

CAREER ON TRACK



SUBMITTED PHOTO

The 5th Annual Eighth Grade Career Fair was held in Wagner recently. Pictured are several students looking at the County Extension booth.

Eighth Grade Career Fair Held

South Central Cooperative sponsored the 5th Annual 8th Grade Career Fair on Thursday, Jan. 28 at the Wagner National Guard Armory.

Eighth graders must now select career strands for high school registration; thus, the goal of the career fair is to expose students to the various educational opportunities and career paths available to them. The emphasis was on age-appropriate, hands-on activities which were to engage their interests.

Some of the exciting new booths were the SD Highway patrol and their "roll over simulator" and also the Interior Design and Technology from Sioux Falls which focus on "Green" creations which include outfits which will be worn by Miss South Dakota at

the Miss America pageant.

Those schools attending were Andes Central, Avon, South Central School, Burke, Bon Homme, Marty Indian, Scotland, Tripp-Delmont, Wagner, Corsica, Platte-Geddes, Armour, Stickney, Hanson, Dakota Christian and Netherlands Reformed.

Commercial State Bank donated the bottled water for exhibitors. The National Guard provided rolls and also an abundance of support with the coordination to make the career fair a huge success.

Any business, agency, or educational entity that would like to be included next year as presenters should contact SCC Safe & Drug Free Schools Coordinator, Diane Thaler, at 384-5713 or contact your local school counselor.

HUGS FOR HEROES



SUBMITTED PHOTO

Hugs For Heroes, recently sent more than 100,000 valentines to troops serving overseas. Pictured are volunteers putting the packages together to send.

Organization Sends Valentines Overseas

Hugs for Heroes, a group of volunteers that send valentines overseas to our troops gathered more than 100,000 valentines this year to send.

More than 70 boxes were sent to our men and women serving overseas.

The valentines were collected from businesses, individuals, groups and school children from Nebraska, South Dakota, Iowa and Colorado. Each box contained valentines, candy, other goodies and a coupon for a free dozen cookies from

Vittles and Such Bakery, Atkinson, Neb. that can be redeemed when the soldier returns home.

Hugs for Heroes chairmen, Carolyn Milner, Atkinson, Sheri Edmisten, Bloomfield, and Cindy Milner, Yankton thank everyone for their time and effort to this cause. They also wish to thank all the generous people who donated money for postage to send the boxes to our brave men and women serving our country!

Vermillion City Councilman Selected For National Council

VERMILLION — Vermillion City Councilman Jack Powell has been selected to the Policy Makers Council (PMC) of the American Public Power Association (APPA).

The PMC of the APPA is an appointed committee whose mission is to assist APPA in promoting legislation that is important to its members or opposing harmful legislation, and to provide advice on other issues of importance to the organization. The council is made up of 40 members who serve on either utility boards or are elected officials in public power communities. Four members are appointed to the council from each of the 10 geographic regions recognized by APPA. In addition, there are a number of "At-Large" members of the council from across the country who are appointed based on vacancies in the 10 regions. These At-Large Members are appointed for one-year terms, while the regional members are appointed for three-year terms.

The APPA expects 2010 will be a busy legislative year and that the PMC will play a key role advocate public power's positions on such important matters as climate change, railroad competition, cyber security and the Electric Market Reform Initiative (EMRI). The APPA is excited to have dedicated, enthusiastic and active community leaders like Vermillion's Jack Powell to help us achieve these goals.

Val Farmer's column, which normally appears on the Wednesday Life page, was not received by deadline for today's paper. We apologize for the inconvenience.

VISITING HOURS:

Fight Heart Disease With Knowledge

BY LAURIE MCKEE, RN

Avera Sacred Heart Hospital ICU/Cardiac Services

Most people already know that heart disease is the No. 1 killer of both men and women in the United States. Most of us already know many of the main causes of heart disease — obesity, smoking, high blood pressure, high cholesterol, heredity, etc. So, the question is, what are we going to do about it?

Knowledge is your best weapon against any type of disease or illness. It's important to know your family health history. When it comes to heart disease, you need to know if there's a family history of heart problems, high blood pressure and high cholesterol — many of these symptoms are hereditary.

Once you've gained that insight, discuss these issues with your physician or health care provider. Perhaps this is during a physical or other visit to your doctor. Your physician can help guide you in the right direction toward your heart health awareness.

It's important to get an early start on this "heart health awareness." Many times, disaster can be averted well ahead of time through simple lifestyle changes — a little

less fat in the diet, a little more exercise, cutting out the smoking and the exposure to second-hand smoke and working on ways to reduce stress. As I said earlier — we know the culprits — it's taking control of them before they take control of us that makes all the difference.

Lowering that cholesterol before it blocks the arteries can save you from requiring bypass surgery down the road.

Lowering your stress levels and regular exercise can reduce your blood pressure.

Some of these changes are easy for many people and some can be very difficult. The value shouldn't necessarily be seen as an immediate benefit (although you will notice a difference right away with many), but more as a long-term investment in your own health.

In my almost 30 years of nursing, many of which have been in critical care, I have yet to meet a person who enjoyed having heart problems. Many have expressed their regret not making changes earlier in their lives; others wish they had just known they were at risk in the first place. Gaining that knowledge is critical.

You can take a step in the right direction

by attending Avera Sacred Heart's "Go Red for Heart Health of It" event at the Avera Professional Office Pavilion and Education Center Monday, Feb. 15. There are still a few spaces left for this special evening of elegant heart healthy eating, wine sampling, education and entertainment.

The evening will get underway at 5:30 p.m. with heart healthy appetizers, red wine tasting and a heart healthy mini-fair. At 6:00 p.m. we will be serving a heart healthy dinner, dessert and beverages. There will also be drawings for door prizes at this time. Following dinner, cardiologist Will Hurley, MD, Yankton Medical Clinic, P.C., will present "Importance of Knowing Your Risk for Heart Disease" followed by author and inspirational speaker MK Mueller who will present "Keeping Your Heart Happy."

Tickets may be reserved by calling 1877-AT AVERA (1-877-282-8372) or online at www.averasacredheart.com and clicking on the Go Red for the Heart Of It link.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

2010 Diversity Award Recipients Honored

VERMILLION — Social justice, intercultural awareness and fostering positive relationships are significant reasons why diversity is vital to the campus community at The University of South Dakota. Individuals demonstrating these exceptional characteristics were honored on campus at an event sponsored by the USD Office of Institutional Diversity and the Campus Diversity Enhancement Group (CDEG).

The 2010 Diversity Awards were awarded to staff members and a second-year law student during the Office of Institutional Diversity's annual program honoring Dr. Martin Luther King, Jr. Nominations were provided by all members of the University community to recognize outstanding leadership in diversity and cultural awareness.

The Dream Catcher Award, presented annually to an individual or individuals — through deeds or actions — who represent the principles of Dr. Martin Luther King, Jr., including social justice, equality and the preservation of Dr. King's "dream," was awarded to Jacquie Lonning, coordinator of academic engagement, Center for Academic Engagement at USD. Lonning has served as coordinator of academic engagement since 2003. She works diligently with The U's IdEA Program, service-learning projects, undergraduate research and serves as an adviser to the Alternative Week of Off-campus Learning alternative break program.

The Viva la Difference Award recognizes a Career Services Employee who supports and fosters diversity on the USD campus. Linda Anderson, senior secretary for Academic Advising is the 2010 recipient. Anderson, who began

working in the Admissions Office at USD in 1992, was born in Wagner and graduated from Vermillion High School. After living in cities like Seattle, Wash., and Omaha, Neb., for a total of 10 years, Anderson returned to the Vermillion area where she has resided with her husband of 29 years, Richard. In 1998, Anderson moved over to Academic Advising where she assists with everything from coordinating the department's budget to assisting students with transfer requests.

The Rosa Louise Parks Award, awarded each year to a student who contributes to intercultural awareness, supports diverse activities and demonstrates positive interactions with others, was presented to Lonnie Wright, a second-year student at the USD School of Law. Wright, who grew up on the Cheyenne River Sioux Tribe in Ridgeview, is an enrolled member of the Rosebud Sioux Tribe. A graduate of Dupree High School, Wright received his bachelor's degree in industrial engineering from the South Dakota School of Mines and Technology. Following graduation from SDSM&T, Wright earned a master's degree in public administration from USD and was also admitted to The U's School of Law. While at law school, Wright has quickly obtained several leadership roles within the student organizations on campus, including president of the Native American Law Students Association, treasurer for the Phi Alpha Delta Legal Fraternity and president of the Law School Democrats.

Award recipients are presented with a certificate and a gift of \$50. Recipient of the Dream Catcher Award also receives a unique work of art.

Haitian USD Law Student Coordinates Campus Relief Efforts

VERMILLION — As efforts continue globally to help Haiti in the aftermath of this month's devastating earthquake, a law school student at The University of South Dakota is doing what she can locally to raise money and provide resources to help those closest to her — family.

Sterella Martine Jeanty, a second-year law school student at USD, is a native of Haiti and was directly impacted by the disaster as many of her family are still missing. Unable to go home to facilitate to personal matters, Jeanty is coordinating fundraising efforts with The USD School of Law, directing those who can help with donations to visit the Web site: <http://yele.org>. According to Jeanty, yele.org is a Web site for Yéle Haiti, a grassroots movement currently working to provide food distribution and emergency relief. Through yele.org, she says, 100 percent of donations will go to Haitian relief.

"Martine did lose family

during the earthquake and many are still missing," said Elizabeth Overmoe, Student Bar Association President of the USD School of Law. "Since Martine is unable to go home at this time she wanted to do as much as possible to help her family. We are currently working with law students, faculty, administration, as well as other USD employees to raise funds for those left with nothing."

In addition to making contributions via yele.org, on campus donations can be made at collection bins labeled "Change 4 Change" at the front desk of the Muenster University Center, the law school circulation desk and at the Andrew E. Lee Memorial Medicine and Science Building.

"Any amount will make a difference," Jeanty stated in a letter provided by the USD Student Bar Association. "We will have a variety of fundraisers throughout the coming weeks to support those with nothing left once the earthquake hit."

To make a donation online, visit <http://yele.org>.

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808 W. 23rd, Yankton, SD

MOMS, DON'T WORRY. IF THOSE CHEST PAINS ARE JUST INDIGESTION,

EVERYONE WILL BE GLAD
TO EAT OUT LATER.

No matter how busy you are taking care of your family, don't ever ignore the signs of a heart attack. Drop everything, dial 911 and go straight to the Avera Sacred Heart emergency department. Women experience different symptoms than men. Visit Minervas during February to learn more, see the Avera Sacred Heart display and register for prizes. No purchase necessary.

