

VIEWPOINTS

The Best Way...to randomly question

By Alan Dale
The Plain Talk

Since there are only about a dozen topics one could write about this week, I decided instead of focusing on one, why not dabble on a variety of pertinent subjects and hopefully a few would stick?

BEING AN ABUSER AND NOT SHUTTING UP

You know what is absolutely irreprehensible? Guys like Ray Rice and Adrian Peterson having the nerve to try and "sue" the National Football League because they feel as if they have been treated unjustly. Huh?

OK. So Ray-Ray you punch your wife in the face, drag her out wantonly out of an elevator, dump her on the ground, but you are worried about having faced "double jeopardy."

Um, what about Mrs. Rice? Oh and don't forget your "first" punishment came after the league received false information and then your "second" came after it appeared you LIED about what happened.

Oh and Adrian...let's ask your kid how just it was to receive corporal punishment that went past appropriate. Some would say that type of discipline has its merits, but to draw blood?

Fact is boys – these are not men and yes, football fans, toting a ball through people trying to tackle you is not manly it is called athletic – you have some nerve beating on people you allegedly love and then follow that with flapping your gums about how YOU were treated.

This country contradicts itself every day: We punish the falsely accused with "perception" (my non-favorite word) and allow most false accusers to walk away unscathed, but we also allow people who have acted so foul to be able to do this?

Even if we have the "right" to fight, don't you think some of these disgusting people should be a bit more humble and keep their head down, grateful it wasn't worse?

EWV STANDS FOR EBOLA

Not the disease, but all the talk about Ebola. Almost two decades ago I read "The Hot Zone" which told of true happenings in the dealings with the deadly virus.

I also read Laurie Garrett's "The Coming Plague" which intimated that we as a race are so over-medicated that we essentially are ripe for a serious, new, Black Death-type picking.

So, seeing Ebola do what it's doing doesn't shock me one bit. Yet, the extreme panic is once again just more fear-mongering to keep us in check, isn't it?

Is Ebola a reality we will face? Yup and we better hope we don't get that airborne kind. But, do we need to over saturate our ears and eyes with constant news reports about something that has barely touched us?

No. I just wish our government had cared so much about AIDS and HIV when it first became prevalent back in the 1980s – you know, when it was actually killing a lot of people. Who knows how many lives we would have saved?

Of course they had their reasons then too, didn't they?

Shame. Emotional over those we Don't Know Grieving the deaths of celebrities, hyperventilating over who marries who in pop culture, and getting angry at which famous moron gets arrested are just some of America's favorite past times.

YOU DON'T KNOW THESE PEOPLE.

I mean sure it's sad when someone dies of a legit and tragic reason, I get that, but even then some of the posts I see on Facebook or Twitter where people act as if life can't go on is just absurd. Do you know how many famous people we mourn and yet don't know were not actually good people at all?

Would they have been people you would have cared about if you knew them?

All you knew was a character, not the person themselves.

Who cares about who marries who and yes, shake your head at the arrests, but the anger? The venom?

Maybe we should invest more time in our own children, our own spouses, our own friends, and even our co-workers...you know the people who should bring you happiness and success rather than some dude who you never knew and probably would never have wanted to know if you knew better.

Just a thought.... Sigh, hopefully, I will have something to talk about next week, huh?

LETTER TO THE EDITOR POLICY

The Plain Talk encourages its readers to write letters to the editor, and it asks that a few simple guidelines be followed.

Please limit letters to 300 words or less. Letters should deal with a single subject, be of general interest and state a specific point of view. Letters are edited with brevity, clarity and newspaper style in mind.

In the sense of fairness and professionalism, the Plain Talk will accept no letters attacking private individuals or businesses.

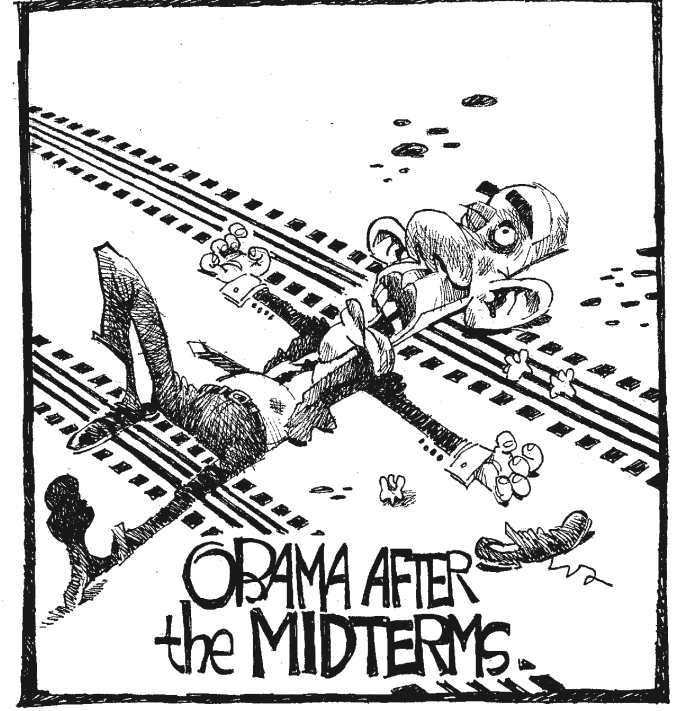
Specific individuals or entities addressed in letters may be given the opportunity to read the letter prior to publication and be allowed to answer the letter in the same issue.

Only signed letters with writer's full name, address and daytime phone number for verification will be accepted. Please mail to: Letters to the Editor, 201 W. Cherry St., Vermillion, SD 57069, drop off at 201 W. Cherry in Vermillion, fax to 624-4696 or e-mail to alan.dale@plaintalk.net.

THOSE NOT BENEFITING FROM THE IMPROVING ECONOMY..



the GREAT MIDDLE CLASS



Making Mountains Out Of Molehills

By Paula Bosco Damon

"Plastic surgery is the postmodern veil." – Nawal El Saadawi, writer, activist, physician and psychiatrist

The day Rita Rudner decided to go ahead with cosmetic surgery; she quickly changed her mind when she noticed the doctor's office was plastered with portraits by the famous cubist artist Pablo Picasso.

"Plastic surgeons are always making mountains out of molehills," quipped Dolly Parton, well-known for her voluptuous appearance.

The late comedian Joan Rivers had so many nips and tucks she joked about donating her body to Tupperware when she passed away.

In reality, Rivers really looked like she was wearing a mask. I guess that's why they call it "plastic" surgery.

When people's nose jobs, eye lifts and bubble lips are too perfect, it's a sure sign they weren't born that way.

The opposite can also be true; especially if the doctor slips up. Trust me, the one four-letter word you don't want to hear your plastic surgeon say is "Oops!"

For anyone toying with the idea, consider the more than six million online references to plastic surgeries gone wrong.

From eyebrow lifts to Botox injections, lip plumping and laser peels, these patients, mostly women, poured their money right down the drain.

Perhaps just as bad, if not worse,

MY STORY YOUR STORY



PAULA DAMON
paula.damon@iw.net

are facelifts that make stars appear unrecognizable, like the recent buzz about Renee Zellweger. The Academy Award and Golden Globe winner recently made a scene in Beverly Hills with a shocking new face.

Gone is the shy innocent look along with trademark forehead wrinkles, plump cheeks and coy puffy lips.

The aging starlet, now 45, is now almost unrecognizable. Some say she looks more like Glenn Close or Sarah Jessica Parker.

Denying she had any work done, the actress vows that lifestyle changes, not surgery, have altered her appearance.

Similarly, Kenny Roger's facelift some years ago threw his fans for a loop.

As you may recall, the country crooner once had a sexy rugged appearance. Today, he still sounds like Kenny Rogers only in somebody else's skin. I don't know about you, but I want the old Kenny back.

In full disclosure, I do admit there are days I'm perched squarely on the fence about wanting a new look.

Anyone like me with gray on top

knows the downside of appearing over the hill, especially in the workplace or out and about.

If you look and sound old, sadly, you don't get the same treatment as the younger crowd.

Being too chicken to have my age lines erased, I employ other tactics to feel younger than my years, like hiding my gobbler neck under scarves and turtlenecks, packing on night cream before arthritically climbing into bed each night and limiting my frowning, which can create deep facial lines.

Let's face it – the main reason people have cosmetic surgery is because they don't want to look their age.

Yet, there are some advantages to growing old.

Your secrets are safe with your friends because they can't remember them anyway.

Your joints are more accurate than TV weather forecasters.

With all the aches and pains of aging, you're no longer considered a hypochondriac.

Who needs alarm clocks? You can stay up as late as you want and sleep in until noon because you have no place to go.

Your forgetfulness is overlooked because "you're getting old."

Finally, my favorite part about aging: no one expects you to run.

You don't have to hurry anymore, anywhere, anytime.

PERI-OPERATIVE NURSES WEEK

The week of November 9th-15th has been declared "Peri-Operative Nurses Week" by AORN

(Association of peri-Operative Registered Nurses). This time is designated not only to recognize the responsibilities of the Peri-Operative nurse, but to educate the public as to what we do to ensure a positive surgical intervention for each patient.

Scheduled surgical interventions start in the physician's office when surgery is recommended and the patient consents. Coordination then begins between the office and the hospital or surgical center where the surgery is performed. The first peri-operative nurse that the patient meets is the "pre-op nurse" who will get the patient ready for surgery. Getting "ready" means that the nurse will assess the patient through examination, reviewing health history, allergies, vital signs, and dotting all of those I's and crossing the T's.

The next peri-operative nurse will be the registered nurse "circulator". The primary responsibility of the nurse circulator is the safety of the patient. This nurse is the last line of defense for the patient—they are responsible for

having the correct patient in the correct room with the correct surgeon for the correct surgery on the correct side (if a side is indicated). The circulator stays with the patient throughout the surgery and is relieved only by another qualified registered nurse.

The third peri-operative nurse is the PACU (post anesthesia) nurse. When a surgical intervention is completed the patient goes to the post anesthesia care unit and a registered nurse is dedicated to their care. The patient will be closely monitored and stay under observation until it is determined that they may be discharged to a hospital room or to their home. These nurses must be aware of anesthetic medications and gases and their effects on patients of all ages and medical conditions.

We, as peri-operative nurses, recognize that fear is a normal part of surgery and we strive to reassure our patients and their families. Our goal is to do our very best for every patient.

I hope this answers a few questions for our patients. Please ask questions and talk with your peri-operative nurses—we are there for you.

Sue McNaboe, RN, CNOR, CRNFA
SD State Coordinator, AORN

Aberdeen's Populist Priest

by Katie Hunhoff

South Dakota was the first state to allow voters to enact laws through the initiative and referendum process. Since then, we the people have voted to ban corporate hog farms, approve Right to Work, and pass laws on term limits, daylight savings time and dove hunting. In the election earlier this month, South Dakotans took it upon themselves to raise the minimum wage.

A Catholic priest from Aberdeen is the father of the initiative and referendum. Haire was born in Michigan in 1845. He grew up in an Irish Presbyterian family, but taught school as a young man and boarded with an Irish Catholic family. They inspired him to convert in 1865 and he eventually entered the seminary. He headed west to Brown County, Dakota Territory with several of his parishioners, arriving on June 26, 1880. The next day he said his first mass in a sod shanty, and began to plan for Brown County's first Catholic Church.

He founded a school, Presentation Academy, in 1888. And he became the state leader of the Knights of Labor, as well as their newspaper editor. From there his political involvement blossomed. He was active in the Dakota Farmers Alliance, a group

created to protect farmers' interests from politicians, corporations and railroads. Haire was active in directing the Alliance's political wing, which later became the Populist Party. He advocated the idea of the initiative and referendum for years before it became a part of the Populists' platform.

Haire distrusted politicians and felt strongly that citizens should also have the ability and right to propose laws without having to go through elected representatives. In an 1891 issue of the Dakota Ruralist he wrote: "These men make the laws to suit themselves — are a law to themselves. The people seldom get any law passed they want."

South Dakota became the first state to adopt the initiative and referendum process in 1898, passing easily on the same ballot that re-elected South Dakota's only Populist governor, Andrew E. Lee. Twenty-six states now allow some variation of the initiative and referendum.

Katie Hunhoff is the editor of South Dakota Magazine, a bi-monthly print publication featuring the people and culture of our great state. A feature story on Father Haire by Patrick Gallagher originally appeared in the September/October 2009 issue of South Dakota Magazine. For more information or for contact information, visit www.South-DakotaMagazine.com