

Talking About The Flu Shot

BY SARAH WETZEL
For the Plain Talk

That time of year has rolled around where 'Flu Shot' signs are seen at the windows of doctors' offices and pharmacies city-wide.

Though many anti-vaccine posts roam social media these days, it is important to take into account what professionals have to say about the yearly flu shot.

"Our providers here recommend that everybody gets vaccinated," said Anna Nelson, nurse at Vermillion Medical Clinic.

According to Nelson, those with egg allergies might react to the flu vaccine due to the fact that it is grown on an egg culture.

"People who have egg allergies can react to that," she said. "But there is a new vaccine in the last couple years that's egg free so they do have that option now.

People that have a history of guillain-barré syndrome should not get flu vaccine. It's kind of a paralysis of muscles. Flu vaccine can kind of activate that in your body again. Other than that there are very few people who we would recommend not get the flu vaccine."

Even those who have serious medical issues should look into receiving the flu vaccine according to Nelson.

"If they have chronic illnesses where they're worried about it I would say talk to your doctor and more than likely they're going to recommend that you do get it," she said.

There is even a shot-free option for kids upon request and availability.

"Flu mist is a good option for kids," Nelson said. "It's actually found to be more effective in 2-8 year olds. Our pediatrician does recommend that those 2-8 year olds get the flu mist as opposed to the shot if it's available. It does tend to be gone more quickly because more people request that



for their kids then they don't have to get a shot. The different between the mist and the shot is the mist is a live virus where the shot is an inactivated virus."

Unlike other vaccines, the flu vaccine is needed yearly because the immunity does not last longer than that and the flu virus itself keeps changing.

"Right now the way they make it, it only lasts for a year," Nelson said. "However it works in your body for the immunity it doesn't last longer than that."

The seriousness of the flu season really does depend on the year according to Nelson.

"Last year it was worse because the flu shot was not targeted towards the type of flu virus that was out there," she said. "It seems like anywhere from the end of October through March there could be cases."

While scientists do their best to target the flu virus, the fact that it keeps chang-

ing makes it difficult.

"They look at the strains that were prevalent the previous year and they make it based on that," Nelson said. "That's part of why it's not a lifelong immunization. There are two different types of influenza: influenza A and influenza B. Currently the flu vaccine targets the four main strains they see circulating which is new the last couple of years. It's called a quadrivalent vaccine. Prior to that it was just a trivalent vaccine targeting three strains."

So what exactly is the flu?

Not the nausea many associate with the virus.

"Flu is respiratory illness," Nelson said. "Fever, headache, body ache, cough. People often mistake it for vomiting. Vomiting is a gastrointestinal illness that is not associated with influenza. The actual influenza is a respiratory illness. It can go from mild to very severe. You'll usually see more

severe infections in people who are immunocompromised children, older adults, things like that."

According to Nelson, the Vermillion Medical Clinic usually begins offering flu shots in October and people are encouraged to get their vaccines early.

"The state does report every year how many deaths occur from the flu," she said. "There's always some. I would say before December is a good time to get it because that flu season does go from the end of October to March so you want to have that immunity before the flu season starts and it does take a couple weeks after you get the flu shot for that immunity to be there."

Anyone desiring to receive a flu vaccine need to call for an appointment at least at the Vermillion Medical Clinic.

Nelson wished to clarify some misconceptions she hears about the vaccine.

"I hear a lot of people say they don't want to get a flu shot because it gives them the flu which is not true," she said. "You may get a sore, achy arm, you may get a low grade temperature but that is just your immunity responding to the vaccine and that's actually not a bad thing because it means the vaccine is working for you. So just like any other vaccine, the shot does not give you the flu."

Immunization is important not just for the individual but for those around you according to Nelson.

"It's very important for families with small babies to get immunized because a baby cannot be immunized until they're six months old," she said. "In order to keep them healthy it's good to have people around them immunized so they're not carrying those germs back to the baby. The more people that can get immunized the better for those few who cannot get immunized and protect them, too."

Elks Scholarships Available

Area high school seniors who plan to further their education after graduation should be aware that Elks National Foundation scholarship applications are now available at <http://www.elks.org/enf/scholars>. Each year \$3.74 million in college and vocational education scholarships are awarded through three scholarship programs made available through the Elks National Foundation. Only the federal government provides more money for college and vocational educational scholarships than does the Benevolent and Protective Order of Elks.

These three options available on the website:

- Most Valuable Student – for any high school seniors who are U. S. citizens;
- Legacy Awards – for children and grandchildren of Elks members; and
- Emergency Educational Grants – for children of deceased or totally disabled Elks.

The Most Valuable Student Scholarship application will be found on the internet at www.elks.org. The application must be printed out and submitted to the Elks Lodge nearest to the applicant's home by Dec. 4, 2015. Each year Yankton Elks Lodge awards six scholarships, three male and three female, from among local applications submitted to the local lodge from throughout the Yankton area. These winners each receive \$300. Their applications are then submitted to the South Dakota Elks Association scholarship committee for further review for possible state and national scholarship awards. Last year a student from Verdigre, Ne., was selected a local winner and subsequently earned a \$4,000 scholarship from the Elks National Foundation as a result of the state judging process.

Funds for the scholarships, \$3.7 million, are provided through the Elks National Foundation, the philanthropic arm of the Benevolent and Protective Order of Elks. Members of the Elks donate to the foundation which never spends the donations but rather invests all donated funds and only the interest earned on the endowment is used to fund activities including scholarships, Hoop Shoot contests for boys and girls 8-13 years of age (as many as 1.3 million participants in 2013) and Veterans Service projects among others. To learn more about the scholarship opportunities or the Benevolent and Protective Order of Elks, please contact Steven Pietila, 605-760-4916.

SHARE Orders Due Today (Friday)

A complete Thanksgiving Dinner is available through SHARE in November, along with other good things to eat. Orders for this month's SHARE (Self Help And Resource Exchange) program are due by Friday, November 6.

SHARE is a non-profit organization that builds and strengthens the community through volunteer service and helping people save money on food. Yankton SHARE operates out of Peace Church, 206 E. 31st St. Orders for December may be placed there on Distribution Day. This month it is on Saturday, November 21, from 10:00 - 11:00.

SHARE volunteers distribute the current month's options to various convenience stores, restaurants, churches, apartments, laundromats, and more throughout the Yankton area. They are also available at Sewing Cool Stuff and More at the Yankton Mall.

Orders can be made by calling one of the volunteers on the sheet: Trinity Clark, 760-5857, or Deb Johnson, 760-3056.

Many packages are offered through SHARE. You can order only one package or as many you wish.

"We are stressing our 'Buy One to SHARE One' program for the holiday season," Outreach Coordinator Veronica Trezona commented. "This month the Thanksgiving Dinner and the Baking/Pantry Package are perfect to give to someone you know or to someone who needs some help. You can either give anonymously or have your name or business name printed on the certificate. The "Best Value Package" (at least four meats and numerous fruits and vegetables) is always appreciated.

"In December a complete holiday dinner, featuring a ham, will be offered," Trezona continued. "Sign up now for these truly appreciated gifts."

Huether

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growth to invest in itself, you can't save yourself into prosperity."

Huether said that the infrastructure of the community must be rock solid in order to succeed.

He added that if he were mayor of Vermillion his plan would include:

- Making families feel safe, stressing that public safety is key;
- Investing now;
- Strengthening the infrastructure;
- Making sure that the debt position remains prudent;
- Challenging the status quo;
- Running the government as a business; and,
- Trying to take the quality of life from good to great.

"We have done this in Sioux Falls in many different ways," he said. "We have built our new \$117 million event center. We opened on time, within budget and 85 percent of the jobs created were local. And guess what? It is operating in the black. That investment is regenerating income for the city of Sioux Falls over and over again. Much like what the new basketball facility has the potential to do in Vermillion."

He added they have also paid for in cash a new indoor aquatic center and have started building a new indoor hockey rink and indoor tennis courts that would have not been possible without a government partnership with the businesses in the community.

"Public and private partnerships are so key right now," Huether said. "Government cannot do it alone. As for all of those naysayers and critics: stay on the offensive with them. You are going to make people mad, but you have to do what is best for the community."

Huether said in the long run the investments will more than pay for the investments required, he added that by not settling for the status quo and looking toward the future, some of the decisions will be controversial, but if you



Sioux Falls mayor Mike Huether addresses a group of Vermillion business and community professionals Wednesday at the VCDC.

are looking forward as a community you will see the results.

"As a community you have to decide is what you are planning good for the community as a whole?" he said. "It is a tough conversation to have. There are going to people who question why are they getting that when we didn't?"

Huether explained that Vermillion has only had a 5 percent growth in population since 1980. In the same time Sioux Falls has grown 102 percent, Brookings 53 percent, Yankton 21 percent and Mitchell 12 percent. Because of that he said there are issues that the community needs to discuss and address right now.

"These people that are graduating from your uni-

versity, the U are leaving," he said. "When I graduated from SDSU in 1984, just like many of you did, you found a job and then went and lived there where you found your job. It is a completely dynamic now. Study after study has proven it. The new deal is ... The millennials pick where they want to live first and then they go look for a job. It is so critical these investments in economic developments that will stimulate young and old alike are critical."

Huether said that is the biggest goal he sees for Vermillion. Finding out what the people want and giving to them.

"You have to create a place where they want to be," he said. "A place where they want to live, they want

to play, they want to be there – that is what you have to identify: what do they want? If it were me, I would be doing surveys of the 500 or so graduates every year from USD and I would be asking them why are they leaving and more importantly, what would it take to make them stay here? It is critical and it needs to be done right now."

Classics for Band

USD Symphonic Band
Sunday, November 8, 2015
Aalfs Auditorium in Slagle Hall
2:00pm

Free Admission!

Sponsored by:

MMC Commissions Student Ambassadors

YANKTON – On Friday, Oct. 23, Mount Marty College (MMC) in Yankton, recognized 24 current students as ambassadors for the 2015-2016 academic year. The students took part in an ambassador commissioning ceremony during the College's annual Family Weekend festivities.

The MMC Ambassador program is considered one of MMC's most prestigious programs. Each spring, current students apply and are interviewed by a panel of staff supervisors. The top candidates are selected to represent and serve their MMC community in a variety of ways, including offering campus tours to prospective students and their families, assisting with recruitment events, and serving as student representatives at college receptions, dinners and other events.

The 2015-2016 MMC Ambassadors include Elly Miiller a Junior from Vermillion.

For more information about the MMC Ambassadors program, contact program supervisors TJ Smith or Wyatt Yager at timothy.smith@mtmc.edu or wyatt.yager@mtmc.edu.

Looking For Medicare Options?

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Vermillion School District

is pleased to announce their upcoming Open House and Ribbon Cutting Ceremony for Vermillion High School Renovation

1001 E. Main St.
Monday, November 16th • 5pm to 7pm
Refreshments will be served!

Ribbon Cutting ceremony will be held at 5:15pm