



VHS Students Take Top Prizes At Competition

Sonia Hernandez
for the Plain Talk

Last month nearly 200 students from regional Nebraska and South Dakota high schools competed in the annual Business Competition Day at Wayne State College – the largest academic competition held on its campus: and the best of them all was Vermillion High School.

Students were challenged in 17 areas of competition including Accounting I and II, Advertising, Business Communications and Web Wizardry. First, second and third place were awarded a scholarship of \$500, \$300

and \$200, respectively, to give one student an opportunity to attend Wayne State College in the fall. Ponca placed 2nd and Columbus Lakeview tied with Stanton for 3rd place.

VHS students began preparing for the event in January. Business and computer teacher Terry Beacom has entered students into the competition for the past two years.

“Competition brings out the best in students,” said Beacom. “Sometimes they don’t know their full potential until you put them in something like this. The real world is a competition and

how they respond benefits them, and it surprised a lot of them.”

1st Place winners were Matthew Wasley and Adam Winslow in the Datamania team event, Adam Jensen in Computer Literacy, and William Brouillette in Business Communications. 2nd place winners were Sowmya Ragothaman, Peter Banasiak, Ryan Styles, and Dylan Miller in the College Bowl team event; Jamie Cuka and Hope Knedler in the Business Plan competition, William Brouillette in the Advertising event, Adam Jensen in Consumer Smarts, and Sowmya Ragothaman in Keyboarding II.

Also placing were:

3rd Place: Alec Leber in Computer Literacy, Adam Jensen in Digital Citizenship, Ryan Styles in Keyboarding II

4th Place: Michela Constant in Business Law

5th Place: Michela Constant in the Sales Presentation event, Dylan Miller in Business Law, William Brouillette Marketing

Allison Odens competed in Accounting and Austin Davoux in Business Comprehensive Knowledge and Marketing. In addition to bringing home the 1st Place trophy, VHS received a \$500 scholarship to award to a graduating senior majoring in Business at Wayne State College next fall.

USD Commencement Set For Saturday

Tom Gallagher, international financial and policy advisor, will present the keynote address at the 128th Spring Commencement, Saturday, May 9, at the University of South Dakota, where he will receive an honorary degree as Doctor of Humane Letters.

USD will confer degrees upon 1,400 candidates at this year’s commencement, which begins at 9:30 a.m. in the DakotaDome.

Gallagher is a 1976 graduate of USD who received a master’s of public policy from Harvard University in 1978. He went on to serve in the Congressional Research Service and became an aide to Sen. George Mitchell, D-Maine, an economist for the Senate Budget Committee and senior advisor to the U.S. International Trade Commission. Gallagher had an exceptional career



Gallagher

on Wall Street working for top financial firms before joining the Skowcroft Group of international business advisors as well as the International Strategy and Investment Group. He was a frequent guest on the PBS program “Wall Street Week”

and was honored for his Washington expertise.

Gallagher and his wife Nancy are co-chairs of USD’s Onward Campaign, raising \$250 million for future investment in the people and facilities at USD.

Other Information:
• With the current construction of the Sports Enhancement Performance Center, parking at the DakotaDome is

extremely limited. For guest convenience, additional parking is provided at various locations including the Vermillion Technology Center (Duke and Princeton, across from Walmart and behind Hy-Vee). A shuttle – an approximate 3-minute ride from the center to the Dome – will run every 20 minutes between 8:30 a.m. and 1:30 p.m. Additional parking is located at Coyote Village (directly south of the Dakota Dome), USD Foundation Building (west of the Dakota Dome on Dakota Street), and the Warren M. Lee Center for the Fine Arts (N. University Street).

• For family and friends unable to attend Spring Commencement, the University is pleased to provide a live video stream of the ceremony. <http://www.usd.edu/registrar/commencement>

Living Gluten-Free Vermillion-Style

By Amber Margheim
For the Plain Talk

Imagine hearing “You have severe malnutrition,” the likes of which your doctor has only seen “when I went to Africa and helped the little children there” and you eat a typical American diet. Cassandra Keller heard this from her doctor the February of her freshman year at USD.

The cause? An autoimmune disorder where the ingestion of gluten damages the small intestine, a.k.a. Celiac disease. The cure? There isn’t one. The treatment? A lifetime commitment to a gluten-free diet.

A lifetime gluten-free diet is easier said than done. It is more than eating a bun-less hamburger. It is avoiding that hamburger getting anywhere near a bun where a single stray crumb as small as 30 milligrams can provoke an autoimmune response with damage lasting, in some cases, as long as six months.

While Keller was diagnosed in 2011 her senior year of high school, staying gluten free in college at USD has been a challenge.

“When I went to college was when I had the worst time. I was forced to have a meal plan that I could barely even use, they did have some gluten free options, but the cross contamination made that point pretty much moot. I was sick most of freshman year.”

While Keller tried to follow her treatment plan, she remembers how “Being away from home gave me the

opportunity to cheat without anyone knowing. So that’s what I did”.

Which resulted in her freshman year of college including a week in the hospital in November, two weeks in February and the doctor telling Keller her liver was enlarged and her body was “shutting down”.

“Needless to say I don’t cheat anymore, it’s definitely not worth the pain!” Keller exclaims.

Life for Keller and those afflicted with Celiac disease and other gluten reactive conditions confront food safety issues every day, if not with every meal. While not as immediately deadly as some food allergy reactions to, for instance, peanuts or shellfish, the continued ingestion of gluten destroys body tissues over time. For sufferers, even the occasional “cheat” or as more often happens, a case of cross contamination, results in tissue damage with some studies showing that the body can react for up to six months after a single exposure.

For Keller and those like her, they have to be ever aware of not only what they eat but how and where it was prepared, who touched it and what else might have been in the kitchen with it. Restaurants, church potlucks, even a friend’s kitchen can become a battleground requiring constant vigilance against the stray crumb of gluten.

“I have become a little bit of a pessimist when it comes to the food service industry because in the past I have been wronged. A ton

of people get gluten free confused because although the food is gluten free, the preparation is not,” Keller shares.

For example, Keller was “glutened” after eating at a national chain. While she ordered a gluten free meal, the one she received had at least one regular noodle in it. Her mother contacted the manager of the establishment and “they admitted that they boil (gluten free) noodles in the same water as the regular noodles. They didn’t think anything of it because it was just one noodle, how could that hurt?”

“What people don’t understand is that whether it’s me licking a crouton or eating a whole pizza the pain is the same, either way,” emphasizes Keller.

Living with a gluten problem affects relationships, impacts social situations and takes an emotional toll as well. Keller lost 25 pounds in 2011 when she was first diagnosed not from a change in diet but “because I was too afraid to eat anything for fear of the pain.”

She recalls that first year “I would get so upset because I couldn’t have the things I wanted and your body craves gluten after you cut it off cold turkey... I was upset when all my friends went out and would get pizza or go to IHop and I couldn’t get anything.”

Attending college has been “a lot harder emotionally” Keller notes. “Because of how sensitive I am to gluten I don’t go out to eat much, which really puts a damper on my social life because in

small town South Dakota... what else is there to do?”

“I never go to the pasta feeds or pancake feeds because I don’t like to be a bother...Or pot lucks. What if someone has a veggie tray, you would think that’s gluten free, but my brother has dunked a piece of bread in the ranch on a veggie tray before, didn’t tell me and I was sick the rest of the night. Little things like that I have to be very cautious about”.

While at home she has to “have separate everything! Utensils, condiments, toaster, etc. Mainly a whole second set of things just for me!” But things are not all bad for Keller. She shares that Vermillion has venues that make life easier.

“It’s not as bad as everyone thinks. Yes if I lived in a bigger city the options would be better, but for a small town I am blessed to have so many options! Cafe Brulee to go out to eat. Hy-Vee for all my necessities!...It’s kinda nice being in a small town because I know a ton of people who work at these places and if I want something special ordered at Hy-Vee, I can just ask! If I’m worried about cross-contamination I know people at Cafe Brulee and Dominos to ensure I’ll be safe. That’s one of the perks of a small town—everybody knows everybody and I’ve got a good gluten free sup-

Student History Papers Win Awards

Five undergraduate students of history received awards during the 50th annual Student History Conference held recently at the University of South Dakota.

Twenty-three graduate and undergraduate students from four colleges and universities throughout the region presented or commented on papers. The winning authors earned certificates and book awards.

Jack Tunstall, history professor at the University of South Florida and Executive Director of Phi Alpha Theta, the national honor society in history, presented the plenary lecture, “The Effects of World War I on World History.” The conference was sponsored by the USD history department and the local chapter of Phi Alpha Theta.

Here are the winners:

Modern Social Movements: Christopher Zimmer of Rapid City, USD, “A Self-inflicted Wound: How Militancy Backfired on the Black Panther Party” Women’s History: Carolyn Johnson, Augustana College, “The Sisters of Cheer: A Consideration of South Dakota Women on the World War I Home Front”

Ancient History: Jessica Sundleaf of Sioux Falls, USD, “Germania”

Intellectual History: Jonathan Susemihl of Sioux Falls; USD; “The Crusades Today: How the Perceptions of a Medieval War Affect Contemporary Conflict in the Middle East”

Environmental History: Cindy Schnabel of Northern State University; “Arsenic, Grasshoppers and the Water in Oakes, North Dakota, 1930-2006”

USD Awards Study Abroad Scholarships

The College of Arts & Sciences at the University of South Dakota has chosen the first 14 students to receive scholarships to study abroad through the new International Opportunity Fund.

The fund was established by USD alumni Tom and Nancy Gallagher, who gave approximately \$1 million to the USD Foundation to support international travel by students.

“We are so very grateful for a gift that helps open up the world to our students,” said Matthew C. Moen, dean of the College of Arts & Sciences. “They will learn so much from their immersion in distant lands and different cultures.”

With the help of the scholarship awards, which range from \$600 to \$2,500 each, students will travel to 11 different locations including Australia, the Galapagos Islands, Spain, Peru, Germany, Italy, Costa Rica and Scotland. The fund awarded nearly \$20,000 of travel support. Still more dollars will be allocated through a competitive process in the fall.

“It’s a tremendous help,” said Ashley McKeown, a junior and Sioux Falls native who will go to Costa Rica this summer to take part in a service-learning internship and attend the University of Veritas.

“I’m looking forward to improving my language skills and being fully immersed in the culture,” added McKeown, who is majoring in Spanish and international studies.

Martin Munoz, a sophomore political science and international studies major who is originally from Peru, will spend a semester near Budapest, Hungary. Munoz said the scholarship will help with the costs of tuition and travel expenses and will allow him to fulfill a lifetime dream—to study in Europe.

“It is time for me to explore more areas of the world,” Munoz said. “The personal and cultural experiences will be great.”

Students Win HR Management Contest

A graduate team from the University of South Dakota won first place at the Society for Human Resource Management Regional Student Case Competition and now will advance to the national competition.

USD’s winning team included team captain Ryan McCarty of Alton, Iowa, along with Kayla Haeder of Brandon and Tyce Daggitt of Sioux Falls. McCarty is working on a master’s of arts in interdisciplinary studies while both Haeder and Daggitt are MBA students.

Each team in the competition received a different HR problem and had to develop a solution, write a paper and create an oral presentation for the judges. Topics included management practices, staffing and recruiting, compensation and benefits, and labor relations. The teams were expected to demonstrate strategic thinking, ethical decision-making, and strong leadership and presentation skills.

“The judges had some difficult questions, but I know our intense preparation helped us convey all our ideas in a professional and compelling manner,” McCarty said.

The regional competition involved 120 students from 29 teams including schools like Purdue, Utah State, Marshall and Florida Atlantic. USD entered both a graduate and undergraduate team.

“I couldn’t be happier with the effort of both teams,” said Professor Damian Lonsdale, Ph.D., of the USD Beacom School of Business, who advised the students.

The winning USD team receives free registration to the national SHRM conference in Las Vegas along with \$2,500 for travel.

Rasmussen President-Elect of ASCLS-SD

Kay Rasmussen, M.S., M.L.S., Chair of the Medical Laboratory Science department at the University of South Dakota, has been named President-Elect of the South Dakota affiliate of the American Society for Clinical Laboratory Science (ASCLS-SD).

Rasmussen was also selected the 2015 South Dakota Omicron Sigma Award by ASCLS-SD. This award recognizes Rasmussen’s volunteer service to the laboratory science society, and it marks the second consecutive year she has been honored as the recipient of this award.

The Department of Medical Laboratory Science is one of 10 departments in the University of South Dakota’s School of Health Sciences, the largest, most comprehensive health sciences school in the state.

HyVee

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All stores that have received the product have been instructed to dispose of the salad.

To date, Hy-Vee reports it has not received any complaints associated with the Summer Fresh Pasta Salad.

Listeria monocytogenes can cause serious and sometimes fatal infections in young children, frail or elderly people and others with weakened immune systems. Healthy individuals may suffer only short-term symptoms such as high fever, severe headaches, stiffness, nausea, abdominal pain and diarrhea.

The Listeria infection can also cause miscarriages and

stillbirths among pregnant women.

Listeria is unlike many other germs because it can grow even in the cold temperatures of the refrigerator. Listeria is killed by cooking and pasteurization.

To Prevent Listeria:
• Do not drink or use raw (unpasteurized) milk
• Wash hands, knives, countertops and cutting boards after handling un-

cooked food

• Rinse and cook produce and poultry thoroughly
• Keep uncooked meats, poultry and seafood separate from ready-to-eat foods

Those with the bacterial infection should consult with a doctor immediately. Antibiotics given promptly can cure the infection and, in pregnant women, can prevent infection of the fetus.

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