

## COMMUNITY CALENDAR

### FRIDAY, MARCH 2

Hospital Auxiliary Meeting at 2 p.m. at Sanford Vermillion Board Room, 20 S. Plum, administrative entrance.

- USD Spring Orchestra Festival in the Wayne S. Knutson Theatre at the Warren M. Lee Center for Fine Arts on USD Campus (All Day Event).
- State Debate/IE at Aberdeen (TBA).
- National Music Museum (NMM) Brown Bag Lunch Program at 12:05 p.m. featuring Duo Montagnard Joseph Murphy, professor of saxophone at Mansfield University (Mansfield, PN) and Matthew Slotkin, director of the guitar programs at Mansfield University and Bloomsburg University (Bloomsburg, PA) are the Duo Montagnard. Location: Arne B. Larson Concert Hall at the NMM located on USD campus, corner of Clark and Yale streets. Free and open to the public.
- Middle School All-State Band in Pierre.

### SATURDAY, MARCH 3

Overeaters Anonymous, 9 a.m., 20 S. Plum St., administration entrance - board room. Description: Overeaters Anonymous is a 12-step program for people with eating disorders and struggles. The group meets every Saturday.

- State Debate/IE at Aberdeen (TBA).
- Middle School All-State Band in Pierre.

### MONDAY, MARCH 5

Spring Break at USD through March 9.

- Al-anon meeting, 7:30 p.m. at St. Paul's Episcopal Church, corner of Main and Linden. For more information, call 624-9764.

### TUESDAY, MARCH 6

Vermillion Rotary Club Meeting, noon-1 p.m. in the Freedom Forum Conference Room of the Al Neuharth Media Center.

### WEDNESDAY, MARCH 7

Early dismissal at Vermillion Public Schools at 2 p.m.

### THURSDAY, MARCH 8

Spring Break at Vermillion Public School through March 9.

- Cancer Support Group meeting at 2:30 p.m. in the Sletwold Room at Trinity Lutheran Church, 816 E. Clark St. For more information, call March at 624-8706.
- March Movies Film Festival, featuring "Rain Main," at 6:30 p.m. in the Community Room of the Vermillion Public Library. Hot drinks and popcorn provided. Free and open to the public.

### PLANNING AHEAD:

MARCH 10 — Overeaters Anonymous, 9 a.m., 20 S. Plum St., administration entrance - board room. Description: Overeaters Anonymous is a 12-step program for people with eating disorders and struggles. The group meets every Saturday.

MARCH 13 — American Legion Wallace Post and Auxiliary meets at 7 p.m. at the Main Street Center located at 320 W. Main St.

MARCH 15 — All-You-Can-Eat Pasta Feed hosted by Pi Beta from 5-7 p.m. at the Vermillion Armory. Café Brule will be providing the pasta and bread. Event includes introducing a "Pi a Pi Phi." You can pay money to throw a pie in the face of a Pi Phi of your choice: \$1 to pie a freshman, \$2 for sophomores, \$3 for juniors, \$4 for seniors and \$5 to pie the president. Tickets will be available for \$5 at USD student center on March 12-13 between the hours of 9 a.m.-3 p.m. March 15 from 9 a.m.-noon or from any Pi Phi. Tickets will also be sold at the door during the event. All proceeds will benefit the First Book organization, a non-profit organization that promotes literacy for young children. Please help us to make this philanthropy successful!

MARCH 17 — Spring Salad Luncheon and Style Show sponsored by the Catholic Daughters at 11:30 a.m. at St. Agnes School Auditorium. For ticket information, contact Linda at 624-4419 ext. 107.

MARCH 17 — Beer & Wine Tasting fundraiser featuring local brewers and vintners at St. Patrick's Catholic Church, Wakonda in the McMahon Center, 206 Iowa Street. Heavy appetizers provided. RSVP to Cathy Ganschow at 267-2843 or ganschow@iw.net.

MARCH 22 — The Department of Labor and Regulation will be holding a Job Search Assistance Program (JSAP), from 9 a.m.-3 p.m. at 1024 West Cherry Street in Vermillion. The JSAP is designed to assist and train job-seekers on how to find and secure employment. Some of the topics included are job search and retention skills, networking, the hidden job market, resumes, applications, and proper interview techniques. It is provided at no charge and open to the public. Parties interested in attending should register by calling 605-677-6900, by Tuesday, March 20, before 5 p.m. For more information, visit [www.sdjobs.org](http://www.sdjobs.org).

MARCH 23-24 & 30-31 — Schmeckfest in Freeman. For more information, visit [www.schmeckfest.com](http://www.schmeckfest.com), e-mail: [schmeckfest@gmail.com](mailto:schmeckfest@gmail.com) or call 605-925-4542.

MARCH 25 — Vermillion Special Olympics Polar Plunge at Vermillion High School parking lot. Lunch at 11:30 a.m. registration at noon, polar and kiddie plunge at 1 p.m. The event offers a super, great, fun time and helps Special Olympics Athletes! Free shirt to all "plungers!" For more information go to <http://www.firstgiving.com/sosd/vermillion-polar-plunge-2012>.

APRIL 7 — Volunteer income tax assistance sponsored by USD Law School from 10 a.m.-4 p.m. at the Vermillion Public Library, 18 Church St. Call 677-7060 or visit [vpl.sdl.net](http://vpl.sdl.net) for complete listing of services.

Does your business or organization have an event you would like included in the Community Calendar? If you do please call the Vermillion Area Chamber of Commerce and Development Company at 605-624-5571 or e-mail [vcde@vermillionchamber.com](mailto:vcde@vermillionchamber.com) or contact the Plain Talk at 605-624-2695 or e-mail [david.lias@plaintalk.net](mailto:david.lias@plaintalk.net).

# Eating healthy on a budget calls for strategic shopping

Eating healthy while on a tight budget is within reach for most Americans, provided they are willing to invest some time in strategic shopping. During Farm Bureau's Food Check-Out Week, which was Feb. 19-25, farmer and rancher members focused on spreading the word about how consumers can stretch their grocery dollars with healthy, nutritious food.

Despite a recent uptick in retail food prices, the cost of eating healthy hasn't changed as much as some less-healthy alternatives. In fact, a recent Agriculture Department report favorably supports the economics of healthier eating. Food price data shows that prices for unprepared, readily available fresh fruits and vegetables have remained stable relative to dessert and snack foods, such as chips, ice cream and cola. Therefore, as defined by foods in the

study, the price of a "healthier" diet has not changed compared to an "unhealthy" diet.

America's farmers and ranchers share a common concern with consumers when it comes to putting nutritious meals on the table while sticking to a tight budget. "Learning to use your grocery dollars wisely helps ensure that nutrition isn't neglected," according to Cindy Foster, chairperson for the South Dakota Farm Bureau Women's Leadership Team. Foster also says, "fruits and vegetables — along with whole grains, low-fat dairy products, lean meats, fish, beans, eggs and nuts — are an important part of a healthy diet. Buying fresh produce when it's in season and costs less, while buying frozen fruits and vegetables when they're not in season, is a smart way to stretch that dollar."

As part of Food Check-Out Week, Clay

County Farm Bureau donated \$300 to the Vermillion Food Pantry. Additionally, County Farm Bureaus in South Dakota joined forces to donate over \$2,000 worth of food to the Ronald McDonald House in Sioux Falls, recognizing the need everyone has to find solutions to feeding families healthful foods on a tight budget.

Now in its 14th year, Food Check-Out Week also highlights America's safe, abundant and affordable food supply, made possible largely by America's productive farmers and ranchers. According to the most recent (2010) information from the USDA's Economic Research Service, American families and individuals spend, on average, less than ten percent of their disposable personal income for food.

## VHS Debate Team heads to state competition

The Vermillion High School debate team looks to wrap up a dominant season this weekend with the state tournament.

The team managed to bring home three first place trophies, three second place trophies, and only a single third place trophy in seven

major tournaments.

On an individual level, Philip Erikson and Joe Miller did not lose a round as partners, and once they separated, brought home semi-finalist awards or better in every tournament in Junior Varsity Policy Debate.

Robby Erikson has been

the team's true leader. Robby took first place in the Varsity Lincoln Douglas Debate division in four of the team's seven major tournaments. With a 6-1 record at the district qualifying tournament Feb. 17-18 in Sioux Falls, he took second place and earned a trip to the NFL National

Speech & Debate Tournament June 10-15 in Indianapolis, IN.

This weekend's state tournament is in Aberdeen. Vermillion has won first place in Class A State Debate eight of the last nine years.

## CHAMBER CHAT

**Vermillion Area Chamber of Commerce & Development Company**  
116 Market Street, Suite 103  
Vermillion, SD 57069  
605-624-5571  
[vcde@vermillionchamber.com](mailto:vcde@vermillionchamber.com)  
[www.vermillionchamber.com](http://www.vermillionchamber.com)

### Chamber Business:

The 2012 Annual Vermillion Area Chamber & Community Awards Banquet will be Tuesday, March 20, at Pro's Bar & Grill. The social hour will begin at 5:30 p.m. with dinner and program to follow. The keynote speaker is Joe Glenn, University of South Dakota football coach. The cost for hors d'oeuvres, dinner and program is \$30 per person. For more information or to reserve your tickets, please call the VCDC at 624-5571. The public is welcome.

Business After Hours: Are you looking for an opportunity to showcase your business and network with your peers? Sign up to host a Business After Hours event! These events generally run from 5-7 p.m. on a weeknight and the hosting business provides hors d'oeuvres and refreshments. If interested, please contact Ann at: [annb@vermillionchamber.com](mailto:annb@vermillionchamber.com) or at 624-5571.

### Announcements:

Feb. 6-May 4: USD Libraries are displaying a series of artistic exhibitions exploring skateboard designs, graphic novels and tapestries: Corroborations 2012, which pairs visual arts students with poetry majors, is in the I.D. Weeks Library second-floor exhibition cases. Tapestry weavings by award-winning South Dakota tapestry artist Grete Bodogaard are in the

USD Libraries Gallery in the Academic Commons. Getting Graphic by USD Education Librarian Abby Moore is an exhibit of graphic novels on the west side of the second-floor of the University Libraries Gallery. SkateCreate is an exhibition of skateboard designs created by students in the first-year seminar class. It's featured in the student gallery on the west side of the second floor.

Fundraiser for Vermillion Public Schools and USD Athletic Department: During 2012, The Roadhouse will be offering a Coyote Burger and a Tanager Burger with 50 cents of each burger sold going to either the USD Athletic Department or the Vermillion Public Schools.

Clothing Drive for Rosebud Reservation, March 1-30. Donation guidelines: Gently-used clothing must be clean and in good working condition; no purses, high heels or dry clean-only clothing. Clothing needs to be bagged or boxed. Donations may be

dropped off at Pressing Matters Printing, 102 E. Main St. during regular business hours. Monetary donations may be sent to: One Nation Walking Together, 45 - A Commerce St., Colorado Springs, CO 80907.

## SPIRIT MOUND TOWNSHIP

### Annual Meeting

Tuesday, March 6, 2012

1:30 p.m.

Clay County Extension Office

Richard Nissen, Clerk

## SDDOT announces ClearPath 511

The South Dakota Department of Transportation is offering a new service for travelers called ClearPath 511.

ClearPath 511 is a free alert service providing information on road closures, no-travel advisories, and highway flooding. Users can choose to receive alerts by e-mail or text messages for specific highway routes, days of the week, and times of day fitting their individual needs. Standard text messaging rates apply.

"ClearPath 511 is another tool the South Dakota Department of Transportation is using to provide travelers with the most complete and up-to-date information," says Kristi Sandal, public information officer. "Keeping the public safe is our No. 1 priority."

To subscribe to ClearPath 511, go to [www.safetravelusa.com/sd](http://www.safetravelusa.com/sd) and click on the intertwined CP symbol in the upper right hand corner of the page.

ClearPath 511 presents a menu offering a variety of options, settings, preferences and locations to receive alerts.

Road-closure alerts are automatic, while No-Travel-Advised or Flooding are optional choices.

**Richard Trudeau** will celebrate his 80th birthday Tuesday, March 6. His family requests a card shower in his honor.

Cards and greetings may be sent to him at:  
**Prairie View Center**  
P.O. Box 68  
Woonsocket, SD  
57385



## Professional Office Manager

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