

A Recipe For Change

VHS Graduate Participates Helps Take Soap-Making Business To Africa

BY MARI OLSON

Dakota Wesleyan University

Soap.

Whether it comes in bubbles, liquid, bars or detergent – Americans have a variety to choose from. It's inexpensive and available at gas stations, grocery stores and even given away free at hotels.

For some village women in Uganda, though, it's a different story.

Dr. Alisha Vincent, director of the McGovern Center at Dakota Wesleyan, took a group of students on a service-learning trip to Uganda and Rwanda last summer. While there, Vincent took part in a women's health workshop along with DWU student Kayla Vanden Hoek, of Corsica.

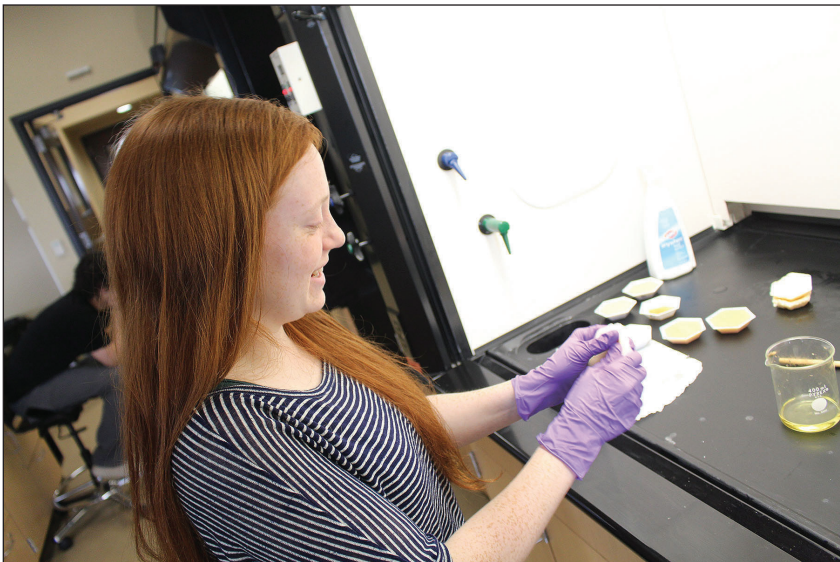
"At the end of the workshop the women were eager to receive bars of soap that my nursing friend from Iowa had picked up in the city as a give-away," Vincent said. "Some of the mothers in the room seemed almost desperate to get their hands on a bar, because it just isn't that accessible and moms everywhere really do want their families to be clean and healthy."

This got the group thinking about things like affordability and accessibility. The village is about a 15-minute drive to the closest town, where soap is available but expensive, and it's about a four-hour drive from the closest city where prices are more reasonable.

"For some of the least privileged in the village, soap is a luxury," Vincent said.

Making soap sounds easy enough – the process isn't terribly complicated, a chemical reaction between lard and lye – but in Uganda, animal fat and lye are just as difficult to obtain as the product they make.

Enter DWU chemistry professors Dr. Bethany Melroe Lehrman and Dr. Paula Mazzer. Vincent reached out to both in hopes they could direct Vanden Hoek and other students in what became known as the "Africa soap



COURTESY PHOTO: DAKOTA WESLEYAN UNIVERSITY

Hannah Ford is one of the students working on a recipe for homemade soap, using vegetable oil and tree ash. She tests a bar of soap for solidification – one of the obstacles the group ran into while making the soap was that it would not harden as well using vegetable oil. RIGHT: Hannah Ford and Kayla Vanden Hoek check the pH levels for soap they are making from scratch.

project."

Hannah Ford, a Vermillion native who graduated from DWU this past May on the pre-med track, jumped at the chance to take part, and soon she and Vanden Hoek, a junior double-major in biochemistry and psychology, were spending hours every week in the labs trying create lye from wood ash, and soap from combining it with corn oil – both materials that will be available to Ugandan women.

"I overheard Dr. Mazzer, Dr. Melroe and Kayla discussing it when I was leaving a class one day and I basically butted my way in," Ford said about her joining the project. "I started asking questions about it and became intrigued. I asked to be a part of it and we had our first official meeting soon after."

Ford describes the process of making soap as simple, yet anything but easy.

"The chemical reaction that is occurring is called saponification, and that happens when lye (which is basically just sodium hydroxide) mixes with oil or lard," she explained. "Where we were most successful was when we used commercial lye with animal fat. Where we are struggling right now is using homemade lye – made



from a wood ash and water mixture – and corn oil. These are the materials that will likely be used in Uganda.

"Our biggest problem right now is finding a way for it to solidify. ... We have successfully made soap, but we have not perfected the recipe using the most affordable and accessible supplies they have available in Uganda. We are planning on meeting up this summer to continue to work on it and hopefully nail it down before the team leaves in July."

Vanden Hoek's involvement is both personal and spiritual – having been to Africa once already and seeing the need firsthand.

"My philosophy of helping others comes from the fact that I believe it is important to strive to be Christ-like in everything that we do, which means lending a helping hand to those who need help," Vanden Hoek said. "Since I am not currently in Africa, being in the

SOAP | PAGE 12

School Nurses Entering The Digital Age

BY SARAH WETZEL

For the Plain Talk

It seems that in modern times everything is going digital.

The South Dakota Board of Nursing and the South Dakota Diabetes Coalition have teamed up to use technology to provide care for kids with Type One Diabetes when a licensed nurse is not available.

Recent changes in legislation have made this possible.

It works by having a licensed nurse give instructions virtually to a trained individual.

It began with a study through the Board of Nursing which consisted of a pilot project using grant funding.

Ben Tiensvold, assistant coordinator of the SD Diabetes Coalition described the study.

"They were able to pilot a virtual nurses program in about 30 different schools," he said. "Initially the South Dakota Board of Nursing piloted the project and it was over a three year period and after that they recognized the need for the program. They were looking for someone to continue with the program and they were willing to work with another organization so that's where the Diabetes Coalition stepped in and recognized there's a need in South Dakota."

The coalition continues to work with the nursing board to get the program up and running again.

The need for care was recognized mostly through anecdotal stories mostly in rural schools that can't afford to have a nurse there full time.

Although outreach has barely begun, Tiensvold said they have already seen interest.

"We do have a couple of



schools that have been very interested ever since the legislative ruling changed to allow the Unlicensed Diabetes Aid to administer insulin," he said. "So we've been working with those schools to get everything up and running for this fall as far as the technology aspect and hopefully getting individuals trained."

According to Tiensvold, the training is provided by the board of nurses and is set up so it would work not only for schools but for assisted living facilities and group homes for the mentally disabled.

"They wanted to make sure the training was universal rather than have three separate training for three areas," he said. "The Diabetes Coalition is hoping to work with assisted living facilities and the elderly population looking to the future because for someone living in assisted living but then have an unlicensed diabetes assistant provide their insulin, that would be much more cost effective than living in a nursing home just because you can't administer your own insulin."

Though assisted living facilities hopefully will be included in the future, the Virtual Nurses program is currently more focused on

the schools.

The Diabetes Coalition does frequently get calls regarding elderly diabetic patients for tips according to Tiensvold.

So how does the program work?

"When the board of nursing did the program they did a special software that was HIPAA compliant so they had a dedicated computer in the schools and the nurses had a dedicated computer as well," Tiensvold said. "They would connect, essentially through a HIPAA compliant version of skype. Moving forward we'll still be using that

same program. We've been working with the bureau on information technology a bit. They assisted us in setting up the network so when a school wants to be connected it's just a matter of setting up the computer and connecting the bureau of information technology and the IT person at the school and getting that network connected."

Reaching out to schools has been difficult mostly because of HIPAA rules they can't directly ask the schools if they have students with Type One Diabetes.

Currently the program is being promoted through certified Diabetes educators and pediatric endocrinologists.

There has been no confirmation as to whether the program will come to Vermillion in the near future.

For more information about the Virtual Nurses program, visit the South Dakota Diabetes Coalition website at www.SDDiabetesCoalition.org or the South Dakota Board of Nursing website at <https://doh.sd.gov/boards/nursing/uda.aspx>.

Farm Service Agency Notes

BY KEITH L. ZANTER

Clay County and Union County FSA Office

2014 and 2015 Annual Sign-Up for the Agriculture Risk Coverage and the Price Loss Coverage Programs (Final Step)

The Clay County FSA and the Union County FSA offices are currently taking sign-up for crop year 2014 and crop year 2015 Agriculture Risk Coverage and the Price Loss Coverage (ARC-PLC) annual contracts. This year the annual sign-up ends September 30, 2015; however the office would like to have everyone enrolled for the 2014 and 2015 program prior to harvest beginning. This is your last step in the process to enable the office to make payments on your farm(s). Last winter, each office had you update your yields and bases; in March, the each office had you select your program; and now we need you to complete your annual contract for crop year 2014 and crop year 2015.

Both offices are just starting this process, therefore all operators will need to come back to our office one more time preferably ASAP or at least before harvest begins. If you are a Union County producer please contact the office at (605) 356-3308 #2 and if you are a Clay County producer please contact the office at (605) 624-7060 #2 to schedule an appointment.

Notification of Base and Yields for ARCPLC Letters

Recently all Farm Owners and Operators with base acres greater than zero were sent a "Notification of Base and Yields for ARCPLC" letter. The final base, yield and election notification will include the covered commodity base acres, PLC yield, election per covered commodity or farm, as applicable, and HIP if applicable. All Owners and Operators should review the notification carefully to make sure the information in it is correct. As stated in the notification, you may appeal the accuracy of information contained in this notice to the County Committee by filing a written request within 30 calendar days after you receive the notice if you believe the information contained in the notification is inaccurate. The notification letter should contain the same information that was listed on the Base Reallocation and Yield Update Decision form CCC-858, and the ARC/PLC Election form CCC-857 copies that you received when making these choices and selections earlier in the year.

ARCPLC Acreage Maintenance

Producers enrolled in Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC) must protect all cropland and noncropland acres on the farm from wind and water erosion and noxious weeds. Producers who sign ARC county or individual contracts and PLC contracts agree to effectively control noxious weeds on the farm according to sound agricultural practices. If a producer fails to take necessary actions to correct a maintenance problem on a farm that is enrolled in ARC or PLC the County Committee may elect to terminate the contract for the program year.

DENR Reminds To Avoid Overspray

PIERRE – The Department of Environment and Natural Resources (DENR) reminds irrigators to check their center pivots to ensure they are operating properly and are adjusted to spray only upon land authorized for irrigation by their water permit.

"It is important that irrigators do everything they can to avoid overspraying onto nearby roads or neighboring properties," said DENR Secretary Steve Pirner. "Irrigation overspray can damage roadways, lead to unsafe driving conditions and impact neighbors."

A water right holder is not allowed to waste water or operate an irrigation system in violation of state water law, which includes spraying water on land not covered by the water permit. Irrigation systems and especially end guns must be constantly monitored to make sure they are not applying water where it is not allowed. Irrigators who fail to prevent overspray can be subject to fines or required to appear before the Water Management Board for possible suspension of their right to irrigate.

South Dakota has nearly 5,300 active irrigation permits authorizing irrigation of up to 879,000 acres.

DENR Accepting Applications

PIERRE – The South Dakota Department of Environment and Natural Resources (DENR) is accepting applications through Oct. 1 for projects eligible for federal Clean Water Act, Section 319 nonpoint source control grants.

DENR officials anticipate approximately \$2 million will be available for projects in South Dakota. The federal Environmental Protection Agency grants require 40 percent local match.

Eligible applicants include governmental agencies; state government subdivisions, such as conservation districts, water development districts, counties and municipalities; universities; certain nonprofit organizations; and federally recognized Indian tribes. Other groups may participate by applying through one of the eligible entities as a project partner.

Entities interested in applying for Section 319 grant funds by the Oct. 1 deadline are encouraged to contact DENR at (605) 773-4254 or obtain application guidance at <http://denr.sd.gov/dfta/wp/319.aspx>.

MASABA Celebrates 2 Years Injury-Free

MASABA employees reached a major milestone last week in regards to workplace safety. On July 9th, the custom manufacturer of bulk material handling equipment successfully completed its second straight year without a loss time accident. "We've always held employee safety as the highest priority at MASABA. We want every MASABA team member to go home at night, and I'm extremely proud of them for this accomplishment," MASABA President, Jerad Higman, commented.

Join Us!
Retirement Open House
for **Joyce Kayl**

Stop in to celebrate Joyce Kayl and her retirement after 32 years with CorTrust Bank.

Open House
Wednesday, July 29th
1:00 PM - 5:00 PM
101 W Main St • Vermillion

 **CorTrust Bank**

Raise your expectations.

Member FDIC

624.4461
cortrustbank.com

PT CLASSIFIEDS WORK!
CALL (605) 624-4429

Blackburn Basement Systems
Waterproofing & Repair
Basement & Foundation Specialists™

Wet Basement? Basement Wall Bowed? Foundation Settling?

•Free Estimates •Financing Available
Toll Free 1-800-392-3389
www.blackburnbasementrepair.com

FOR RENT

4 Bedroom home acreage
for rent August 1st
Beresford Area, 20 minutes
from Vermillion.

Quonset, 2 car garage, many updates.

Call 605-360-9656 or 605-334-1816