of city registry at 5 children, while the state threshold begins at 13. Caregivers can have as many children as they wish as long as they register or license themselves at the appropriate thresholds.

5) The 13/1 ratio threshold for SD licensure is a national outlier. The next lowest state threshold for children/adult ratio is 7/1. Child/adult ratios are one of the most important factors in safety and quality child care, and municipalities have the right to limit these ratios.

6) A 2014 Washington Post investigation revealed that out of the 60 daycare fatalities in Virginia since 2004, 43 died in homes where caregivers are not subject to regulations.

Thank you for your "yes" vote on June 30th to keep our children safe!

**Katherine Price
Alderman for the
Central Ward**

We hope Vermillion citizens will join us June 30 in voting "yes" in support of the city's new in-home daycare ordinance. Taking care of multiple infants and young children from a variety of backgrounds is difficult work that can benefit from a variety of support systems, including fire officials and emergency responders who can help guarantee safer facilities and appropriate responses in case of emergencies.

As a former children's therapist in the area, Mike has witnessed daycares in which the care and facilities left much to be desired. Unsafe daycare situations can exist anywhere – "even in places like Vermillion."

This ordinance is a basic measure in helping to safeguard our most vulnerable citizens as well as support their paid caregivers. It also recognizes the efforts of the many daycare providers who already provide safe, competent care. At the request of area daycare providers, city officials have tailored the ordinance to decrease the possibility of financial burden on providers.

Let's support our kids, our care providers, and our emergency responders by helping to ensure that all children have access to safer daycare.

**Mike Flaherty &
Katy Beem
Vermillion, SD**

How many times have we told the sales associate after a purchase to put the pennies in the dish for the next customer who might need them to make the right change? The malt beverage mark-up is the same idea. Three pennies will be added to a bottle of malt beverage to benefit all of the citizens of Vermillion.

What will the citizens of Vermillion receive from these three pennies? Prentis Park will receive a much needed face lift and renovation including the following:

1. A new restroom for park and baseball users
2. A refurbished horse-shoe court
3. New basketball courts will be added
4. A parking lot for users of the swimming pool, baseball field, and park

5. Upgrades to the entire park
6. Best of all a new swimming pool, to replace the 50 year old pool that is leaking water, and the addition of a small water park

The above will not happen without the three pennies from each bottle of malt beverage sold in the city. Please vote "NO" on the repeal of the three penny mark-up on June 30th. The citizens of Vermillion will be able to enjoy the new amenities added to Prentis Park. These three pennies will be added to the consumer's cost and NOT the retailers overhead.

Early absentee voting can also be done at City Hall before June 30th.

**Howard and
Alice Willson
Vermillion, SD**

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: Letters to the Editor, 201 W. Cherry St., Vermillion, SD 57069, drop off at 201 W. Cherry in Vermillion, fax to 624-4696 or e-mail to shauna.marlette@plaintalk.net.

CLARIFICATION

City Officials requested a clarification regarding comments made in the 0612 edition of the *Plain Talk* story Malt Liquor Tax Opponents: Tax Targets Small Group Of Individuals.

In the story Scheollerman stated...

"The Second Penny is essentially from bars, restaurants, and hotels, so we're paying a portion of (the pool) already from our sales tax," he said. "Now they're going to increase our costs."

According to city officials the second penny tax is imposed on all purchases in the community. Not just alcoholic beverages.

it was also stated...

According to Scheollerman, the City Council told the concerned owners that they had the money required to fund the renovation, but that they wanted this ordinance to replenish the reserves.

City Council officials note that they have never said that they have the money required to fund the renovation.

Rather the funds raised from the malt beverage tax would go to pay half of the interest and principal on the bond estimated to be approximately \$220,000 per year. The malt beverage tax is estimated to raise \$116,000 per year.



June: Nature's Metronome

BY PAULA DAMON

[June] has filled her veins with light and her heart is washed with noon. -C. Day Lewis, English Poet

June tops my list of favorite months.

After all, what's not to like? How could anyone be glum with nearly perfect temperatures, abundant sunshine stretching clear into the evening, ripening cherries and mulberries?

Although, I once knew a young lady who loathed June. Got the feeling she didn't like summer at all. Said she absolutely could not stand the racket birds made outside her window, waking her early each morning. She was always counting the days until summer was over.

To some degree, I could see her point. We have an early riser in our neighborhood that starts chirping up a storm at around 3:45 a.m.

On the other hand, in June our fine feathered friends form a wonderfully melodic choir, singing a sporadic untutored musical dialogue.

Yet try as they may, they're unable to keep time with locusts, nature's metronome, counting rising mercury on the giant thermometer hanging outside the kitchen window.

Round every bend, male warblers chirp loud intonations, improvisations

of sorts, piercing right through June's noisy backdrop.

Above me, a commotion ensues in the eave. A clattering for fixings or nesting materials, I suppose.

Hard to believe the average low temperature this time of year actually was the high a few short months ago.

That was back in March when summer waited somewhat patiently in the wings and springtime, now a blur, first flaunted

gilded bouquets of fragrant blossoms, sending our spirits on a joy ride of sleeveless bliss.

In this sixth month, unruffled air percolates with dense heat and humidity, save a tantalizing breeze tiptoeing over my sweat slinging brow.

Presently faded, springtime's initial anemic offering of green now flourishes with ripe robust beauty as once again all of nature's sovereign power bears down, reclaiming her supremacy.

Peonies, daisies and day lilies; sweet William, roses and holly hocks; once only thin shoots poking

through crusty earth now overflowing fountains of lush foliage.

And hostas, burgeoning hostas.

Cottonwood leaves clap and wave incessantly against a cloudless azure sky, like a crowd of chipper onlookers along a parade route.

Drinking in the wide open spaces of June, echoing shrills of school children, already released for summer, taunt and tease one another as they ride and romp, retracing last summer's adventures.

Cinched tightly in every crack and crevice, grass grows prolifically except beneath paths of kids and rabbits and deer compulsively traipsing to and fro, happily romping through sun drenched backyards and playgrounds, shaded parks and wooded groves.

Chased out by warming temperatures and rising barometers, farm families make their migratory departure from their upstairs living quarters to basements, where second kitchen and moderately cool, dry climate will hold them over until late September.

Ah, the solvency of June. While this month can be ferociously hostile with sweltering heat and violent storms, it suits me just fine.

Here is where I commandeer long lazy days through a created order of honeysuckle and hibiscus, bridal's wreathe and begonias, backyard barbecues and beach combing.



PAULA
DAMON

THINKING ABOUT HEALTH

If You Knew How Many Calories in That Sandwich, Would You Still Eat It?

BY TRUDY LIEBERMAN
Rural Health News Service

Not long ago my husband showed up with a sandwich for lunch that he bought at a local supermarket. I thought it was going to be our usual: turkey and provolone with lettuce on a hard roll, always plenty for both of us. At \$6.50, how could you go wrong?

This time the sandwich was different. It now cost \$9.50 and was piled high with turkey and cheese on a roll that was much bigger than what we were used to. In short, it was awful—enough meat and cheese for four people on squishy bread that tasted more like a morning sweet roll. But the bigger serving probably looked like a good deal to a lot of people who thought only about size relative to cost and nothing about size or cost relative to calories.

After surgery on the sandwich, the two of us ate some of it and saved slices of the meat and cheese for later. My guess is most buyers would have eaten the whole thing believing they were getting great value for the money. Maybe they were, but they were also getting at least half the calories most of them needed for the day.

Take the calories we consume at breakfast and dinner plus a bunch of Cokes

and other sweet drinks we sip through the day, and that sandwich likely would put people well over their ideal daily caloric intake.

Too many calories, as we all know, leads to obesity and serious health complications. The picture isn't pretty. According to the National Institutes of Health, more than two-thirds of adults are overweight or obese and more than one-third are obese.

Yet if we connect the dots, we see more and more of this money-for-value proposition in the foods we buy away from home, which prompts us to consume more calories than we need. An average American eats about one-quarter of his or her calories from chain restaurants, says Margo Wootan, the national nutrition director for the advocacy group Center for Science in the Public Interest.

Think about how many times you want a Coke in the afternoon. I do, but I won't pay for a 16 or 20-ounce soda. It's way more than I can drink, and for me a waste of calories at any price. But if it seems like we're getting more for less money, people will probably drink more.

Would our collective behavior change if the food we eat outside our kitchens came with calorie labels that clued us in on what exactly we were consuming? The Affordable Care Act called for

supermarkets, movie theaters, convenience stores and restaurant chains with more than 20 outlets to post the calories for the items they sell.

The Food and Drug Administration issued regulations late last year, but the final rules have been delayed until the end of 2016. In the meantime, several localities like New York City and Philadelphia now require calorie labeling.

What prompted me to take a second look at what seems a sensible public health measure was a post I read recently on the blog of the Incidental Economist where Aaron Carroll, one of the editors-in-chief and a professor of pediatrics at the University of Indiana, argued that a systematic review of all the studies done in the few localities where labeling exists showed "Although current evidence does not support a significant impact on calories ordered," labeling is a "relatively low-cost education strategy that may lead consumers to purchase slightly fewer calories."

Carroll quarreled with the idea that labeling is actually a low-cost strategy. I tried to reach him, but he did not respond. So I phoned Wootan, who said the studies and the conclusions were based on very small numbers of participants.

Besides that, she said, small dietary changes can make a big difference. "The whole obesity epidemic can be explained by 100 to 150 calories more than people need on average per day," she said. It boils down to choices like the one we made not to eat the overstuffed sandwich at one sitting.

My neighborhood Chipotle says a burrito could have 450 calories or 1,025 depending on what you put on it. The order taker said salsas had fewer calories than cheese and sour cream. Chicken, she said, was the most popular meat. Apparently customers believe that calorie-wise it's better to eat chicken than the beef or pork options. But chicken with sour cream and cheese could pack more of a caloric hit than pork carnitas with salsa.

That's why calorie labeling is an important step toward sensible eating and better health.

We'd like to hear what you think of calorie labeling. Write to Trudy at trudy.lieberman@gmail.com.

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