

Gottsleben chooses to beat the odds

■ Memoir chronicles her life with MPS

By Travis Gulbrandson

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If there's one thing Vermillion native Kendra Gottsleben has, it's a positive attitude.

"My philosophy is, no matter who we are or what we look like, we all have hurdles to overcome," she said. "It's just how we get through those with the attitude that we have, the outlook, the determination.

"You just have to make the best lemonade possible," she said.

Now, with the publication of her memoir, "Live, Laugh, Lemonade: A Journey of Choosing to Beat the Odds," Gottsleben is sharing her story and her sunny philosophy.

Gottsleben was born with Mucopolysaccharidosis (MPS) Type VI, a genetic lysosomal storage disorder caused by her body's inability to produce a specific enzyme.

"That enzyme that I'm not making cleans my cells, so the difference from you to me is, you have cells and you have that enzyme that goes in there and cleans them. Mine don't," she said. "So they build up in my connective tissues, my vital organs, my eyes."

As a result, Gottsleben is less than three feet tall and has to undergo a treatment once a week at the Sanford Children's Specialty Clinic in Sioux Falls.

Approximately one in 25,000 people have the broad type of MPS, Gottsleben said.

MPS Type VI is much more rare, affecting one in 250,000, she said.

The effects of the disorder are not always the same, she said.

"There are some people that are five feet tall, but like everything, there's mild, moderate and severe," she said.

Gottsleben said her MPS would fall under the mild-to-moderate range.

"For me, it's been pretty good,

because there are some people that have more heart complications. I have a leaky valve, but other than that my heart is pretty healthy," she said.

Her book is the result of two years' work, starting with an outline in March 2010 through to the official release date of May 15, 2012 – which also was National MPS Awareness Day.

"I thought that would coincide pretty well," Gottsleben said. "It was really cool. The company that creates the drug for my treatment wrote a story about me for their employees to announce it, and there's a magazine for the national MPS Society that did a little piece. It's been fun."

Gottsleben also promoted the book with a signing at Nook 'N Cranny on Saturday, where she met with about 20 to 30 people.

Even though it has only been available for online sale a little more than a month, she already is receiving positive feedback.

"That was the nervous part of writing the book, putting (myself) out there," she said. "But what was really cool was, somebody from Canada bought a book, and he told me that he bought it because his daughter was just diagnosed with the exact same type of MPS that I have."

"That was one of my goals – when I was diagnosed, there wasn't a lot of information out there," she said.

At the time, Gottsleben was four years old.

"There was no Internet, so that information just wasn't there," she said.

Despite the diagnosis, Gottsleben went on to attend Augustana College in Sioux Falls, majoring in sociology.

She lives and works in Sioux Falls at the Sanford School of Medicine in the Center for Disabilities.

More than just information about MPS, "Live, Laugh, Lemonade" also reflects Gottsleben's positive



Kendra Gottsleben signs a copy of her book, "Live, Laugh, Lemonade: A Journey of Choosing to Beat the Odds," during an event held Saturday at Nook 'N Cranny in Vermillion.

(Photo by Travis Gulbrandson)

philosophy.

The title comes from two of her favorite sayings, the first being the old adage, "When life hands you lemons..."

"I really wanted to work that into my title, but I thought it would be too cheesy if I just used that," she said.

Then she remembered another phrase very near to her heart: "Live, laugh, love."

In combining the two, the title became very much a reflection of who Gottsleben is, she said.

"I love to live, and I love to laugh,"

she said. "So it just kind of ended up working."

Gottsleben's life is about choosing to beat the odds, she said.

"The attitude we have will determine what will happen in our lives," she said. "If we have a negative attitude, life is going to be a little dim. It's not going to be as successful. If you have a positive attitude, you're still going to hit roadblocks, but there is going to be positives that will come from it."

"I've had a lot of lemons that have

been thrown at me, but so have other people," she said. "Life isn't perfect, nobody is perfect. If life was perfect, it would be a pretty boring world."

Everyone has obstacles – they're just different, she said.

"The sooner you accept your obstacles ... the better life will be," she said.

For more information or to purchase a copy of "Live, Laugh, Lemonade," visit <http://kendracatchykorner.blogspot.com/>.

New teacher training model to be developed

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A new model for teacher training at South Dakota public universities would involve teacher education students in three years of coursework on campus, based on the new Common Core Standards, followed by a full year of residency in a school setting.

The Education Discipline Council, a group of education deans and other experts in teacher training who represent the five public universities with teacher education programs in South Dakota, made the recommendation in a report to the state Board of Regents this week.

Rick Melmer, dean of education at The University of South Dakota, said it is increasingly clear that teacher education should offer students more opportunities to engage in field-based experiences within the classroom. Traditional models of training have required teacher education candidates

to spend a semester student teaching before they graduate and move into the profession.

"While there may be some exceptions for certain programs, we believe this new 'three-plus-one' model holds real promise for improving the quality and content of teacher education and strengthening connections to our elementary and secondary schools across South Dakota," Melmer said.

Melmer said the goal also is to achieve this redesign within the parameters of the Board of Regents' new standard of 120 credit hours for most bachelor-degree programs.

A suggested timeline calls for the 2012-13 academic year to serve as planning time to implement the redesigned teacher education programs. While some changes may come online in 2013-14, others may take a year longer to implement. Melmer said it will take a full-campus effort by all involved to make the redesign relevant and successful.

Museum of State Historical Society wins national award

The Museum of the South Dakota State Historical Society is the recipient of an Award of Merit from the American Association for State and Local History (AASLH) Leadership in History Awards for the exhibit Our South Dakota: Big Land/Big Ideas/Big Heart.

The AASLH Leadership in History Awards program, now in its 67th year, is the most prestigious recognition for achievement in the preservation and interpretation of state and local history.

Our South Dakota: Big Land /Big Ideas /Big Heart opened at the Cultural Heritage Center in Pierre in October 2011. The exhibit creates a whimsical and fun environment for informally learning all about the state. Four major themes – comparisons, landscapes, big ideas and community – run throughout the exhibition.

Geared to appeal to a K-sixth grade audience and families, Our South Dakota features many hands-on activities:

- Visitors can draw

themselves into an animal wall to see how they measure up to a mammoth, bison and prairie dog.

- They can sit in a combine cab and "harvest" corn.
- A community picnic table invites visitors to share a card game.
- Ten-foot photographs show off the variety and beauty of South Dakota's landscapes.
- Visitors can handle pelts, feathers, and claws from the animals that make those landscapes their home.

"This exhibit is visually exciting as well as offering terrific hands-on experiences in an environment that is fun for all ages," said Jay Smith, Museum Director. "We are delighted that AASLH recognized the quality of Our South Dakota through a Leadership in History Award."

This year, AASLH is proud to confer 59 national awards honoring people, projects, exhibits, books and organizations. The winners represent the best in the field



A full-size mammoth, bison, antelope, coyote and prairie dog allow visitors to see how they "measure up" in the Our South Dakota exhibit. (Photo courtesy South Dakota State Historical Society)

and provide leadership for the future of state and local history.

Presentation of the awards will be made at a special banquet during the 2012 AASLH Annual Meeting in Salt Lake City, Utah, on Friday, Oct. 5. The banquet is supported by a generous contribution from the History Channel.

The museum in the Cultural Heritage Center is open 9 a.m.-6:30 p.m. CDT Monday-Saturday and 1-4:30 p.m. Sundays and most holidays. There is a small admission fee for ages 18-and-older. For more information, call (605) 773-3458 or visit www.history.sd.gov/museum.

Recovery assistance available to landowners along Mo. River

Assistance is available for eligible landowners who lost crops as a result of the 2011 Missouri River flood. This 1,000-year flood event submerged more than 450,000 acres of crop ground in five states on either side of the river from Ft. Randall Dam to St. Louis, MO, including South Dakota, Nebraska, Iowa, Kansas and Missouri. The most significant damage was caused by deposits of sand on cropland and grazing land.

As much as \$185,000 in the way of natural disaster recovery funds have been designated to assist property owners of agricultural land in Bon Homme, Charles Mix, Clay, Gregory, Yankton and

Union County, to reclaim land damaged by the flood.

Cover crops will be the major conservation practice applied in this region on both cropland and grazing land to bring these flood-damaged areas back into production. But other conservation practices may need to be installed to aid in the recovery effort.

Producers interested in signing up for these natural disaster recovery funds need to do so immediately. To do so contact the USDA NRCS office serving Clay and Union County immediately at (605) 624-7060 and (605) 356-3308, Ext. 3, respectively.

George Sealey

George Gilbert Sealey, 78, was born Oct. 31, 1933, and died on July 1, 2012.

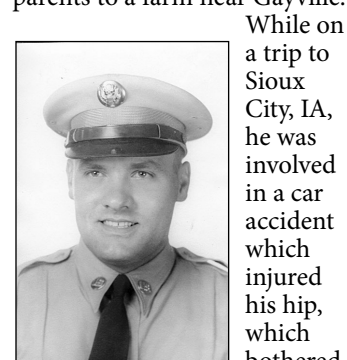
Youngest of four children, Harold, John, Olive and George, he was born to Fred E. and Caroline Demann Sealey at the family farm near Meckling.

George attended Meckling School until the family moved to Vermillion in 1945. While attending Vermillion High School, George and a friend of his, Clois Smith, were top trumpet players in the school band. He also carried the Yankton Press & Dakotan newspaper for several years.

After high school George attended the University of South Dakota, studying applied science for two years.

After college he worked for the Postal Service as a postal clerk. He entered the Army and

served his term of service in Korea. Later he moved with his parents to a farm near Gayville.



SEALEY

While on a trip to Sioux City, IA, he was involved in a car accident which injured his hip, which bothered him for the rest of his life. He farmed with his dad until the early '70s, after which they moved back to Vermillion. George was also a 60-year member of the Vermillion Odd Fellow Lodge #3.

His health failing, he entered the V.A. hospital in Sioux Falls, South Dakota. And in

September of 1999 he entered the Michael J. Fitzmaurice State Veterans Nursing Home in Hot Springs, where he resided until his death.

A memorial service will be held on Monday, July 9, 2012, at 11 a.m. at the Kober Funeral Home in Vermillion, with Pastor Shelley Aakre officiating. Odd Fellows Lodge #3 will perform a service following the memorial service. Following the memorial a luncheon will be held at the Odd Fellows Lodge in Vermillion. Burial will take place at 1 p.m. in the Meckling Cemetery, rural Meckling, with military honors provided by Vermillion V.F.W. Post 3061.

George is survived by his brother, John (Agnes) Sealey; his sister-in-law, Henrietta

Sealey; his aunt, Goldie Sealey; his step-sister, Elenore Bobier; his nieces and nephews, James Sealey, Carol Regall, Susan Sealey, Ruth Richland, Michael Sealey, Jane Slattery, and Alice Sealey; as well as a host of friends.

He was preceded in death by his parents, Fred and Caroline (Demann) Sealey; his brother, Harold Sealey; his baby sister, Olive Sealey; his niece, Nancy Sealey Huot; his nephew, John "Joe" Sealey; and his great-grand nephew, Mathew Sealey.

Services have been entrusted to Kober Funeral Home of Vermillion.

Condolences may be posted online at www.koberfuneralhome.com. May he rest in peace.

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Pleasant Valley Lutheran Church
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 Wednesday, July 11, 2012
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