

VIEWPOINTS

Keep your clothes on

By Paula Damon

As springtime rounds winter's bend, my warming bones finally coalesce with my inner spirit causing me to engage in certain proprietary rites of spring. Even before putting on my festal cap and marching directly outdoors into a glorious cadre of budding foliage and chirping birds, freshly returned from wintering in southern reaches of the Western Hemisphere, I mark the end of winter doldrums by shedding.

MY STORY YOUR STORY



PAULA DAMON
paula.damon@iw.net

teasing headlines, such as "Hot Body Now" and "67 Ways to Look Gorgeous All Summer."

Even so, I curiously scramble for the details, helplessly finding myself once again itching to get my hands on newfangled fixes in a quest to be something I'm not. Unable to stop myself from turning to page 110 for enlightenment by yet another Fountain of Youth concocted to sell magazines and products, I quickly conclude the writers of this nonsense are completely out of touch with the majority of readers.

Have they forgotten that more than half of us are overweight? And that no matter how hard we try, our calves will forever be laced with verrucous veins and our cellulite-laden thighs never will be dimple-free.

Completely disgusted with the constant barrage of remedies to look thinner, smoother, sexier, tauter, I begin to pitch this issue into the recycle bin. Before saying goodbye forever to such seduction, glancing downward at the last second, I notice another promising headline "Look Great Bare."

I don't know about you, but looking great bare has never been in my realm of possibilities. I never have looked great bare. I never will look great bare.

Even on the day I was born, I'm sure Dr. Harvey shouted, "Quick, puts some clothes on that kid; she does not look great bare." As far as I'm concerned, no matter the time of year, everybody should just keep their clothes on because most people don't look great bare and they should not even try to look great bare.

"Sheesh!" I exclaim, as I toss the magazine. Thud! It lands in its rightful place at the bottom of the recycle bin.

Similar to other hibernating mammals, as air temperatures rise, I emerge from a winter-beset fetal position and commence to unwrap multiple layers no longer necessary: thermal underwear, sweaters, woolen socks, neck scarves, hats, gloves, fiber-filled coats, down-filled vests, ear muffs - you name it.

Next, I dig through the medicine cabinet to find my Lady Schick Sensitive Skin Razor. Six months have passed without removing even a solitary hair from my legs, not to mention, dare I admit, the furry underarm growth. By now, these parts are looking mighty grizzly.

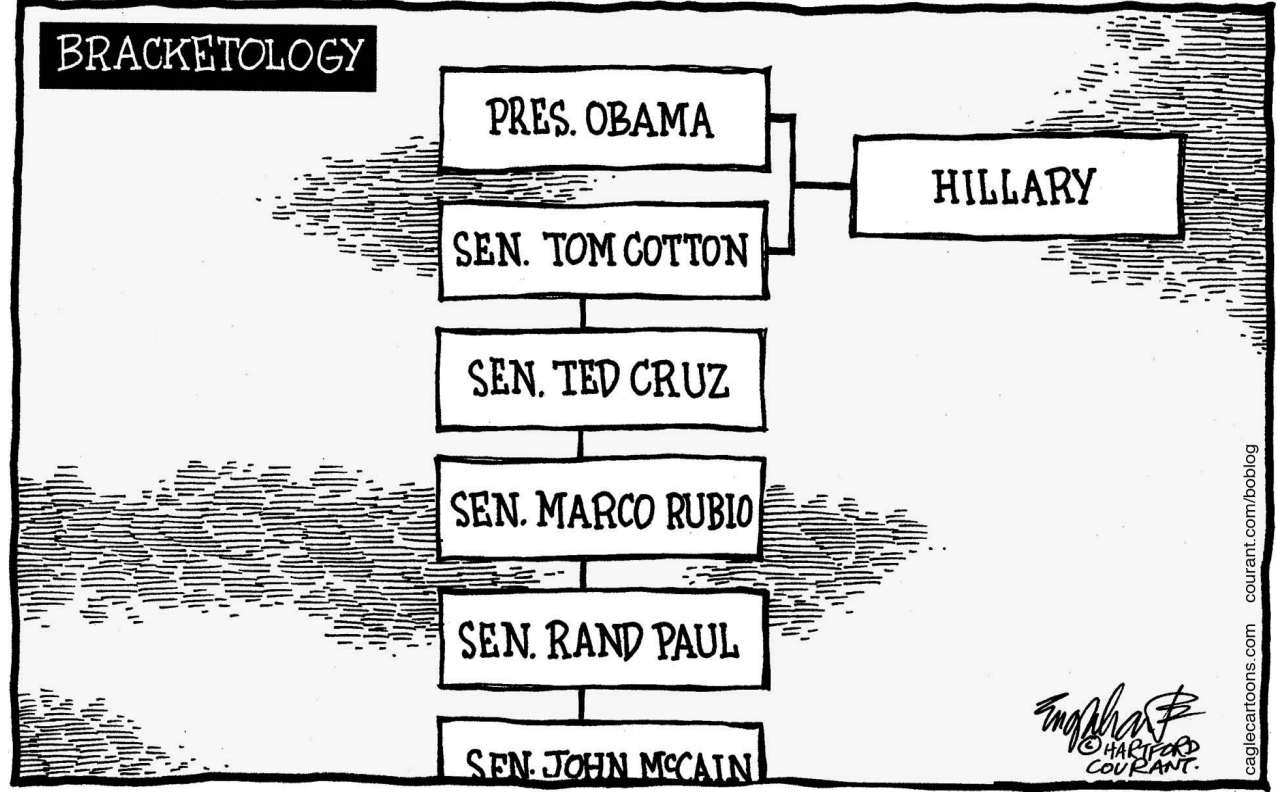
Reflecting on how tree leaves turn and a hint of chill co-mingles with sunburnt afternoons, I engaged in a totally opposite exercise, caring less about how much hair grows where.

I imagine I'm not alone in such a ritual. In fact, something tells me scores of women across the land experience the same hairy-smooth duality.

What to make of such divergence in expectations for women? Exhaustion, if you will.

We women are sick and tired of the constant pressure to be lush and lean by spending precious time and money removing every unsightly blemish and bulge while plucking and pulling each tiny strand of hair from my brows, chin, nose and upper lip.

We are beaten down with



An Epidemic of inactivity

By Richard P. Holm MD

There is an epidemic of inactivity in our country, especially with children, and obesity is only one of the unhappy complications from sitting too much.

So how do we motivate our country's children and, for that matter, all of us to get moving? I asked a bunch of friends and heard everything from "force long marches with a bull-whip," and "get a dog to walk," to "decrease insurance rates for going to the gym," and "employer salary incentives."

We all know that physical activity is very good for us, beyond helping manage weight. Exercise prevents dementia, increases energy and strength, decreases depression, dries up incontinence,

lessens insomnia, improves balance and mobility, enhances sexual function, and the list goes on. People who are fit not only live longer, they live better.

And it isn't just the thin, twig-like people that can exercise and benefit from it. We know that obese people who regularly exercise develop the same healthy prognosis for a long, active, mobile life as thin people. It is the conditioning that matters, not so much the weight.

So why is it that so many people in modern America can't get up off that couch? One recent survey indicated that those who don't exercise truly believe in the value of a regular workout, but it still doesn't get them going. One reason the survey found people are

resistant is because those who are "out of shape" loathe the idea of exercising in front of others who look more conditioned.

And we know that once an individual gets too far out-of-shape, it turns into a vicious cycle. People become so weak that it hurts too much to get going again, so they just sit there and grow even weaker.

The million-dollar question remains how to inspire people, and especially our kids, to get moving? I don't think such change happens with lectures or essays. That method certainly doesn't work with parenting.

What we really need to do is teach by example.

SD LEGISLATIVE ROUNDUP

BY SENATOR ARTHUR RUSCH (Dist. 19-R)

Last week was the ninth and final week of the 2015 legislative session. The week finally ended at 11:15 p.m. on Friday evening. The only thing remaining is "veto day" on March 31st when the legislature will consider any bills that the Governor may have vetoed. As of this week, the Governor advises that he has signed 198 bills into law. I am not certain how many bills are still awaiting his decision. One of the bills that the Governor signed this week was HB1013 for which I was one of the prime sponsors. This bill revised the South Dakota standards for licensing social workers to take into the account the baccalaureate and graduate level social work programs which now exist in South Dakota.

Among other bills which were passed by the legislature and signed by the governor this week were laws requiring persons convicted of human trafficking to register as sex offenders and a law which allowed the

forfeiture of any financial benefits received as a result of pimping. A new law which may have an effect in future elections was SB 68 which allows the Secretary of State to perform random sampling of nominating petition signatures turned into her office in order to determine whether the petitions contain sufficient valid signature. Another bill which was signed into law by the Governor was SB131 to regulate the permissible levels of stray voltage and to set up a procedure for remediation. This bill which I supported was sought by the REAs.

The biggest issue this week was the final passage of the annual budget which was finally approved by the Senate just minutes before adjourning on Friday evening by a bi-partisan vote of 30-2. Most of the legislators would have liked to have seen more money for public projects but the most current economic forecasts reflected that state income would be approximately 10 Million dollars less than anticipated when the Gov-

ernor delivered his budget address back in December. Still the budget included 2% increases for public schools, a 2% pay increases for public employees and 2% increases for Medicare providers. The House had approved the 1.4 Billion Dollar budget just 1/2 hour earlier, also by a bi-partisan vote of 55-9. One of the items that I was happy to see in the budget was 3.2 Million dollars to pay for the juvenile justice reform bill which I hope will provide more treatment options for children who are in trouble with the court system.

Another big issue which was approved this week was the Highway Funding Bill. This bill will provide about 50 to 75 Million Dollars in additional funding for State and County roads and bridges. The money will be raised by a 6 cent increase in the motor fuels tax, a 1% increase in the excise tax on vehicle purchases and an increase of 20% in license plate fees. The bill would also allow counties to increase the local property taxes for roads and bridges. One of the surprising parts of the

bill, inserted by the House, was raising the interstate speed limit from 75 mph to 80 mph. The highway study which was done last summer indicated that our roads and bridges in South Dakota are worth approximately 14 Billion dollars and they need maintenance or they will deteriorate.

Another issue which I was closely involved in this week was HB1228 which established a method for the State of South Dakota to collect some of the approximately 125 Million Dollars owed to it. Much of that money is the result of fines and restitution orders from the courts so I was very aware of that problem. I know that there were concerns by some of the private collection companies that they would lose work as a result of this bill but I think that the final version contained provisions that would allow the private collection agencies to do this work if they want to contract with the state.

This will be the final column of this session. I hope that the information I have provided was helpful to you.

A QUESTION OF LEADERSHIP

Leadership! Leadership! Leadership! It seems to be the buzz word at the federal level and now at the local level.

We, as voters, try to elect individuals who will use a little common sense when it comes to the use of our tax dollars.

The buzz word in Vermillion at the present time is tourism, which we're told will be the salvation for our city's economic woes.

It seems that our high property taxes and sales tax isn't sufficient to meet our city's needs.

In June, the City council passed a BID tax on all motel charges of \$2.00 per room per night to help promote tourism and economic development. Now, the council wants to place a 5 percent sales tax on beer to help pay for a \$5.5 million swimming pool that will be used two and a half months a year. We haven't heard yet what the monthly maintenance cost, repair costs, etc., to maintain this facility.

My question to our city leaders is - Why would you vote and pass an ordinance when you don't have the money to pay for such a project, and do you think the voters would have passed a bond issue if they knew they had to pay for such a project? I think not!

Here's something to think about! How about taking the profits from the golf course and using it for the swimming pool? Oops, my error, the golf course is 19 years old and still shows little or no profit.

My friends, tourism is fine, but in order to have community growth, it takes jobs, jobs, jobs! Let's let everybody pitch in and pay for this pool, not just the businesses! I've seen way too many businesses fail in our city, and the answer by our city leaders is, we have to promote tourism at the expense of certain businesses. Push these taxes onto your customers! Not very smart! Think about it! Just thinking out loud.

David Raabe
Vermillion, SD

CASES DISPOSED MARCH 6-12, 2015

Adams, Kayla Diane, Vermillion; Driving With Suspended (Not Revoked) License; Fine: \$204. Court Costs: \$40. Surcharges: \$26.
Amundson, Bethany R, Vermillion; Municipal Speeding; Fine: \$19. Court Costs: \$40. Surcharges: \$20.
Barbour, William Webster, Vermillion; Simple Assault Intentionally Cause Bodily Injury 3rd Or Subsequent Offense; Dismissed-Motion By Prosecutor.
Baron, Kristian Capron, Vermillion; Speeding On Other Roadways; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Benesch, Gail, Columbus, Neb.; Speeding On Other Roadways; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Borkowski, Rebecca, Vermillion; Speeding In School Zone; Fine: \$19. Court Costs: \$40. Surcharges: \$26.
Carrico, Robert Daniel, Aberdeen; Speed On Four-Lane In Rural Areas; Fine: \$19. Court Costs: \$40. Surcharges: \$26.
Chapman, Neil Matthew, Vermillion; Seat Belt Violation; Fine: \$25.
Dierschell, Mary Elizabeth, Vermillion; Petty Theft 2nd Degree-\$400 or Less; Dismissed-Motion By Prosecutor.
Duda, James Courtney, Vermillion; Speed On Four-Lane In Rural Areas; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Egley, Ty James, Blunt; Failure To Make Proper Stop At Stop Intersection; Fine: \$54. Court Costs: \$40. Surcharges: \$26.
Eisenmann, Lynn Marie, Vermillion; Seat Belt Violation; Fine: \$25. Operate Improper Vehicle; Fine: \$54. Court Costs: \$40. Surcharges: \$26.

CLAY COUNTY COURTS

Emmick, Bradley, Meckling; Speed On Four-Lane In Rural Areas; Fine: \$79. Court Costs: \$40. Surcharges: \$26.
Erpenbach, Steven Wayne, Sioux Falls; Speeding On Other Roadways; Fine: \$19. Court Costs: \$40. Surcharges: \$26.
Evans, Spencer W, Vermillion; Petty Theft 2nd Degree-\$400 Or Less; Dismissed-Motion By Prosecutor.
Everson, Tyree Jonathan, Yankton; Speed On Four-Lane In Rural Areas; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Fischer, Breanna Marie, Sioux Falls; Failure To Make Proper Stop At Stop Intersection; Fine: \$54. Court Costs: \$40. Surcharges: \$26.
Formisano, Shanna, Vermillion; Municipal Speeding; Fine: \$79. Court Costs: \$40. Surcharges: \$20.
Geveshausen, Colton, Burbank; Municipal Speeding; Fine: \$54. Court Costs: \$40. Surcharges: \$20.
Gonzales, Beatrice, Eagle Butte; Petty Theft 2nd Degree-\$400 Or Less; Fine: \$100. Court Costs: \$40. Surcharges: \$26. Restitution: \$750.
Grabber, Jaclyn K, Lennox; Speeding On A State Highway; Fine: \$19. Court Costs: \$40. Surcharges: \$26.
Gustad, Tristan Christopher, Volin; Passengers Between 14-18 Required To Wear Seat Belts; Fine: \$25.
Hajek, Tyler J, Brookings; Speeding On Other Roadways; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Hasselquist, Jonathan, Vermillion; Aggravated Assault - Deadly Weapon; Suspended Execution Of Sentence; Fine: \$0. Court Costs: \$130.46 Surcharges: \$64.00; Incarceration: Begins: 03/12/2015 Sent. To: Penitentiary 3 Year(S) 0 Day(S) Susp.: 3 Year(S) 0 Days. Aggravated Assault - Deadly Weapon; Dismissed-Motion By Prosecutor. Burglary-1st Degree; Dismissed-Motion By Prosecutor. Aggravated Assault - Deadly Weapon; Recharged-By Indictment. Aggravated Assault - Deadly Weapon; Recharged-By Indictment. Enter Or Surreptitiously Remain In Building; Recharged-By Indictment; Based On Conditions Of The Court.
Hidalgo, Ronald, Centerville; Seat Belt Violation; Fine: \$25.
Jones, Kelvin, Vermillion; Municipal - Furnishing Alcohol To Minor; Fine: \$54. Court Costs: \$40. Surcharges: \$20.
Kainrath, Aaron Lee, Vermillion; Speeding On Other Roadways; Fine: \$19. Court Costs: \$40. Surcharges: \$26.
Kuchta, Stephen J, Crofton, Neb.; Speed On Four-Lane In Rural Areas; Fine: \$59. Court Costs: \$40. Surcharges: \$26.
Lee, Julian Dwight, Sioux City, Ia; Speeding On Other Roadways; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Maddox, Jason, Vermillion; Petty Theft-2nd Degree-Less \$100; Dismissed-Motion By Prosecutor.
Maddox, Joshua, Vermillion; Insufficient Funds Check 3rd Degree, \$100 Or Less; Dismissed-Motion By Prosecutor.
Mahaney, Kenneth A, Merville, Ia; Failure To Stop; Fine: \$54. Court Costs: \$40. Surcharges: \$20.
Marshall, Harold J, White River; Operator Assure Passengers 5-18 Wear Seat Belts; Fine: \$25. Operator Assure Passengers 5-18 Wear Seat Belts; Fine: \$25. Operator Assure Passengers

5-18 Wear Seat Belts; Fine: \$25.
Mayer, Brady Michael, Sioux Falls; Seat Belt Violation; Fine: \$25.
Moe, Travis N, Vermillion; Seat Belt Violation; Fine: \$25.
Mollet, Tristan Jacob, Vermillion; Seat Belt Violation; Fine: \$25.
Moser, Christopher Patrick, Vermillion; Speeding On Other Roadways; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Orozco, Merry Lynn, Wagner; Open Container; Fine: \$50. Court Costs: \$40. Surcharges: \$11.
Patel, Prafulchandra, Sioux Falls; Obey Traffic Device Unless Directed By Policeman; Fine: \$54. Court Costs: \$40. Surcharges: \$26.
Phillips, Christopher Ray, Sioux Falls; Renewal Registration During Assigned Month; Fine: \$54. Court Costs: \$40. Surcharges: \$26.
Piper, Richard James, IreNeb.; Seat Belt Violation; Fine: \$25.
Radigan, Jeffrey Todd, Vermillion; Municipal - Furnishing Alcohol To Minor; Fine: \$54. Court Costs: \$40. Surcharges: \$20.
Robertson, Nathan Earl, Vermillion; Speeding On Other Roadways; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Rosdall, Patricia, Vermillion; Municipal Speeding; Fine: \$19. Court Costs: \$40. Surcharges: \$20.
Schenk, Kelsey Jade, Hull, Ia; Speeding On Other Roadways; Fine: \$39. Court Costs: \$40. Surcharges: \$26.
Sichmeller, Aaron Michael, Vermillion; Driving With Suspended (Not Revoked) License; Fine: \$204. Court Costs: \$40. Surcharges: \$26.
Solberg, Kevin, Vermillion; County Speeding; Fine: \$59. Court Costs: \$40. Surcharges: \$20.

ADDITIONAL CLAY COUNTY COURT RECORDS AS WELL AS THIS WEEKS CHAMBER CHAT CAN BE VIEWED ONLINE AT WWW.PLAINTALK.NET

Vermillion PLAIN TALK

Since 1884 • Official County, City and School District Newspaper
201 W. Cherry, Vermillion, SD 57069 • Publication No. USPS 657-720
Publisher: Gary Wood • General Manager/Managing Editor: Alan Dale
Published weekly by YANKTON MEDIA, Inc. • Periodicals postage paid at Vermillion, SD 57069.
Subscription rates for the Plain Talk by mail are \$27.56 a year in the city of Vermillion. Subscriptions in Clay, Turner, Union and Yankton counties are \$41.34 per year. Elsewhere in South Dakota, subscriptions are \$44.52, and out-of-state subscriptions are \$42. POSTMASTER: Send address changes to Plain Talk, 201 West Cherry Street, Vermillion, SD 57069.

Vermillion Plain Talk Staff
Advertising Director: Michele Schievelbein
Advertising Sales Rep: Jackie Williams
Composing Manager: Kathy Larson
Composing Staff: Rob Buckingham, Melissa Peterson & Sally Whiting
Reception Office Manager: Penny Aschman
Distribution & Circulation Manager: Mike Hrycko