

Visiting Hours

# Cooking For People With Allergies

Editor's Note: This is two of a two part series.

BY SARA GERMAN, RD, RN AT  
Avera Sacred Heart Hospital.

So, a friend just had a surgery and you've signed up to bring a meal. Easy peasy, right? The only problem is, she has a wheat allergy and her 5-year-old is allergic to eggs and dairy. Suddenly, preparing a meal got a lot more complicated. What are you going to make?

First, remember to follow the basic guidelines to avoid allergens: read food labels and avoid cross-contamination. If you have any questions about the food allergy, make sure you ask. You aren't expected to be an expert!

Second, focus on foods that are naturally allergen-free. This can be easier than trying to modify recipes. Fresh, frozen and canned fruits and vegetables should be free of most allergens. The same goes with minimally-processed fresh or frozen meat. Dried beans (like black beans or kidney beans) are allergen-free and nutrition powerhouses. If you are looking for a wheat-free starchy side, try rice, potatoes or quinoa.

If you are struggling for ideas and open to trying new recipes, the Internet is a great source of information and inspiration. Some websites and cooking blogs are dedicated to allergy-free cooking. For someone with both milk and egg allergies, look for vegan recipes on the Internet. These are naturally milk and egg free, because vegans avoid all animal products. For someone with a wheat allergy or celiac disease and a milk allergy, look for paleo recipes.

If you need to modify an existing recipe to make it allergen-free, here are a few tips:

1. To replace the eggs in a recipe, use flaxseed. One egg = 1 tablespoon ground flaxseed + 3 tablespoons water. Mix up the flaxseed and water, then refrigerate for 15 minutes before using. You can also try replacing one egg with ¼-cup applesauce.

2. To replace butter (milk allergy), you may be able to get away with using coconut oil. (Double check first: most people with nut allergies can eat coconut, but not all.) Otherwise, look for a vegan butter – most regular margarines contain milk products. I have had success using Earth Balance products in place of butter.

3. To replace milk in a savory dish, use an unsweetened milk alternative such as soy, almond or rice milk, or use broth. In a sweet dish, use a milk alternative (sweetened or unsweetened) or juice – but be aware that you may have to adjust the sweetener in the recipe.

4. To replace peanut butter, use sunflower seed butter. (This will not taste exactly the same, of course.) Most people with tree nut or peanut allergies can have sunflower seed butter, but double check to make sure.

# Experience Contributes To Success In Farming

BY DR. MIKE ROSMANN  
Sponsored By Lewis & Clark Behavioral Health

Many in the older generation complain that younger generations are less fit to survive than them. It's been this way for millennia.

Farm and ranch people are similar to the general population in this respect. Nearly all criticisms about young people being less capable than their elders are incorrect, with a few exceptions.

Most children are better equipped to survive as they mature into adulthood than their parents and grandparents, according to studies that have examined intelligence, health and well-being, understanding of science and use of technology. Their inherited DNA may provide some advantages that neither parent possessed.

Artificial insemination and embryo transplant procedures taught me a lot about inheritance when I raised registered Simmental cattle. Whereas about one of every two calves sired by a bull in my herd resulted in a superior calf, about one of three fertilizations by artificial insemination resulted in a top notch calf.

Only about one of five calves produced by embryo transplant resulted in a superior calf. Another one or two calves out of the five might be worthy of retaining in the herd, but I chose to cull the rest for meat because they exhibited characteristics that did not advance my herd or the breed overall.

Sometimes the sperm that can produce the most superior offspring do not reach the egg first, because there are many thousands of sperm that swim up the fallopian tube toward the egg. Too often breeders of expensive livestock retain all the offspring of their best animals, whether by natural or artificial insemination, because they have invested a lot of money in their production program. These are stock producers to shun.

Nature does the same thing I did through selection: less capable animals in the wild do not survive as readily to reproduce. To illustrate, consider how only the alpha male and female in a pack of



Dr. Mike ROSMANN

in its capacity to survive, unless unusual factors snuff it out, like new diseases or the asteroid that hit the Yucatan Peninsula some 65 million years ago. Supposedly the asteroid's stupendous impact generated so much atmospheric dust the earth's temperature fell to a level that caused the demise of dinosaurs, but not all scientists agree this is the cause of dinosaurs' disappearance.

That's how the laws of chance and genetics work: through regression toward an average, but advances occur slowly as environmental conditions allow. Mutations that radically improve an individual and the species are rare, but GMOs are changing things.

The overall ability of younger human generations is different than previous generations. With their I-phones, e-books and computers, younger people are better equipped than the older generations—or me anyhow—to learn than I was through cursive writing in my childhood years and time-consuming searches at the library in my college years.

Children today might not be well versed in practical skills, such as sewing and gardening, but they readily look up information on the internet. My nearly three-year old granddaughter is not intimidated with a cell phone or computer console and presses buttons confidently without worry she might error.

Still, I hope I can teach her and my other grandchildren life-sustaining skills

learned through farming, fishing, hunting, carpentry and mechanics. I worry what might happen if we have a massive, long-term, electric power outage that cripples communications, transportation, commerce and other electricity-dependent activities.

Older persons want to teach younger persons the knowledge they have accumulated. In spite of what sometimes seems like criticism to younger people, their elders want to contribute to the capacity of younger generations to survive.

Young people should ask older people and see what useful responses they elicit. Older farmers almost always are eager to share lessons learned from experience.

Older farmers might find fault with younger farmers who want to quit working at the end of the day to attend their children's school events or to recreate themselves, while the younger folks feel these activities are good investments for maintaining family happiness and their own health. There has to be "give and take" on both sides to keep everything in balance.

Successful older farmers, like elders everywhere, usually have learned that perseverance is important to enduring gainfully, whereas younger farmers are more likely to "think outside the box." Younger farmers often take more risks, and sometimes learn "the hard way."

Perceptions change as people age. In the final assessment, experience usually contributes most to achieving success. Newer farmers, whether they grew up on agricultural operations or left their careers to become producers of food, fiber and shelter, learn quickly that experience in farming is key to succeeding in this occupation.

The capacity to learn is available to all of us; we just need to be open to it.

Contact Dr. Mike, an Iowa psychologist, at: www.agbehavioralhealth.com.

## EB-5

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countries to buy permanent residency in the United States for themselves and for their immediate families, including unmarried children up to age 21.

EB-5 allows people to qualify for two-year visas to be in the United States if they invest or loan at least \$500,000 apiece for a project intended to create or save at least 10 jobs per each EB-5 investor.

An EB-5 investor then can apply for permanent U.S. residency before the two-year visa runs out. USCIS officials determine if the 10-job requirement was met and whether the investor and family get permanent residency.

The story of how Joop Bollen came to head the EB-5 program for South Dakota was outlined in a deposition Bollen gave in April as part of a lawsuit related to the tilapia project.

A California company brought the lawsuit over its brief involvement with a South Korea law firm that worked with Bollen at the institute.

An arbitrator ruled last month that none of the sides — recruiter Darley International, Hanul legal corporation and the institute — had any liability for damages to any of the others.

Other than the deposition, Bollen has repeatedly declined to publicly answer questions about the EB-5 operation since current Gov. Dennis Daugaard quietly terminated the SDRC Inc. contract in September 2013.

Darley's president, Robert Stratmore, sent a copy of the deposition in response to a reporter's questions about parts of the case.

Officials for the state Board of Regents, who provided legal representation for Bollen in the case, meanwhile have refused to release the deposition.

"I am interested in transparency, and the replies and

attitude of the officials in South Dakota (are) antithetical to good government, and continue to play a hoax on the public," Stratmore said Tuesday.

Benda was found dead Oct. 22, 2013. Investigators determined he died Oct. 20 from a self-inflicted shotgun wound to his abdomen, with a stick used to move the trigger.

After Benda's death, details emerged about the contract cancellation and about \$550,000 of extra state funds that allegedly were routed to Northern Beef Packers, an EB-5 project at Aberdeen.

Northern Beef paid the \$550,000 to a SDRC Inc. escrow account. Benda went to work for SDRC Inc. in January 2011 when he wasn't retained by the incoming Daugaard administration.

State Attorney General Marty Jackley investigated Benda at Daugaard's request after Daugaard's office received a subpoena from a federal grand jury in March 2013.

Jackley disclosed on July 29 this year that he had scheduled a state grand jury to meet on the Benda investigation for later in October 2013.

Rounds, the Republican nominee in the U.S. Senate election this fall, has attempted in recent months to portray Bollen as an employee of the state Board of Regents.

The regents govern the

state university system and are appointed by the governor.

In his deposition, Bollen repeatedly said he answered to NSU business dean Clyde Arnold before Arnold retired and that the Governor's Office of Economic Development helped fund the institute's activities while Bollen was still with the institute. In the deposition, Bollen said:

- he didn't go into details with Arnold. Bollen said he gave GOED monthly reports on his activities and Arnold received copies of those reports.

- university officials' attitudes changed after they learned of the lawsuit brought by Darley International.

- he didn't discuss with Arnold anything regarding the relationship between the Darley and Hanul firms.

- he discussed with Arnold the formation of SDRC Inc. as "just a very rough micro view of what was happening."

- he didn't provide any documents to Arnold regarding the memorandum of understanding Bollen signed between the South Dakota International Business Institute, where Bollen was still director, and SDRC Inc. in 2008.

Signing for SDRC Inc. was a Hanul lawyer, James Park, whom Bollen temporarily designated as the representative for SDRC Inc.

Bollen said he couldn't recall whether he or Park wrote the memorandum.

On April 3, 2009, Park registered himself as SDRC Inc. president on company documents filed with the South Dakota Secretary of State.

Bollen explained why Park did so. Bollen said there was "a lot of turmoil" about the lawsuit: "So off the recommendation of NSU counsel, they thought it was better for me to step back and ..."

At that point a lawyer representing the regents during the deposition cut off Bollen with an objection about client-attorney privilege.

More of the answer came later in the deposition from a different angle.

Bollen said Park registered as president without communicating with Bollen.

Bollen said he told Park "around March 2009" that he — Bollen — couldn't function in the NSU atmosphere any longer.

Bollen said he told Park he needed "a temporary caretaker to make sure that we wouldn't let everything die. The moneys were going to come. Somebody needed to take care of this as I could not in the interim. There was too much chaos," Bollen said.

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## Water

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typically appoints a special master to consider the evidence and make recommendations to the justices.

Kansas Solicitor General Stephen McAllister argued that making Nebraska pay \$1.8 million on top of actual damages was needed "to get their attention." The state has also demanded more than \$72 million in additional damages and an order that would shut down irrigation pumps for more than 300,000 acres of Nebraska farmland along the river basin.

"They didn't just exceed a little bit, they blew past their allocations," McAllister said.

But Justice Antonin Scalia said the Supreme Court had never approved

such a penalty, known as disgorgement, in similar water disputes. Chief Justice John Roberts added: "I'm not sure the states bargained for that exposure."

Several justices also questioned the special master's recommendation to revise a formula for measuring water use that the states agreed to in 2003 as a way to resolve another part of the dispute.

David Cookson, chief deputy attorney general for Nebraska, argued that the court has the power to change a formula that mistakenly counts "imported water" that drains into the Republican River basin from the Platte River.

But that argument was met with doubts.

"The idea of a special master or this court changing the nature of that agreement is a pretty radical one," Roberts said.

### Who is Cheri Loest?

- South Dakota farm girl from Utica
- Professional Chemical Engineer
- Certified South Dakota Teacher
- Experience in the corn processing & ethanol industries
- Fiscally conservative, independent candidate



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WEEKDAYS MONDAY-FRIDAY

**Wednesday, October 15**  
7:40 am Sacred Heart Principal (Tim Mulhair)  
8:20 am Hy-Vee Foods (Chef Staci)  
8:45 am Mount Marty (Kristi Tacke)

**Thursday, October 16**  
7:40 am Yankton Chamber (Carmen Schramm)  
8:20 am Yankton Conv/Vis Bureau (Stephanie Moser)

**2014 Women's HEALTH FORUM**

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"Some Days are Diamonds, Some Days are Stones: Dealing with Metastatic Breast Cancer"

Linda was employed by HyVee for 16 years, with 14 of those years at the Customer Service Desk. She is the mother of 7 children. Born and raised in Gayville, SD. She lives with her husband Ron in Yankton.

**Also speaking: Mary Lee Villanueva, MD**  
Yankton Medical Clinic, P.C. Board Certified Oncologist/Hematologist

**Our Emcee, Mary J. Milroy, M.D., FACS**  
Yankton Medical Clinic, P.C. Board Certified Surgeon, Specializing in Breast Surgery

**Monday, October 20**  
Doors open at 11:30am – Lunch will be served at noon – Forum begins at noon

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Make checks payable to:  
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