

COMMUNITY CALENDAR

SATURDAY, NOVEMBER 24

• Overeaters Anonymous at 9 a.m. Location: Sanford Vermillion Medical Center, 20 S. Plum St., administration entrance just south of the hospital entrance in the board room. Overeaters Anonymous is a 12-step program for people with eating disorders and struggles.

MONDAY, NOVEMBER 26

• Al-anon meeting at 7:30 p.m. at St. Paul's Episcopal Church, corner of Main and Linden. For more information, call 624-9764.
• Christmas shopping with the Shepherd Roegiers, Monday through Thursday, Nov. 26-29, at USD's Muenster University Center (The MUC) from 9:30 a.m.-4:30 p.m. Sheepskins, slippers, gloves and more.
• Lecture: "The Thyme at Epidauros: Space, Spectacle and Healing in an Age of Transition" at 7:30 p.m. at Farber Hall located in Old Main on USD campus. Peter Schultz is Assistant Professor and Chair of the Department of Art and Director of the Cyrus Running Gallery at Concordia College in Moorhead, Minnesota. Sponsored by Department of Art and History and by Phi Beta Kappa.

TUESDAY, NOVEMBER 27

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

WEDNESDAY, NOVEMBER 28

• The Department of Labor and Regulation will be holding a Job Search Assistance Program (JSAP) at 1024 W. Cherry St. from 9 a.m.-3 p.m. 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 Monday, Nov. 26, before 5 p.m. For more information, visit www.sdjobs.org.
• The AWOL student organization will be holding a Soup Feed Fundraiser event at the Vermillion Armory from 5-7:30 p.m. The AWOL organization plans and organizes alternative break trips for USD students. As part of the program, participants study an important social issue and then visit a location that is experiencing the side effects of the issue. While at the location students perform a week of service with organizations in the community, participate in guided reflection and learn about the area's history and culture. This event is raising funds to help offset the costs associated with the trip. Tickets are \$6 pre-sale and \$7 at the door. For more information about his event contact awol@coyotes.usd.edu or call (605) 677-6338. For more information about AWOL visit <http://orgs.usd.edu/awol>.

THURSDAY, NOVEMBER 29

• USD Theatre presents "Brigadoon" at 7:30 p.m. at the Wayne S. Knutson Theatre, Warren M. Lee Center for the Fine Arts on USD campus. For ticket information, call 677-5400 or visit www.usd.edu/theatre.

PLANNING AHEAD:

• NOV. 30-DEC. 1 — USD Theatre presents "Brigadoon" at 7:30 p.m. Nov. 30 and Dec. 1 and 2 p.m. Dec. 2 at the Wayne S. Knutson Theatre, Warren M. Lee Center for the Fine Arts on USD campus. For ticket information, call 677-5400 or visit www.usd.edu/theatre.
• NOV. 30 — Brown Bag lunch program, "Strumming Along... Singing a Song," featuring Tom Peterson and Charley Smith at 12:05 p.m. at the National Music Museum located on USD campus, corner of Clark and Yale streets. Free and open to the public. Support for November's "Free Fridays" admission to the museum is made possible by Bank of West.
• DEC. 1 — Overeaters Anonymous at 9 a.m. Location: Sanford Vermillion Medical Center, 20 S. Plum St., administration entrance just south of the hospital entrance in the board room. Overeaters Anonymous is a 12-step program for people with eating disorders and struggles.
• DEC. 2 — Christmas Festival at W. H. Over Museum in Vermillion. For information, call (605) 677-5228 (TBA).
• DEC. 4 — "Beauty and the Beast," will be at the Orpheum at 7:30 p.m. For ticket information, call Melissa at (712) 224-6423 or mlanourakis@sioux-city.org.
• DEC. 7 — Parade of Lights, Downtown Vermillion at 6:30 p.m.
• DEC. 8 — 35th annual Celebration of the St. Lucia Tradition at Dalesburg Lutheran Church, at 3 p.m. Located north of Vermillion at 30595 University Rd.
• DEC. 12 — The Department of Labor and Regulation will be hosting a Job Search Assistance Program (JSAP) from 9 a.m.-3 p.m. at 504 River Dr., N. Sioux City. The JSAP is a free workshop for people recovering from job loss or enhancing their job search skills. Trained instructors speak on modern-day techniques used to successfully find employment. Topics covered are: résumé and cover letter writing, interviewing etiquette, networking effectively, using social media and much more. Parties interested in attending should register by calling (605) 242-5445 before 5 p.m., Wednesday, Dec. 10.
• DEC. 21 — The Department of Labor and Regulation will be hosting a Job Search Assistance Program (JSAP) from 9 a.m.-3 p.m. at 1024 W. Cherry St. The JSAP is a free workshop for people recovering from job loss or enhancing their job search skills. Trained instructors speak on modern-day techniques used to successfully find employment. Topics covered are: resume and cover letter writing, interviewing etiquette, networking effectively, using social media and much more. Parties interested in attending should register by calling (605) 677-6900 before 5 p.m. Wednesday, Dec. 19.

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 or contact the Plain Talk at 605-624-2695 or e-mail david.lias@plaintalk.net.

The family of Carl Gratzfeld would like to thank everyone for the kind words, visits, telephone calls, cards, food, flowers and memorials. We really appreciated everything. The outpouring of thoughtfulness and love was tremendous.

Thank you all
Donna Gratzfeld, Cheryl and Tim Vanderkooi, Gary and Marlene Gratzfeld, Jeff, Tyler, Rose, Journey and Christi, Carla and Clay Amick, Emma, Jake and Vern, Joe and Sylvia Gratzfeld, Ed and JoAnn Gratzfeld

Dietary Aide

What's cooking in our kitchen?

Part-time 6 am to 1:30 pm every other weekend. Performs food prep, daily cleaning, and food service for resident meals/special events. Experience preferred but will train.

Prairie Estates Care Center

600 S. Franklin Elk Point, SD 57025-0486
Apply in person or fax letter/resume to:
Diane 605-356-2704 or call 605-356-2622
or email hrdept@lantisnet.com EOE

HHS launches BeTobaccoFree.gov

Health and Human Services (HHS) today announced the launch of BeTobaccoFree.gov, a comprehensive website providing one-stop access to the best and most up-to-date tobacco-related information from across its agencies.

This consolidated resource includes general information on tobacco, federal and state laws and policies, health statistics, and evidence-based methods on how to quit.

"Tobacco use continues to be the leading cause of premature and preventable death in the United States," said HHS Secretary Kathleen Sebelius. "BeTobaccoFree.gov builds upon the Obama administration's commitment to help tobacco users quit and prevent children from starting to use tobacco products."

BeTobaccoFree.gov uses responsive design, making information accessible anywhere, anytime on any platform, from smart phone to tablet to desktop. The Web site's unique social media dashboard, "Say it - Share it," constantly provides real time updates from HHS tobacco-related social media accounts, including Facebook, Twitter, YouTube, Infographics, Podcasts and Tumblr.

"HHS is committed to using technology to help Americans lead longer healthier lives," said Assistant Secretary for Health Howard K. Koh, M.D., M.P.H. "Today, as we commemorate the American Cancer Society's Great

American Smokeout, the launch of BeTobaccoFree.gov demonstrates our dedication to reducing the harms from tobacco use. Regardless of age, those who stop smoking and using tobacco can substantially reduce their risk for disease."

During the last three years, HHS increased efforts to reduce tobacco use by coordinating across its agencies, to provide Americans with access to available cessation and education tools. A few key accomplishments include:

• As a result of the Affordable Care Act, most private health insurance plans must now cover without cost-sharing tobacco use screening and cessation interventions for tobacco users.

• The Centers for Disease Control and Prevention (CDC) launched "Tips From Former Smokers," a national education campaign that featured former smokers living with smoking-related diseases and disabilities.

• The U.S. Food and Drug Administration (FDA) built a national science-based tobacco product regulation program to reduce the impact of tobacco use on the nation's health, especially among youth, such as enforcing the ban on cigarettes with characterizing flavors other than menthol like candy and fruit, as well as other restrictions on tobacco products and marketing.

• The National Cancer Institute (NCI) recently launched Quitpal, a free

smartphone app to support smokers working to become smoke-free.

• The Surgeon General released "Preventing Tobacco Use Among Youth and Young Adults." This 2012 report detailed the scope, health consequences and influences that lead to youth tobacco use and proven strategies that prevent its use.

Just today, CDC, in its Morbidity and Mortality Weekly Report, released new information indicating that 30 of America's 50 largest cities are now protected by comprehensive laws that prohibit smoking in all indoor areas of private workplaces, restaurants and bars.

The Substance Abuse and Mental Health Services Administration also released a new report today, showing that current cigarette smoking rates among 12- to 17-year-olds fell significantly from 2002 to 2010 in 41 states.

Collectively, these actions better enable the United States to accelerate progress toward achieving the national Healthy People objectives of reducing adult smoking from 19 percent to 12 percent and reducing smoking among high school students from 18.1 percent to 16 percent by 2020.

Visit www.BeTobaccoFree.gov for information on helping tobacco users quit and providing young people with information on avoiding or ending tobacco use.

AAA offers 'Topsy Tow' for Thanksgiving

There comes a time when discretion is the better part of valor. When that time comes for those consuming alcoholic beverages over the Thanksgiving holiday, AAA South Dakota hopes they'll call the auto club for a free ride home for themselves and their vehicle.

"If you've been drinking, why take a chance and drive?"

We are offering a safe, free alternative," said Marilyn Buskohl, spokeswoman for AAA South Dakota. "We know alcohol is going to be consumed at holiday parties, whether at a friend's or relative's house or while out on the town. When the party's over, we just want to make sure the roads are as safe as possible for everybody."

If you feel unsafe behind the wheel after drinking, AAA will give you and up to one more person - plus your vehicle - a free ride home within a 15-mile radius of point of pick up in Sioux Falls, Rapid City, Mitchell and Yankton. Topsy Tow services are being offered from 6 p.m. Wednesday, Nov. 21, until 2 a.m. Monday, Nov. 26.

"The number to call is 1-800-222-4357 - which translates to 1-800-AAA-HELP," said Buskohl. "Write this number down and keep it in your car's glove box. When you call, tell the AAA operator, 'I need a Topsy Tow,' and a truck will be on its way."

You do not need to be a member of AAA to call for a Topsy Tow.

CHAMBER CHAT

Vermillion Area Chamber of Commerce & Development Company
116 Market Street, Suite 103
Vermillion, SD 57069
605-624-5571

vcde@vermillionchamber.com
www.vermillionchamber.com

Chamber Business:

The Business Area Chamber of Commerce & Development Company will be closed for the Thanksgiving holiday Nov. 22-23.

Ribbon-cutting ceremony, Business After Hours and Open House Celebration at Cedar County Veterinary Services, 906 E. Cherry St., Thursday, Nov. 29. The ribbon-cutting ceremony will be at 2 p.m. and the Business After Hours and Open House Celebration will be from 1-8 p.m. Please join us to make new contacts and meet the Doctors and staff! Cookies and refreshments will be served, along with a Scavenger Hunt Quiz, a "Reindeer" visit, Santa pet pictures, Heartland Humane Society Gift Tree, decorate stockings and ornaments for your pet, demonstrations and door prizes.

Business After Hours hosted by USD Alumni Association at Carey's, 18 W. Main St., Thursday, Dec. 6, from 5:30-7 p.m. Please join us to make new contacts, socialize, find out

what the USD Alumni Association is all about, and view "Pride, Persistence and Progress" the 150-year history of the University of South Dakota by Ann Grauvogl. Cold refreshments and a slice of R-Pizza will be served. Please RSVP at www.usdalumni.com or call 677-6734 by Nov. 30.

The Special Events Committee for the Vermillion Area Chamber and Development Company (VCDC) is sponsoring the fourth annual "Parade of Lights" in downtown Vermillion on Friday, Dec. 7 at 6:30 p.m. Vermillion area merchants, businesses, schools and organizations are encouraged to put together a float for the parade. The theme is "The Spirit of Christmas," so get your creativity flowing and enter! Entry forms can be found on the VCDC Web site, www.vermillionchamber.com, or at the Chamber office at 116 Market St. A trophy and \$25 in Vermillion Bucks will be awarded to the winner. Deadline to enter is Dec. 3. Inverters to plug lights into your vehicles are available at Dakota PC Warehouse.

At the end of the parade, Santa and Mrs. Claus will light the community Christmas Tree at Ratingen Platz on Market and Main streets. After the tree lighting, children and parents

are invited to the Clay County Court House basement for "Stockings for Soldiers," an opportunity to make a free ornament to take home, and to decorate a stocking for a soldier serving overseas, sponsored by the Vermillion Public Library. (Due to the Library renovation, the craft will be held in the Court House basement.)

Children up to the age of 12 are encouraged to enter a coloring contest for a chance to have "Lunch with Santa" on Saturday, Dec. 8 at 11:30 a.m. at HyVee and meet him before Christmas. Coloring pages will be available at the public schools, HyVee and the VCDC office at 116 Market St. The coloring entries must be received by Nov. 20.

Also on Saturday, December 8, from 12:30-2:30 p.m., free pictures with Santa will be available at HyVee.

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, contact Ann at: annb@vermillionchamber.com or at 624-5571.

Announcements:

Volunteers are needed to help deliver meals for Dakota Senior Meals on an ongoing basis. If you are interested in volunteering or if you are with a community organization that might be interested in supplying volunteers, call Verna at Dakota Senior Meals at 624-7868.

Dakota Hospital Foundation (DHF) Wreath Decorating Contest. Participants may submit a live or artificial wreath up to 26-inch in diameter decorated to your personal style or theme of choice. Vermillion Bucks prizes for Individual, Business and Best of Show. Decorated wreaths with completed Wreath Contest registration form must be submitted on Wednesday, Dec. 5, from 8 a.m.-5 p.m. (If earlier drop-off is needed, please call ahead for arrangements.) All wreaths entered will be auctioned at the DHF Tree of Lights Open House and Wreath Auction on Thursday, Dec. 6. Social hour at 5 p.m.; auction at 6 p.m. at the Al Neuharth Media Center on USD campus. Registration form and other details can be found at sanfordvermillion.org. All proceeds will assist in funding the new Sanford Arts program at Sanford Vermillion.

Thank you for your support during my campaign and at the polls on November 6th. The high voter turnout indicates that you care for South Dakota as much as I do. I will continue to do my best to represent you as your State Senator for Clay and Turner counties, as I have the last two years as your State Representative.

Tom Jones

Sanford Vermillion
20 S. Plum Street
Vermillion, SD
(605) 624.2611

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For more information, please contact Cindy Benzel: 605.624.2611 or Cindy.Benzel@sanfordhealth.org