

Local delegates for Girls & Boys State selected

Vermillion American Legion Post #1 and Legion Auxiliary announce the selection of delegates for Boys & Girls State 2013. Girls chosen to represent Vermillion are Sarah Berheim, Melissa Chickering, Anjie Ge, Josie Huber, Sydney Kronaizl and Ahley Sorensen. The boys chosen are Adam Ahmed, Daniel Bellis, Kevin Helenum, Ty Iverson, Ethan James, Seth Miller, Jay Munger and Joseph Swanson. Wyatt Hansen is being sponsored by the Alsen Legion. These young people have demonstrated very definite leadership skills in their school and community activities and each has earned a scholastic ranking that places them in the upper third of their class. "During the selection process, all delegates demonstrated outstanding qualifications in character, honesty, service, and initiative," said Ray Hofman, Legion Americanism Officer, "and American Legion Post #1 and Legion Auxiliary are proud to have these young people represent Vermillion at the 2013 Boys & Girls State Session."

American Legion Boys & Girls State is among the most respected and selective educational programs of government instruction for high school students. It is a participatory program where each participant becomes a part of the operation of his local, county, and state government. Boys & Girls State has been a program of the American Legion & Auxiliary since 1935.

South Dakota Boys & Girls State will run from May 27 to May 31, 2013 and will be held on the campus of Northern State University for the boys and University of South Dakota for the girls.

Donations from the Civic Council, Eagles Club, Knights of Columbus, Lions, Rotary, Rebekah Lodge, Masons, Incease Lodge and the VFW have helped sponsor the students.

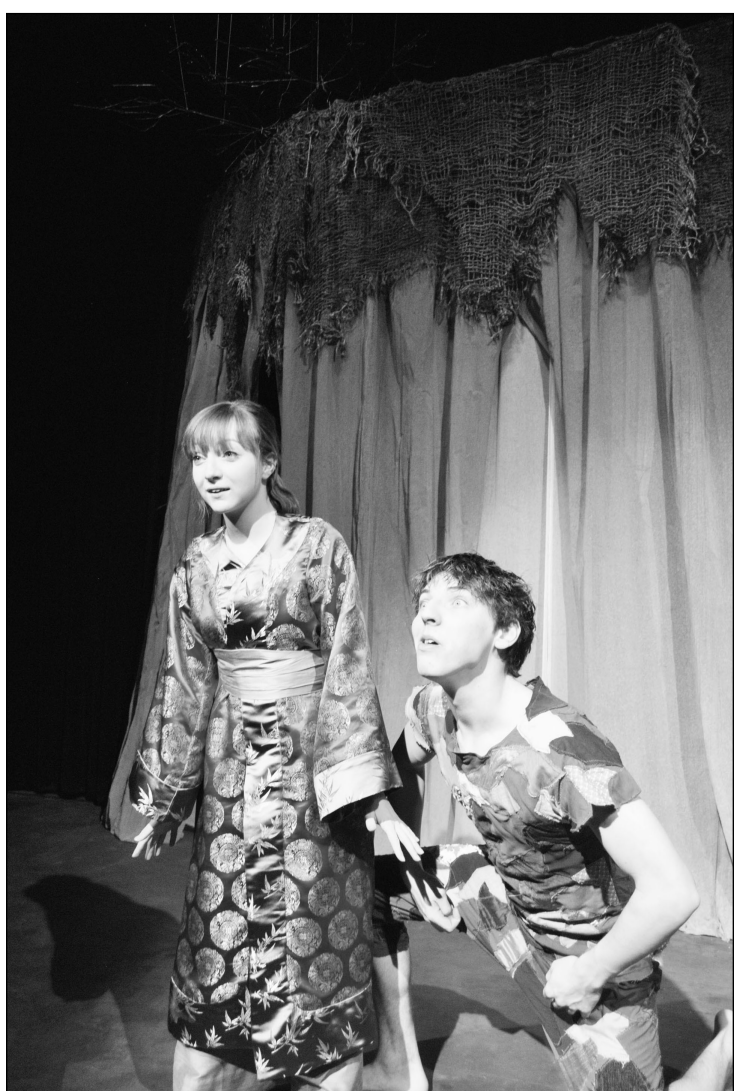
FOR MORE INFORMATION: Please call Ray Hofman at 624-6457 or by email using rhofman@vyn.midco.net



Delegates from Vermillion selected to attend Girls and Boys State 2013 are (back row) Wyatt Hansen, Seth Miller, Ethan James, Ty Iverson, Daniel Bellis, Kevin Helenum, Adam Ahmed, and (front row) Jay Munger, Josie Huber, Ashley Sorensen, Anjie Ge, Melissa Chickering, Sydney Kronaizl, Sarah Berheim, and Joe Swanson.

(Submitted photo)

'MIRROR PRINCESS'



Shannon Billie as Yeony and Zach Hebert as Boy are pictured in this scene of the University of South Dakota Theatre Department's production of "Mirror Princess, Pyung-gang." Performances are March 20 through 23 at 7:30 p.m. and Sunday, March 24 at 2 p.m. in the Arena Theatre in the Wayne S. Knutson Theatre. Tickets can be purchased on line at www.usd.edu/theatre or by calling the box office in the afternoons at 605.677.5400. "Mirror Princess, Pyung-gang" is an a cappella musical based on a Korean tale about a young girl who dreams of being a princess. It is delightful entertainment for the young and young at heart. (Photo courtesy of USD Department of Theatre)

Check your houseplants for pests

Do you talk to your plants? Don't be embarrassed if you do, says David Graper, Extension Horticulture Specialist and Director of McCrory Gardens. "They can be very good listeners. They never interrupt," Graper said. "However, talking to your plants can be beneficial because it gets you up close to your plants where you might notice that the plant has a pest problem."

Graper points out that houseplants are susceptible to a variety of pests including one of the most common, the spider mite.

It is important to check your

plants for mites, particularly during the winter months when homes are heated and the humidity becomes very low, which Graper says is just what mites like.

Spider mites feed by sucking sap from individual plant cells. Plant cells soon turn yellow or brown when they are fed upon causing the plant to develop a speckled appearance on the leaves as you have dying cells next to healthier green cells. Graper says learning how to identify this type of damage is probably the best way to notice a mite infestation because you can see it from several feet away.

Sanford Vermillion Arts Program selected as candidate for the LIVESTRONG Foundation Community Impact Project

Sanford Arts Vermillion (SAV) Program in partnership with Dakota Hospital Foundation, has been selected as a candidate for the LIVESTRONG Foundation Community Impact Project, which offers \$1.2 million in funding to bring proven cancer support programs to communities across the U.S. Finalists will be determined through an online voting campaign that has begun at Vote.LIVESTRONG.org and runs until 5 p.m. on Thursday, Mar. 28. Sites with the top votes per region will receive financial awards of support to replicate and implement programs that have demonstrated success in improving the lives of people affected by cancer.

Grant Program Description:

- The Creative Center at University Settlement Artist-in-Residence Program: Since its inception in 1994, The Creative Center has been dedicated to bringing the arts to people with cancer and chronic illness through all stages of life as a way to help them discover their own creative resources while meeting the challenges of diagnosis, treatment and survivorship. The Artist-in-Residence program helps cancer survivors deal with the stresses of treatment through artistic expression. The program will work bedside and in small group settings with men, women and children – in oncology units, bone marrow transplant units, intensive care/respiratory units, hospice and palliative care programs.

Dakota Hospital Foundation is among hundreds of organizations still in contention for the award. We recognize that artistic and creative activities support the wellness of our community. If selected, SAV will use the awarded funds to bring local, fine artists into the healing centers of our community and engage the members of the cancer survivorship group in relevant art projects. We then have the opportunity, in the creation and display of these

artworks to provide uplifting environments; enhance technical skills and new camaraderie among participants.

Organizations chosen to implement one of the model programs will receive up to \$15,000 to support the implementation. They will also receive a toolkit consisting of facilitator manuals, participant materials and evaluation forms; training and support from the model program's staff; access to additional tools and resources; and a full report on the historical replication of this program upon completion.

"We are thrilled and honored to be selected as a candidate for the LIVESTRONG Foundation's Community Impact Project," said Ari Albright, SAV program coordinator. "We share their passion for inspiring and empowering people affected by cancer and look forward to working together to make a difference in the lives of cancer survivors and their families."

"I am very excited about the opportunity this grant funding could provide for our local and area cancer survivors as well as their family members and care givers. This is a new and

unique avenue to support wellness through the arts and art activities," commented Marcy Lund, facilitator of the local Cancer Support Group.

The financial awards provided by the 2012 LIVESTRONG Community Impact Project are currently being implemented at nearly 100 sites including hospitals, cancer centers, universities, and community-based organizations across the nation and will provide support to thousands of people affected by cancer upon completion. The LIVESTRONG Foundation is committed to supporting community organizations in their efforts to help cancer survivors face the challenges and changes that come with cancer and has invested more than \$80 million in community-centered organizations.

About Dakota Hospital Foundation

Since its beginning in 1930, Dakota Hospital Foundation has fulfilled a mission dedicated to community health and wellness. The health care 'pioneers' who established Dakota Hospital Foundation (DHF) also nurtured a tradition of community health service leadership represented by

today's Foundation members.

About the LIVESTRONG Foundation The LIVESTRONG Foundation provides free cancer support services to help people cope with the financial, emotional and practical challenges that accompany the disease.

Created in 1997 by cancer survivor and philanthropist Lance Armstrong, the Foundation is known for its powerful brand – LIVESTRONG – and for its advocacy on behalf of survivors and their families. With its iconic yellow LIVESTRONG wristband, the Foundation has become a symbol of hope and inspiration around the world. Since its inception, the Foundation has served 2.5 million people affected by the disease and raised more than \$500 million to support cancer survivors. One of America's top cancer non-profit organizations, the Foundation enjoys a four-star rating from Charity Navigator and has been recognized by the National Health Council and the Better Business Bureau for its excellent governance, high standards and transparency. For more information, visit LIVESTRONG.org.

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