



Vermillion PLAIN TALK

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Friday, November 6, 2009

INSIDE:

Highlights

Learn about
Vermillion's past ■ p. 2

Welcome Table to meet Nov. 9

The next Vermillion Welcome table will be Monday, Nov. 9 from 5:30-7 p.m. at the United Methodist Church, 16 N. Dakota. The Nov. 9 meal will be sponsored and served by the Newman Center.

Thanks to SAE for sponsoring and serving last Monday's meal.

Gayville Hosts

Veteran's Day Program
GAYVILLE — The Gayville American Legion Post No. 237 will hold a Veteran's Day program at 11 a.m. Wednesday, Nov. 11, at the town's war memorial.

The short program will include a prayer and a firing of a salute.

Hy-Vee celebrates Veterans Day with free breakfast

The Vermillion Hy-Vee will honor America's veterans on Veterans Day with a free breakfast in appreciation of their service to the country.

What started as a promotional event offered by a few stores has become a company-wide tradition, said Jon Wendel, senior vice president of marketing for Hy-Vee, Inc.

"Our Veterans Breakfast is one of the most rewarding activities we sponsor each year," Wendel said. "It provides an opportunity to bring communities together to thank our veterans and acknowledge their service in a public way."

The Veterans Day Breakfast will be held from 7 a.m. to 11 a.m., Wednesday, Nov. 11, at the dining area of the Vermillion Hy-Vee.

The buffet is complimentary for veterans and open to others at a small cost. Some stores have planned programs, displays, entertainment or other activities to go along with the breakfast; check with local stores for details.

Clay County 4-H'ers will be honored Sunday

The Clay County 4-H Recognition Event is scheduled for Sunday, November 15, 2009 at the Clay County 4-H Center in Vermillion beginning at 2:00 p.m. Area 4-H members, leaders, families and friends are invited to attend.

Clay County 4-H members will be recognized for their achievements, project accomplishments and participation during the past year. Various local sponsors will present special awards.

The Friends of 4-H and Meritorious Service awards will be presented to six local individuals in recognition of their community support of the 4-H program.

Plain Talk poll results

Poll results 10-30-09

Do you believe in global warming?

Yes (49 Votes)

No (62 Votes)

Undecided (1 Votes)

To participate in the Plain Talk Internet poll, log on to www.plaintalk.net.

1,000 get flu shots in Vermillion



The line snakes out Vermillion High School during Thursday's clinic as more than 1,000 vaccinations are given for both the seasonal and H1N1 flu. The Point of Distribution (POD) serving Clay and Union counties was one of four vaccination sites offered in South Dakota. Demand for the vaccine brought people from Yankton, Sioux Falls and even neighboring states. (Photo by David Lias)

Over 1,000 H1N1 vaccines are left over, returned to state

By David Lias

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Just over 1,000 – 1,033 to be exact – flu vaccinations were given to young people and people in risk categories during Thursday's flu clinic in Vermillion.

That's according to data received by Mayor Dan Christopherson shortly after the vaccination clinic ended at 7 p.m. Oct. 29.

Four hundred sixty doses of the H1N1 vaccine were administered to people from Clay and Union counties, the mayor, who served as media liaison, said. The number of seasonal flu shots given that day totaled 573. And some of the group of 1,033 people received both H1N1 and seasonal flu inoculations.

"You had to be under 5 years old to qualify to receive H1N1," Christopherson said. "A lot of peo-

ple wanted it, but the state mandated that we couldn't give it except to that group."

He said a shortage of the H1N1 vaccine added to the uncertainty of who would qualify to receive it, and whether it would be available in Vermillion.

"I believe it was Tuesday when it physically arrived in the community," he said. "It was on again,

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A necessary shot in the arm

H1N1, seasonal flu vaccines administered Thursday

By David Lias

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If there were any doubts about the safety of the H1N1 vaccine, it was difficult to spot it in Vermillion Thursday.

Doors of the Vermillion High School auxiliary gymnasium opened at 2 p.m. Thursday, the site of a POD (point of dispensing) flu immunization clinic for people residing in Clay and Union counties.

It didn't take long for a line to begin to form outside, made of parents, young children, and some high school kids, all who arrived to receive the H1N1 vaccine, a seasonal flu shot, or both. As in any setting where young children are confronted with strange people armed with cold alcohol swabs and sharp hypodermic needles, it didn't take long for the atmosphere inside the clinic to become a bit raucous.

There were cries from infants and toddlers feeling the sting of being vaccinated. Adding to the chorus was the reaction, which grew increasingly in volume, of older children who witnessed how upset their younger peers had suddenly become.

It didn't take the more mature kids long to realize that getting a flu shot may not be a fun time.

Four-year-old MaKenzie Richardson lingered out of reach as she watched her mother, Amy, complete necessary paperwork. She knew that once the last formed was filled out and signed, a shot would soon follow, and it was apparent that she wasn't looking forward to the experience.

MaKenzie received the H1N1 vaccine through a nasal mist. She later received a seasonal flu shot in the arm.

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Survey explores local interest in forming cancer support group

By David Lias

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Steps are being taken to gauge the interest of local citizens in forming a cancer awareness and support group in the Vermillion community.

Mary Merrigan, director of public relations at Sanford Vermillion Hospital, has distributed a survey via e-mail asking for people to submit their input about the idea.

The survey includes basic questions that ask people the time, the day of the week and the frequency

they would prefer for the group, if formed, to meet.

People taking the survey are also asked to indicate topics relating to cancer they are most interested in discussing. Those topics include diagnosis, treatments, managing the cancer experience, coping with the emotional and physical side effects of the disease, pain management, issues relating to health insurance, filing claims and practical assistance, caregiver information and resources, and support for patients and survivors.

Marcy Lund, Vermillion, former

community health nurse for Clay County, hopes the survey will generate enough local interest to warrant the forming of the support group.

"Our daughter, Linda, was diagnosed with breast cancer last February, and as a nurse, I had no idea what it was like going through chemotherapy," Lund said. "It was much more difficult than I thought it would be, but I felt fortunate that I had the support and concern from my friends and my church and my fellow nurses."

Lund recently had a conversation

with her niece, who is employed at Sanford Vermillion, about the foot pain that Linda found accompanied her cancer treatments.

"I talked about how difficult it was for me to see her go through this," she said. "And then my niece went on to tell me how her grandson had the same side effect. He suffered foot pain with his treatment for leukemia. And I realized here are two people, of different ages, being treated for different kinds of cancer, and yet they're

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Teaching girls not to 'jump like girls'

Program helps reduce injuries in female athletes

By David Lias

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It looked a bit silly at first, but it was for Megan Olson's own good.

Brian Ommen, a physical therapist at Great Plains Therapy in Vermillion, attached pieces of Velcro to Olson's hips, knees and ankles. He then attached a ping-pong ball to each of those six sticky pieces.

Then he had her jump off a small wooden box that is approximately three feet high. A video camera recorded the entire jump, which took less than a second.

The data from that brief video session, however, is yielding valuable information for female athletes like Olson.

It is helping Olson and her peers at Vermillion High School and several other schools in the region learn the proper way to jump. That, in turn, is helping reduce injuries.

"A lot of girls tend to jump with their knees pointed together, toward each other — they jump like girls' is what some people say," Ommen said. "So what we're looking at doing is to



Brian Ommen, a physical therapist with Great Plains Therapy in Vermillion, prepares to videotape Megan Olson as she jumps from the wooden platform she's standing on to the floor. Using a special program, Ommen is able to measure Olson's knee angles during the jump, and give her suggestions on how to avoid injury. (Photo by David Lias)

show girls how to jump with everything evened-out, to get their knees in alignment with their hips."

Young females athletes run a 10 times greater risk of suffering ACL injuries to their knees.

"So we've been going to different

schools — we've been to Vermillion and Beresford, Centerville, Gayville-Volin, and Yankton. We're screening the girls, seeing how they are jumping, and we've found some terrible

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Harter pleads guilty; pays \$210 in fines after fatal accident

By David Lias

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A University of South Dakota student involved in a fatal traffic accident near Vermillion in September pleaded guilty to two misdemeanor charges Friday and paid fines of \$210.

On Oct. 15, Clay County State's Attorney Teddi Gertsma charged Alyxandra Harter, 20, of Omaha, NE, with careless driving and driving on the wrong side of the road. Both charges are Class 2 misdemeanors that carry a maximum penalty of 30 days in jail, a \$500 fine, or both.

Harter was fined \$105 on each count. At approximately 11:35 p.m. Sept. 17, Harter, a junior at USD, was traveling westbound in the eastbound passing lane of Highway 50 when her vehicle struck a car head-on being driven by Elizabeth Lias, 21, of Sioux Falls.

Lias, a senior at USD who was lawfully traveling eastbound, was pronounced dead at the scene.

Harter was taken to Sanford Vermillion Hospital and later flown to Avera Hospital in Sioux Falls.

Investigators determined that also

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