

Vermillion’s Huber adjusting well to college hoops landscape

By Alan Dale
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Vermillion High School’s athletic loss was definitely Dakota Wesleyan’s gain.

Josie Huber graduated from VHS last spring and took her basketball talents to Mitchell to play for the Dakota Wesleyan Tigers’ program and so far so good for the former Tanager.

Huber, who was a big-time scorer for the Tanagers has slowly begun the transition to playing NAIA basketball with the Tigers averaging 2.0 ppg and 1.5 rpg over eight games. She did have a breakout 12-point game which was her highlight to date.

Huber recognized the difference between Class A basketball and top-flight NAIA hoops.

“The pace of the game is a lot faster,” Huber said. “We push the ball all the time and are looking to go, go, go all the time. One thing for me is the 3-point line is that it’s pushed back a foot or so and that affected me. Playing with a new team is always a transition.”

Huber played inside a lot or floated on the wing for the Tanagers where now she is primarily a shooting guard for the 8-4 Tigers.

“It was kind of difficult at first because it was obviously a different role for me,” Huber admitted. “There are a lot of good players on this team. I am getting the hang of it and learning my role. I am doing what I can.”

Huber is averaging just over 12 minutes of game at the varsity level and has been eye-catching at the Junior Varsity level.

“She dominates there,” fifth-year DWU head coach Jason Christensen said. “She had one game with 35 and another game where she had 28. I have a lot of freshmen play in JV games on the road and at home, but now that she is in the varsity rotation she will probably play just the home games because we



HUBER

need her in practice (with that varsity).”

The coach has been very pleased with the young lady from Vermillion.

“She’s come along really nice,” Christensen said. “She really picked up on the things we are wanting to do offensively. She has made a point of becoming a better defensive player and has really bought into how we want to do defensively. “She’s a great kid all the way around and is a great team player. She has a lot of spunk when she gets out onto the court.”

Helping Huber’s transition to college ball has been the support from the veterans on the roster.

“We have great upperclassmen and have four seniors that are really important to our team,” Huber said. “We have seven freshmen so we need them as role models. It is great to have these girls who have been here before.”

Huber, who spoke to The Plain Talk from a bus heading to visit New Orleans and Dallas while on a three-game road trip, will bring her new game close to Vermillion on three consecutive Wednesdays. The Tigers play at Mount Marty College in Yankton (Jan. 14), and at Briar Cliff (Jan. 21) and Morningside College (Jan. 28) in Sioux City. All games are scheduled for a 6 p.m. tip off.

For an extended version of this story check out www.plaintalk.net



ANNE LA BRAKE / FOR THE PLAIN TALK

Organic products: What does that label mean?

By Anne La Brake
For the Plain Talk

These days we have begun to hear more and more about organic options and how beneficial these choices can be.

The question on all of our minds is very simple. Are organic choices worth it?

If so, why? Angela Jackson of the Vermillion PrairieSun Organics Farm can certainly tell us a thing or two about organics.

“I have been a lead organic auditor for the International Organic Accreditation Service (IOAS) for the past seven years, visiting a hundred organic operations around the world,” informs Jackson. “I pretty much eat, breath, and sleep organic agriculture 365 days a year. This is more than a lifestyle for me. It is a job as well as a lifelong commitment to making a difference in the world one farm at a time.”

“I am also considered a national expert on organic grass-fed beef systems and organic meat nutrition,” She finalizes. “I am the former executive director for the Organic Grassfed Beef Coalition as well as an organic livestock inspector. I used to write articles for the Stockman Grassfarmer and other

national publications.”

Obviously Jackson is a great source to shed some light on what the benefits of going organic could be.

“This is a great question and one that I get asked a lot,” She confirms. “The main reason to buy organic is because the consumer wishes to avoid, reduce, or eliminate harmful and synthetic pesticides, fungicides, herbicides, antibiotics, hormones, genetically modified organisms (GMOs), and synthetic additives in their diet.”

Quite a hefty list of things you are not supposed to be getting when you buy organic, but, on that note, what are you getting?

“I want to emphasize that organic does not mean fewer calories or less saturated fat,” Jackson assures, “This is only the case when you are talking about pasture raised meats where it has been scientifically shown to have less saturated fat, lower calories, and higher good fats and conjugated linoleic acid.”

Conjugated linoleic acid is a fat found abundantly in grass fed meat and dairy, and to a lesser extent grain fed ones.

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OIAV From Page 02

like working for the CD [Center for Disabilities] and the Med School brings both of those worlds together,” Gottsleben said. “I really enjoy being able to help others, even though I may not get the individual connection but I know I’m helping the cause and what our mission and our goals are.”

Gottsleben fills her days at The Center by taking care of social media like tweets, Facebook, website functions and announcements for training sessions; it really is about the connectivity.

“I feel great knowing I’m a person with a disability helping others with a disability,” Gottsleben said.

“Our goal at the CD is to try to help educators, professionals, and families learn more about disabilities and best practices for disabilities.”

Lastly, Gottsleben didn’t just want to stop at being employed by The

Center for Disabilities and writing books.

“Since being up here in Sioux Falls, I’ve really become more active in the community,” Gottsleben said. “I’m on the disability awareness commission for the city of Sioux Falls.”

Serving on the commission gives Gottsleben the opportunity to plan events, such as Miss Wheelchair South Dakota, and is involved with multiple facets of the organization.

“I am subcommittee-chair of the event called ‘Art Abilities,’” Gottsleben said. “That is a two month art show where, down at the museum of visual materials, there will be an art show with the artists who are disabled.”

Gottsleben continues to be optimistic about both her health, and her endeavors.

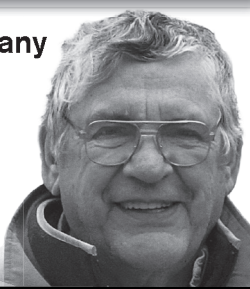
“I hope to write more children’s books, and create other types of materials about acceptance.”

“I also hope to keep making a difference in any way that I can,” Gottsleben said. “My future seems endless of possibilities.”

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