



Josh Leddy and Megan Griffith

To wed

Megan Griffith and Josh Leddy are proud to announce their engagement to be married.

Megan is the daughter of Len and Mary Griffith of Burbank. Josh is the son of the late David Leddy and Cheri Rans of Huron.

Megan is a 2007 graduate of South Dakota State University. She is employed as a

registered nurse at Sanford Hospital in Sioux Falls. Josh graduated from South Dakota State University in 2008 and is the owner of Leddy Cattle Company and horse training.

A July 23 wedding will take place at the American Lutheran Church in Huron with a reception following at the Crossroads.

Sanford Vermillion employees 'walk' to Afghanistan

Employees at Sanford Vermillion are not only committed to improving the human condition, they are also committed to improving their own physical condition. Recently, 81 employees at Sanford Vermillion took part in the Sanford Vermillion Poker Challenge. This six-week fitness challenge encouraged employees to increase

their physical activity. The Poker Challenge has become a yearly event for staff. The theme of the challenge is "don't gamble with your health, roll the dice and get moving!"

The premise of the Poker Challenge is consistent participation through exercise during a period of six weeks. Employees formed teams and chose a simulated destination. Teams "traveled" roundtrip to Elk Point, Beresford, Sioux City, or Sioux Falls based on the intensity level they chose. Miles are logged through any form of physical activity that increases their heart rate such as running, walking, swimming, biking, etc. Each week, as teams report their miles they draw a card. At the end of six weeks the winning poker hand wins the challenge.

Teams have several opportunities to win bonus miles throughout the competition.



03/15/2010 09:12

Amanda Anderson, Wellness nurse, presents the winning Poker Challenge Team trophy to The Go Go Girls: Jennifer Jacobson, Amber Muecke, Kelly Cottrell (holding trophy), Sam Hawkins and Barb Kingsbury.

Employees have a lot of fun participating in this event and the rivalry atmosphere amongst teams keeps everyone motivated to exercise and reach or surpass their chosen destination. This format has also worked well to level the playing field for employees that vary in the intensity of their workouts.

The new twist this year involved an ultimate goal of achieving enough TOTAL miles by all participants to reach Afghanistan. This goal was inspired as a show of

support of fellow employees and employee family members currently serving in the military in Afghanistan and around the world. The simulated trip is approximately 6,985 miles "as the crow flies." Initially, this may have seemed an impossible feat to accomplish in just six weeks. However, staff was truly inspired to reach that goal and impressively accumulated a total of 8,030 miles exercised during the six-week fitness challenge.

It is common knowledge that regular exercise supports physical and mental well-being. Exercise also reduces risks for developing chronic conditions such as heart disease, high blood pressure, and diabetes. The Wellness Department at Sanford Vermillion offers numerous fitness challenges and wellness programs for the staff and community throughout the year. The employees at Sanford Vermillion can proudly say they practice what they preach.

LOCAL BRIEFS

St. Agnes youth will sell subs

The St. Agnes Youth Group is having its annual sub sandwich fundraiser on Palm Sunday, March 28.

The youth group will be making 180 feet of subs and be selling them after the morning masses from 9 a.m. to 12 noon for \$6 a foot. This fundraiser is for the St. Agnes Youth Group's summer trip to Valley Fair and a Twins baseball game in June.

For more information contact any CYO student or Ray Hofman.

After-Prom fundraiser to be held

This year marks the 25th year of parent/community support to provide an evening of safe, fun activities following prom.

The Vermillion High School After-Prom Committee will host the ninth annual dinner and basket auction at the Eagles in Vermillion, Thursday, March 25.

The evening begins with a social hour from 6-7 p.m. with Bliss' Bar-B-Q preparing the meal, which will be served at 7 p.m. Everyone in the community is welcome to attend.

The evening will end with an auction of donated items from area businesses and community members starting at about 8 p.m. This fundraiser is the biggest fundraiser for the After-Prom Committee.

Tickets are \$10 each and may be purchased at the following businesses: Nook 'n cranny, Davis Pharmacy, and Jones' Food Center. For more information or if you are interested in donating items please contact Damian and Jeanne Donahoe at 605-624-5173.

Siouxland Community Blood Bank announces April schedule

The Siouxland Community Blood Bank announces the schedule for mobile blood drives in April 2010. Over 100 blood drives are scheduled throughout the tri-state area during the month.

April is a busy month at the Siouxland Community Blood Bank as many schools are holding their final blood drive of the school year. Additionally, the schools will be determining their eligibility requirements for their recipients of the "Gift of Life" scholarship offered on behalf of the Siouxland Community Blood Bank.

"We began the scholarship program four years ago as a way to recognize these schools that do so much for our organization," said Heather Marreel, director of recruitment. "This year, we are anticipating almost 100 schools receiving a scholarship."

The amount of the scholarship is determined by the number of blood drives the high school holds during the year as well as the total number of registered donors at

all of those blood drives. "Scholarship amounts can range from \$100 to almost \$1,000," said Marreel. "It's really up to the school and the students to determine how much they earn."

The student receiving the scholarship is selected from the school's own criteria. The student does not have to be a blood donor. In 2009, thirty-two students received scholarships to help with their post-secondary education.

The funds used to support the scholarship program are raised at the Siouxland Blood Bank's "Drive For Life" golf tournament held each summer. This year's tournament is scheduled for Monday, June 7 at Whispering Creek Golf Course in Sioux City.

Mobile blood drives will be held in Vermillion on April 21 and April 22, from 10 a.m. to 4 p.m. at the Muenster University Center on the University of South Dakota campus. For more information, please call 1-800-798-4208 or visit www.siouxlandbloodbank.org.



SAFETY & RESPECT FOR WOMEN OF ALL NATIONS CONFERENCE

April 12-13, Pierre, SD
Presentations by Lundy Bancroft and Carole Washaw

Please register early!
1-800-572-9196
www.sdcadsva.org



SOUTH DAKOTA COALITION AGAINST DOMESTIC VIOLENCE & SEXUAL ASSAULT



Extension disaster education network Web site has flood preparation audio information

A specialist with the South Dakota Cooperative Extension Service said important information for South Dakotans facing flooding is now available online as audio files.

Kim Cassel, an Extension specialist who works with the Extension Disaster Education Network, or EDEN, said the audio files are very useful for people preparing for possible flooding impacts this spring.

"Experts from across the U.S. have faced flooding before and we have compiled great information from our sources through EDEN," Cassel said. "The files in the 'First Steps to Flood Recovery' touch on many topics from salvaging belongings to care of livestock, pets, and

families." The files are available on the national Extension Service Web page at this link: http://www.extension.org/pages/Extension_Disaster_Education_Network_Floods. In the right column on the page, click on "Video and Audio Files on preparedness and recovery" choice to access the information.

Cassel said South Dakota State University, in cooperation with Purdue University, produced the "First Steps to Flood Recovery" information and that printed copies will soon be available at Extension offices across South Dakota.

For more information on disaster preparation and EDEN, call Cassel at 605-696-7873.

Plain Talk ...
It'll keep you occupied!
Call 624-2695 to subscribe!

Lewis & Clark Home Builders Association
5th Annual 2010 Home Show

Landscaping by **curbAppeal** Sponsored in part by **Housing**

March 27th & 28th, 2010
Saturday: 10 a.m. - 5 p.m. • Sunday: Noon - 4 p.m.
Kiwans 4-H Ice Center • 709 Whiting Drive, Yankton, SD
Admission: \$3⁰⁰ per person • Children 12 & Under Free

The Lewis & Clark Home Builders Association Home Show is designed for home owners in all stages of building, remodeling, landscaping and decorating their homes.

FREE PROGRAMS OFFERED:

Saturday 11:00 a.m. Boy Scouts of America	Saturday 1:00 p.m. Yankton County EMS	Saturday 3:00 p.m. Master Gardeners	Sunday 1:00 p.m. Dogs 'R Us 4-H Club
--	--	--	---

COUPON Lewis & Clark HBA
\$1⁰⁰ OFF Good for up to 4 people
Admission to 2010 Home Show

Product Demonstrations and exhibits will include:
Home Builders • Design & Construction • Windows & Doors • Lighting & Electrical Supplies • Millwork Construction Products • Sunrooms, Fencing & Decks • Closet & Garage Organization • Fireplaces Plumbing • Gutters & Siding • Water Conditioning • Heating & Cooling • Financial Institutions & much more!

Your Calling. Your Place.
Employment Opportunities

CERTIFIED NURSING ASSISTANT: Full and part-time positions available. Sanford Care Center Vermillion offers a warm family atmosphere and excellent staff. Come join our team to provide the best care in our community! Certification training provided with wage increase upon final certification.

HOUSEKEEPER: Full-time position in the Environmental Services Department. Every third weekend required. Previous custodial or janitorial experience preferred.

24 hours or more per week includes an excellent benefits package.

Apply online at www.sanfordvermillion.org.
Application forms are available at:
Sanford Vermillion Medical Center
Cindy Benzel, Human Resources
20 S. Plum Street
Vermillion, SD 57069
E-mail address: benzelc@sanfordhealth.org

Sanford Vermillion
For more information, please contact Cindy Benzel at (605) 624-2611, x 462.

Your Calling. Your Place.

EOE