

One in a *Ver* Million Meet Verna Saido

By David Lias

david.lias@plaintalk.net

Thanks to Verna Saido, more than just plates full of food get served each weekday at the Main Street Center in Vermillion.

There's also an extra helping of fellowship, of concern for one's fellow women and men, that makes each meal complete.

Verna is cook and site manager for the Dakota Senior Meals nutrition program. This program is separate from the Main Street Center, but the center serves as a site where the meals are made available by the Rural Office of Community Services, which is headquartered in Lake Andes.

"I have been working here just about 14 years," Verna said, moved to Vermillion in 1991. "I am 78-and-a-half years old, and I haven't been 'on

the stove' here for four years since I had open heart surgery."

For many years, Verna lived in a world that grew more and more quiet because of deafness caused by nerve damage. Her hearing was restored in 2000 thanks to a medical procedure.

"When I came here, I could not hear anything. I'm totally deaf," she said. "I had a cochlear implant in 2000. It is great. I have five children, and two of them have the same thing. It's a nerve deafness, so the hearing gradually goes out."

Earlier that day, Verna and another staff person helped serve hamburgers, tater tots, baked beans and pears to people who came to the Main Street Center that day for a meal.

"We will serve probably around 100 people a day," she said. "That's just for the noon meal, and that includes the dining room here (at the center), Meals on Wheels, and Town Square."

The meals are designed to provide people one-third of their daily nutrition needs,

without excessive salt or fat.

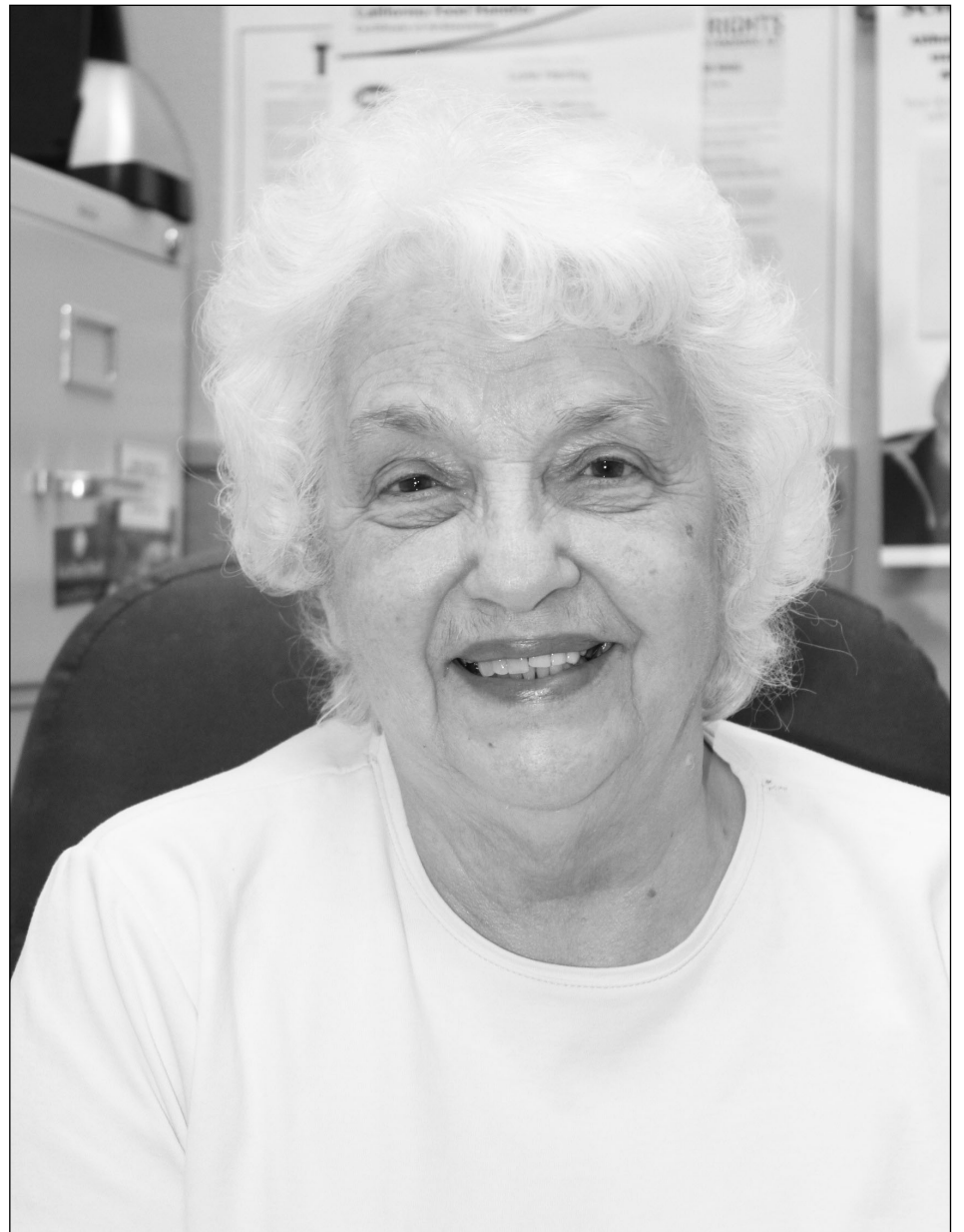
"Hopefully, the meals are as tasteful as we can make them," she said.

Meal preparation begins at 7:30 a.m. each day, when Vera picks up fresh produce. Meat and milk and other food items are also delivered. "We start in, and get the coffee pot ready, and start preparing the meat and the potatoes and whatever else is on the menu. We try to give people a good variety."

Seniors who participate in the meal program are suggested to donate \$3.50 for each serving. Any individual over 60, or who is handicapped and who can't afford to pay that amount, however, isn't required to.

Younger community individuals are welcome to join in the fellowship served up with the noon hour meals at the Main Street Center. They will be asked to pay the full price – between \$6 and \$7.

"You get meat and potatoes, bread and butter, vegetables, salad, and fruit for dessert," Vera said.



Before beginning her role as senior meal site manager, she worked for nine years at a Vermillion restaurant.

"This is probably one of the hardest jobs I've had, but you know, when you do a good job, and people tell you 'thank

you, thank you, thank you,' and they really do appreciate what you do for them," Vera said, "you realize that you make a difference in people's lives.

"Some people would not be able to stay home – they may have to go to

a nursing home without this program," she said. "I really like that we're able to help people stay in their homes. And I don't do all of the giving here. People give back – just simply by being nice to me, and to each other."



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Unemployment insurance information exchange made easier for employers

The South Dakota Department of Labor and Regulation has made information exchange for unemployment insurance (UI) requests easier for employers. Responses can now be submitted electronically through the State Information Data

Exchange System (SIDES) E-Response system.

The SIDES E-Response website provides an efficient, secure and standardized format for responses to UI claim notices. Previously, the only option was standard mail delivery.

"The new electronic system is a cost savings to both employers and taxpayers," said State Labor and Regulation Secretary Pam Roberts. "It reduces benefit overpayments, reduces staff time and reduces paperwork."

SIDES E-Response is especially helpful to those that operate in multiple

states and handle a large volume of UI information requests. South Dakota employers may register for the system at www.sdjobs.org.

"I'm happy we have the opportunity to make interacting with government easier for businesses," said Roberts. "This online automated

process makes sense." SIDES E-Response was developed in partnership with the U.S. Department of Labor and state UI agencies. Forty-two states will be using SIDES E-Response by the end of 2012.

For information on other participating states, visit <http://info.uisides.org>

AUCTION: Guns, Rubber Toys, Household
12:30 Sunday Oct. 21, 2012
National Guard Armory 603 Princeton St. Vermillion, SD
Lunch Served

Bob and Elaine Brown owners: Lawn boy snow blower, Aries St 2x2 Snow Blower, Lawn boy Mulch Lawn mower, weed eater one riding lawn mower with 8.75 H.P. like new, Echo 290 EVL chain saw, new bar & chain for Echo chainsaw, Murray 3 speed bike, Extension ladder, wooden ladder, gas cans, electric heater, rakes, shovels, extension cords, misc. hand tools, jacks, coal bucket, antique lawn mower, electric heater, old doctor pepper wooden crate, receiver hitch, small haier deep freeze, camping chair, tall drop leaf table with 2 chairs, card table, cherry wood prop leaf table with leaf with padding with 4 matching chairs, solid cherry wood buffet, Glider Rocking chair, end tables, misc. pictures, stereo with records, sofa, sewing machine in wooden cabinet, rocking chair with stool, lamps, luggage, misc. pots and pans, queen size bed with end table, cedar chest, misc tools.

Danielle Strong- end tables, queen size bed with matching dresser, office chairs, entertainment center, office desk, sofa with matching love seat (blue), misc. pots and pans, very clean and newer furniture.

Guest consignors- TORO CCR 1000 snow blower, fertilizer spreader, step ladder, pots and pans, glassware, weed eater, shovels, rakes extension, cords lantern, rugs, kitchen utensils, Austad golf clubs, lamps, cap guns, antique dresser, silverware, drop leaf table, treadmill, pictures

Guest- antique toys, numerous rubber and tin toys

Guns- Browning Mod BL .22, lever action, factory engraved, Benelli Super Nova 3 in .12 ga Advantage timber Camo. Shot gun (new in box). Ruger Mark I. .22 Auto Pistol MFG in 1958, Winchester Mod. 270 .222 cal. S-L-LR Pump, Lorcin .380 Semi-Auto. Pistol, A.J. Aubery By Meriden .32 short revolver, Hopkins and Allen Mod. XL- Double Action Oct. Barrel .22 short. Two new windows. One-ten electric dryer, 3 Bayonets

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Presentation will discuss merits of a carbon tax today at USD

On Tuesday, Oct. 16, at 7 p.m., USD Emeritus Economics Professor, Dennis Johnson, will demonstrate why a carbon tax reduces carbon emissions at a much lower cost to society than direct government regulation or even cap and trade. Direct government regulation (like CAFE standards for motor vehicles) reduces emissions at a cost several times higher than that of a carbon tax.

The talk will concentrate on the analysis that provides the reasons for preferring the tax on carbon to all alternatives.

The presentation will be at the W. H. Over Museum, 1110 Ratingen Strasse St. in Vermillion, directly east of the DakotaDome. The event is sponsored by the Living Rivers Group of the South Dakota Sierra Club.

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