

Stroke screening to be offered in Vermillion Oct. 30

Many people go through their daily routines without realizing how close they are to suffering a life-threatening stroke.

Unfortunately, most people don't notice a sign or symptom until after a stroke occurs. That's why stroke is commonly referred to as the "silent killer," ranking as the third leading cause of death in the United States.

But new mobile technology is available today to help patients determine their stroke risk in advance so they can take steps to improve their health.

Farm Bureau will be hosting a stroke and vascular on Friday, Oct. 30 from 8 a.m. to 3:30 p.m. at the Holiday Inn Express in Vermillion.

Individuals may schedule any single test for \$40 each, any three tests for \$100, or a complete wellness profile consisting of all four tests for \$120.

A two minute virtual tour of the screenings being offered can be found on the Stroke Detection Plus website, www.strokedetectionplus.com

Appointments are necessary. To set up an appointment, call toll-free 1-877-732-8258.

Stroke Detection Plus preventative tests help identify those who are at a high risk for stroke and cardiovascular disease, as well as osteoporosis.

Stoke Detection Plus, a mobile vascular screening

company, uses ultrasound technology to find blockages in the body's blood vessels that could lead to a stroke.

"Ultrasound technology is something that's been around for over 50 years. Medical professionals have used the visual, non-invasive technology in many applications. Pregnancy is probably the most well-known application of ultrasound," says Scott McGlothlen, Stroke Detection Plus president.

Ultrasound can also help doctors see blocked blood vessels without performing an angiogram, an invasive procedure in which a tiny catheter tube is inserted into a blood vessel.

"Unlike an angiogram, the Stroke Detection Plus ultrasound screening is performed without needles or injections," McGlothlen says. Patients remain fully clothed as the technician moves an ultrasound probe over specific areas of the body to detect potential blood vessel blockages.

McGlothlen says the ultrasound results are 98 percent accurate. "In five minutes, we can tell people if they have blockage. And they get these results confidentially, so it doesn't affect their health premium," he said.

Vermillion resident June Sherman can attest to the benefits of the screenings. "I found with your screening I

was 75 percent blocked in my left carotid artery. I have been going every year and I will be checked again later. I feel precaution is a good thing. It is so convenient for me and so inexpensive. I believe everyone should have this done."

During a Stroke Detection Plus screening, a certified ultrasound technician performs four preventative tests. These tests include the following:

- Carotid artery or stroke screening: They can detect plaque build-up or blockage, where 75-85 percent of strokes are associated with blockage of the carotid arteries in the neck.

- Abdominal aortic aneurysm screening: They can detect any ballooning or enlargement in this vessel. It is the vessel that feeds the extremities with blood. 80 percent of all aneurysms occur in the abdominal area.

- Peripheral arterial disease screening: This screening looks for blockage in the arms and legs. Patients with vessel blockage in their arms or legs have four to six times greater risk of coronary heart disease.

- Osteoporosis - An ultrasound scan of the heel can determine if osteoporosis has weakened the skeletal system.

"If the ultrasound test discovers a potential health prob-

lem, an on-staff nurse for Stroke Detection Plus will follow up with a phone consultation to encourage patients to visit their doctor for diagnosis and treatment," McGlothlen says.

People ages 40 and above are encouraged to sign up for a Stroke Detection Plus screening if they have one or more of the following risk factors: high blood pressure, diabetes, more than 20 pounds overweight, smoke, have high cholesterol, live an inactive lifestyle, or have a family medical history of heart disease or stroke.

"With Stroke Detection Plus, we want to start testing people when they reach 40, because we want to catch it at an early stage before it becomes life-threatening," McGlothlen says. "That way, you and your doctor know it's there and you can continue to work on it, and maybe it motivates you to make some changes."

"Lifestyle changes, such as exercise and a healthy diet, can make a difference in helping to lower a person's risk of stroke or heart disease," McGlothlen says.

"We tell people to tape a copy of that ultrasound picture on your mirror. Let it be a motivator to not smoke that cigarette. Let that be a motivator to not stop for fast food and have a greasy meal that day," he said.



Right in step

The 27th Annual Quad State Marching Competition was held Saturday, Oct. 17, 2009, in the DakotaDome. There were 24 bands from South Dakota, Iowa, Nebraska, and Minnesota competing with field shows in classes 1A-4A. The University of South Dakota Marching Coyotes performed for everyone at 12:30 and 4:30 p.m. (Photo by David Lias)

Register for December ACT test

Registration is now open for the Dec. 12 ACT achievement test. This date is a great time for seniors to take the ACT before submitting college applications. Students who wish to take the college admission and placement exam must register before Nov. 6.

The ACT is a curriculum-based achievement exam. It tests what students have actually learned in school, not their aptitude for learning. The ACT also measures what students need to know to be ready for entry-level college-credit courses based on ACT College Readiness Standards™. Every student's results can be tied directly to these consistent standards.

The ACT has four sections — English, mathematics, reading and science — and takes about three hours to complete. Students who take the ACT Plus Writing complete an optional writing test that requires an additional 30 minutes. Unlike other exams, students are not penalized for guessing or answering all the questions on each test section. In fact, it is beneficial for test takers to answer all questions within the time allowed.

During registration, students may select up to four universities to receive their score reports. ACT scores are accepted by all four-year colleges and universities across the United

States. ACT reports scores only when requested to do so by the student. Additional score reports are available for a small fee.

All students complete a detailed inventory of questions during ACT registration. Each test taker receives an ACT score report that includes a wide variety of information to assist with high school course selection, college readiness, career planning, and college admissions.

The cost for the ACT test without writing is \$32. When combined with the optional ACT Writing Test, the total cost is \$47. Students who qualify may apply for a fee waiver through their high school counselor.

The ACT Web site, www.actstudent.org, has helpful information, free sample items, and options to order inexpensive test prep materials to assist test takers get ready for the exam. However, the best preparation is to take rigorous core courses in school, study hard, and learn the academic skills needed in college.

Most students register online at www.actstudent.org. Students may also pick up registration forms from their high school counseling offices; these forms must be postmarked by Nov. 6. Late registration is available until Nov. 20 for an extra \$21 fee.

Rawlins Piano Trio will present opening concert

The nationally acclaimed Rawlins Piano Trio of the University of South Dakota will present its opening concert of the 2009-2010 Vermillion season on Tuesday, Oct. 27 at 8 p.m. The concert is open to the public free of charge and will be held in Colton Recital Hall of the Warren M. Lee Center for the Fine Arts on the University of South Dakota campus.

In this performance, the trio welcomes new violinist, Eunho Lee. Lee joins pianist Susan Keith Gray and cellist, Marie-Elaine Gagnon. All three artists are faculty members in the University of South Dakota Department of Music. The concert program will include the world premiere performance of the

Julian Trio by USD faculty member and composer, Stephen Yarbrough. The work was commissioned by the Rawlins Piano Trio.

It is inspired by the Revelations of Divine Love of St. Julian of Norwich, a 14th century mystic. The concert will also include the early Trio in G by Claude Debussy and the well-known Trio in D minor by Felix Mendelssohn. 2009 marks the 200th anniversary of Mendelssohn's birth.

Since its founding in 1987, the Rawlins Piano Trio has distinguished itself as a dynamic group of performers, teachers and scholars. The ensemble performs regularly throughout the United

States and abroad, including recent concert and teaching tours throughout Taiwan and Panama. Owing to its expertise as a preeminent interpreter of American music, the ensemble has recorded four CDs of these works on the Albany Records label.

The fourth disc, "American Discoveries" was released in July 2009. It presents the Trio's first commissioned composition — Volvic Maritim by New York based composer, Daniel Bernard Roumain. Reviewer J. Scott Morrison states that this disc is "another winner from the Rawlins Trio — they continue their work of bringing us American composers' music that is worth hearing. Their playing

is artful, suave and pleasing."

The Trio continues its commissioning program with a number of new works to be premiered during the next year. The Trio is named for benefactors Marjorie Rawlins and the late Robert Rawlins. For additional information see the Trio's Web site at www.rawlinstrio.com or call the USD College of Fine Arts at (605) 677-5481.

USD's VLP sponsors annual short story contest

The Vermillion Literary Project (VLP), a student organization at The University of South Dakota, will host the 13th annual Short Story Contest on Saturday, Oct. 24, from noon to 3 p.m. at McKusick Technology Center 101 on the USD campus.

Participants are required to write the story at the contest within three hours. A theme, image or idea will be announced shortly before the contest begins. All three must figure prominently in the short story. Computers will be available for entrants while handwritten copies will also be accepted. For registration or more information, please visit <http://orgs.usd.edu/vlp> and click on the Short Story Contest link.

First place receives \$200 and publication in the 2010 VLP magazine. Second place receives a \$50 gift certificate from Lied used bookstore as well as publication in the magazine.

THANK YOU! THANK YOU!
FROM THE FAMILY OF
THOMAS 'T.W.' WALKER

Words alone cannot express our sincere thank you for all that either attended the services, sent cards, flowers, prayers, concerns, kind words and support for T.W. We greatly appreciate your thoughtfulness and kindness.

Thank you to all the pallbearers for their help and time. We extend a huge thank you to the Eagles Auxiliary for the wonderful meal after the service.

Thank you to the I.O.O.F. Hall for their dedication during the service and for providing refreshments, thank you to the Vermillion Fire Department for their time and attention at the service.

Thank you to Hospice, the staff at Prairie Estates Care Center, and Dr. Mary Jo Olson for all your time and care to T.W., and to Hansen Funeral Home for all their kindhearted help.

Thank you to Pastor Ed Anderson, and staff at Trinity Lutheran Church, and Monica Iverson for the beautiful service.

If we missed anyone, please accept our apology and sincere thank you.

The caring and support of community and friends is so very heartwarming. T.W. will be missed by all of us.

Thank You All.
Sincerely, The Thomas 'T.W.' Walker Family,
Sara Melstad, Jason and Jenny Cary
Rich and Brenda, Amber and Thomas Walker
John and Glenda, Noah Walker
Jayme and Dani Schaff
Brittany Weydert
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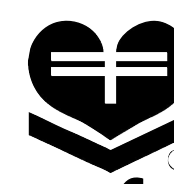







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Thank you especially to the following sponsors for a great event!

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