

‘Barefoot Bandit’ Sentenced To 6 1/2 Years For Crime Spree

BY MANUEL VALDES
Associated Press

SEATTLE — After a two-year international crime spree in which he survived a handful of crash landings, Colton Harris-Moore — the infamous “Barefoot Bandit” — says he’s lucky to be alive.

Harris-Moore spoke publicly in court Friday for the first time since his 2010 arrest. A short while later, he was sentenced to 6 1/2 years in federal prison, which will be served concurrently with state prison time.

“What I did could be called daring, but it is no stretch of the imagination to say that am lucky to be alive ... absolutely lucky,” he said. “I should have died years ago.”

He particularly apologized for stealing planes, saying his arrogance led him to keep alive his dream of flying.

But Harris-Moore, once a gangly teenager, was more than just a self-taught pilot.

He hopscoched his way across the United States, authorities said. He flew a plane stolen in northwestern Washington to the San Juan Islands, stole a pistol in British Columbia and took a plane from Idaho to Washington state, stole a boat in southwestern Washington to go to Oregon, and took a plane in Indiana and flew to the Bahamas, where was arrested.

The 20-year-old earned his nick-

name because he committed several of the crimes without wearing shoes, and he attracted fans across the nation for his ability to evade police.

Friday’s sentencing all but ends his exploits, providing the final details for a movie that an entertainment lawyer and federal prosecutors said 20th Century Fox has in the works.

But far from a gloating star, Harris-Moore apologized Friday to his victims.

“I now know a crime that took place overnight will take years to recover from,” he said in court.

Defense attorney John Henry Browne said he expects Harris-Moore to be out of prison in about 4 1/2 years, accounting for the 18 months he’s already been in custody. Federal prosecutors declined to comment on how much time he might serve, saying that will be up to the Bureau of Prisons.

Outside the courthouse, Harris-Moore’s mother, Pam Kohler of Camano Island, said her son gave her a letter in court, but she refused to talk to reporters. She used her purse to hit a television crew’s microphone and camera, and a newspaper photographer’s camera.

In court, U.S. District Judge Richard Jones asked Harris-Moore to speak to young people who may look up to him because of his exploits.

“I would say to younger people

Numbers

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changing student enrollment. The growth we have had in our staffing has come essentially from federal programing, such as special education and Title I. So if you take all that away, you would see that the ratio of students to teachers has stayed very stable.”

District data supports that assessment.

There are currently 23.9 more certified staff employed by the Yankton School District in the school year 2011-2012 than there were in 1970-1971. However, there are 21.4 additional special education (SPED) teachers employed by the district. Likewise, in 1971 there was not an Alternative Learning Center (ALC) at the high school, while currently there are 2 certified staff assigned to the ALC.

In addition:

- In 1971, there were 42 high school teachers. Currently, there are close to 41.

- In 1971, there were 18 middle school teachers. Currently, there are 28. However, the increase reflects the move of the sixth grade into the middle school in 1997. That year, there was an increase of 10 middle school teachers; at the same time there was a decrease in grades K-5 teachers of the same number.

- In 1971, there were 70 grades K-5 certified staff. Currently, there are 56.

- There is currently one additional music teacher employed by the district.

- There are currently two more elementary physical education teachers, bringing the total to three.

- There are currently three more guidance counselors.

- The same number of school nurses are employed by the district (2).

- There is one librarian today compared to two in the past.

- There is one additional Title I/LA teacher, bringing the total to nine.

In his speech, Daugaard also said that there has been a dramatic 66 percent increase in “other staff,” going from 5,436 in 1971 to 9,005 in 2009.

When discussing that statistic, school district administrators point directly to special education.

“When you take a look at special education, the school district budget back in 1971 was really a very small amount compared to today (\$38,000),” Gertsema said. “As a result of President Ford sign-

ing the special education law in 1974-75, the program became a mandate. At that time, the federal government promised to fund SPED at the 40 percent level. He almost didn’t sign the bill because he was worried the federal government would never live up to that. His prediction was absolutely right: I think they are funding it at 17-18 percent now.”

In 1972, the Yankton School District started a Learning Disabilities Program. It had one director, one (traveling) teacher and four aides.

According to the adopted 2011-2012 school budget, the sub-category dealing with mild to severe disabilities includes 17 certified teachers, 55 support staff, including paraprofessionals, and one Brailist. In the same time period, the number of students with disabilities in the school district has gone from 15 in the 1971-72 school year to 417 this year.

“The bottom line is, the program has grown from one teacher to today when we have a budget well over \$3.5 million per year,” Gertsema said. “I don’t see an end to that because the needs of special education students continue to grow.”

When a *Press and Dakotan* request was made recently, Daugaard said the statewide breakdown of the numbers was not available.

Joyce Wentworth, former student services director of YSD, said she agrees with Daugaard that the information is probably not available.

State law only requires data to be kept for three years, and during Gov. Bill Janklow’s administration, many state school records were shredded, Wentworth said.

In the 40 years since Daugaard graduated from high school, major school reforms have been enacted at both the federal and state level.

At the state level, those changes came primarily in the area of special education, Gertsema said. But even for the average 18-year-old senior, graduation requirements have changed, he said. For example, credits required for graduation credit have gone from 16 to 22 credits, he said.

Wentworth, who had been with district from the first days of the SPED program at YSD, said the changes seen over the years do sound dramatic, but they must be kept in perspective

“When you look at the education students are receiving at the Yankton School District,” she said, “parents should have no fears that their children aren’t receiving the best education possible.”

they should focus on their education, which is what I am doing right now,” he said. “I want to start a company. I want to make a difference in this world, legally.”

Before the sentencing, defense attorneys said federal prosecutors released cherry-picked excerpts from emails in an effort to make Harris-Moore appear callous and self-aggrandizing.

He called the Island County sheriff “king swine,” called prosecutors “fools,” and referred to reporters as “vermin.” He also described his feats — stealing and flying planes with no formal training — “amazing” and said they were unmatched by anyone except the Wright brothers.

But Harris-Moore’s lawyers claim the full emails show that he

is sorry for what he did and thankful for the treatment he received from a state judge who called his case a “triumph of the human spirit.” The state judge sentenced him last month to seven years, at the low end of the sentencing range.

The attorneys acknowledged that in certain instances he bragged, but they said those writings were simply the product of an impulsive adolescent and don’t reflect his true remorse.

Harris-Moore apologized for those emails in court Friday.

Federal prosecutors had asked for Jones to impose a 6 1/2 year sentence to be served while Harris-Moore serves his state time. His attorneys had asked for a federal sentence of just under six years.

ASK THE EXPERTS

Comfort Care

At Autumn Winds Comfort Care, we strive to provide our patients, families, and caregivers with the best possible care. This covers not only physical pain and discomfort, but mental and spiritual as well.

Our care does not end when a loved one has passed. Quite often it begins before then, with patients, families, caregivers, and our spiritual care and bereavement coordinators working to provide comfort and support through the difficult process of grief. It is absolutely vital that the family members have a healthy mourning experience, so the Autumn Winds Comfort Care team remains available to insure that experience for those family members and caregivers.

Our Bereavement Team assists families by telephone visits, personal visits, grief counseling, or connecting them to a support group that is available in the area. Cards, letters, and reading material are also provided to give comfort and encouragement along this journey. Our team members and resources are available to the community as well.

Here are a few resources we recommend to provide understanding and encouragement on your journey.

• **Internet**

• www.centerforloss.com

The Web site for the services of Dr. Alan Wolfelt and the Center For Loss in Fort Collins, Colorado. On this site, articles on grief can be read, materials can be ordered, and they can be contacted for further assistance.

• www.griefshare.org A national grief recovery support group program.

• **Books**

• **Understanding Your Grief**

Ten Essential Touchstones for Finding Hope and Healing Your Heart by Alan Wolfelt, Ph.D. Companion Press. ISBN 1-879651

• **A Grief Observed**

C. S. Lewis Harper Collins Publishers ISBN 0-06-065273-X



605-689-0382

Yankton, SD

Family Medicine

Q What can I do for my dry, itchy skin?

A Dry skin is usually a temporary, self-limiting problem that tends to be worse in the winter, but it can be a chronic problem for some people. If you have dry skin, you’re likely to experience on or more of the following:

- A feeling of skin tightness
- Skin that appears shrunk or dehydrated
- Skin that feels and looks rough rather than smooth
- Itching that sometimes may be intense
- Slight to severe flaking, scaling or peeling
- Fine lines or cracks
- Redness
- Deep fissures that may bleed

There are things you can do to minimize your dry skin and improve itching. After bathing, pat your skin dry leaving some moisture on the skin and immediately moisturize your skin. Thicker moisturizers, such as Eucerin or Cetaphil work best. Use warm instead of very hot water when showering or bathing as hot water will remove the oils from your skin. Also limit your baths or showers to 15 minutes or less. Use a humidifier in your home, especially during the winter months. Avoid harsh, drying soaps. Choosing fabrics such as cotton or silk is also helpful as these fabrics are less irritating to the skin. If your dry skin causes itching, apply cool compresses to the affected areas and/or apply nonprescription hydrocortisone creams or ointments.

- Schedule an appointment to see your doctor if:
- Your skin doesn’t improve in spite of your best efforts
- Dry skin is accompanied by redness
- Dryness and itching interfere with sleeping
- You have open sores or infections from scratching
- You have large areas of scaling or peeling skin

Information obtained from MayoClinic.com

1101 Broadway, Suite 103A
Morgen Square, Yankton, 260-2100



Jeffrey Johnson, M.D.



Brandi Pravacek, CNP
L&C Specialty Hospital



Ear, Nose & Throat

Q Dr. Rumsey, I am having a terrible time understanding my spouse. It is really beginning to interfere with our relationship. I am tired of asking and she is tired of repeating herself. What can I do?

A Sir, don’t feel alone. I hear this all the time. Most of the time decreased hearing is to blame. Typically, trouble understanding conversation is the first sign of hearing loss. The sounds first affected are the sounds we need to separate, “sit from fit or time from dime.” Unfortunately, this loss can really drive a wedge in our relationships. Couples have separate televisions in different rooms, struggle to communicate, and in some cases argue because they feel they are being ignored. The solution is easy. See an audiologist to have your hearing tested. I offer free consultations so you can come in and find out if you are not hearing or not listening to your spouse. We can help the not hearing but you are on your own with the not listening.

Jeffrey J. Liudahl, M.D.
Matthew Rumsey, AuD., CCC-A
Professional Office Pavilion,
Suite 2800, 409 Summit, Yankton
665-6820 • 888-515-6820 • www.yanktonent.com



Podiatry

Q Morton’s Neuroma

A A common problem seen by the foot doctors include sensations of tingling or burning that extend between certain toes.

The nerves of the foot pass between the metatarsals or long bones and can develop irritation or compression. The longer this condition persists, the larger the nerve thickening becomes. Morton’s neuromas are specific for this condition in the 3rd intermetatarsal space, but these can occur in other locations in the foot. The progression starts with intermittent symptoms while wearing tight shoes. As the condition goes on, the symptoms become more and more frequent. These symptoms become worse as the nerve becomes more enlarged.

The symptoms are described as a “burning or tingling” sensation that shoots down through the toes during weight bearing activities. The patient may even state that they have a sensation of something being in the bottom of their shoe. In advanced cases, a “pop or click” can be felt during ambulation.

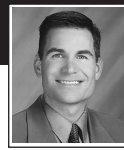
A diagnosis is made by attempting to replicate the symptoms during a complete lower extremity physical exam. X-rays can be helpful in diagnosis, but do not show the soft tissue mass. If necessary, an MRI or ultrasound can be helpful in diagnosis.

Treatments for neuroma include appropriate shoe gear, anti-inflammatories, orthotics with modifications may be necessary to reduce compression on the nerve. Physical therapy aids in treatment by addressing bio-mechanical imbalances, and in some cases may even utilize ultrasound therapy. Cortisone injections can be used to try reduce inflammation, and reduce the size of the mass. Alcohol injections may be used as well. The alcohol injections are given every week for 5-10 weeks and are minimally painful. The alcohol shuts the painful nerve down, and symptoms are relieved.

Surgical procedures are sometimes required if conservative treatments fail. Surgical procedures include cryo-therapy treatments, which is a freezing of the nerve through a small incision. Decompression surgery can be helpful, and removal of the neuroma may be necessary.

If you feel that you are suffering from pains in the foot that are similar to those described in this information, schedule an appointment with your local podiatrist to be evaluated!

Avera Sacred Heart Hospital Professional Office Pavilion
409 Summit St., Ste. 2600, Yankton
668-8601



Terence Pedersen, D.P.M.



Scott Torness, D.P.M.



Urological

Did you know?

In a recent article in the *Archives of Internal Medicine*, the use of multi-vitamins, Vitamin B6, folic acid, iron magnesium, zinc and copper was associated with a higher risk of dying among older women who took these vitamins and supplements. On the other hand, those who took calcium supplements had a higher risk of mortality. Therefore, the routine use of many dietary supplements is discouraged.

Excessive animal protein of any source, (meat, fish and poultry) can increase the risk of kidney stone formation because it increases the amount of uric acid in your blood and urine. Therefore, if you are prone to get kidney stones, eat less animal protein and drink at least 2 liters of water each day.

There is new evidence that the electromagnetic radiation emitted by WiFi enabled laptops can cause sperm damage.

Despite a recent government panel recommending against routine PSA testing for prostate cancer screening, President Obama was given a PSA to screen for prostate cancer at his last checkup as he just turned 50 years old. What’s good for the commander-in-chief should be good for the rest of us, right?

Yankton Urological Surgery, Prof., L.L.C.

2009 Locust, Yankton • 689-1100



Dr. Joseph Boudreau
MD, F.R.C.S.

Chiropractic

Acupuncture textbooks list well over one hundred different conditions that respond well to acupuncture. The World Health Organization, working in close harmony with the International Acupuncture Training Center of the Shanghai College of Traditional Chinese Medicine, has indicate acupuncture is effective in the following conditions.

Acute and chronic pain relief, migraine, tension cluster and sinus headaches, trigeminal neuralgia, bladder dysfunction, bed wetting, cervical (neck) pain, and mid-back pain, shoulder, tennis elbow, post-operative pain relief, gastric problems, asthma, allergies, skin conditions, hemorrhoids, abnormal blood pressure, fatigue, anxiety, neurological conditions, various eye problems, etc.

This is only a partial list of the nervous conditions acupuncture has been credited with helping.



2507 Fox Run Parkway,
Yankton, SD, 665-8073



Dr. Jim
Fitzgerald,
DC

Fitness/Health

Q As part of my new years resolution, I've started an exercise program that includes aerobic exercise. How do I know that the exercise I am doing is getting my heart going enough to do any good. Is there a magic number I should be trying to reach for my heart rate?

A If you are looking to improve your cardiovascular fitness level through exercise there are several different methods for measuring the appropriate intensity. A leisurely walk will burn calories but it takes a little labored breathing to improve your fitness level. One of the easiest ways is to use the age estimated heart rate training zone method. Step 1 - take 220 minus your age, this gives you your maximum heart rate. Step 2 - If you’re a healthy adult calculate 60% and 80% of that maximum. That is your target heart rate zone or the number of beats each minute that your heart should be beating during your cardiovascular workout. You can also use the talk test. You should be able to have a conversation with someone while your exercising but it should be challenging for you. If you can easily talk, you should pick up the pace. If it’s difficult to talk without gasping for breath, you may be working too hard. Your goal should be to work at this level for 20-30 minutes at least three days per week.



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Angie O'Connor
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Avera Foot and Ankle Clinic

Pharmacy/Nutrition

Q Zostavax (The Shingles Vaccine)

A A vaccine for Shingles is available. The vaccine is a one-time subcutaneous injection. Patients need a prescription from their physician in order to receive the vaccine from the pharmacy. Our Hy-Vee Pharmacists are immunization certified to administer the Zostavax and flu vaccines.

The vaccine runs around \$230 cash price, and most Medicare Part D plans cover a portion of the vaccine's cost.

New for 2012, many regular insurance prescription plans for people 50 years of age or older may also be covered. Zostavax contains the same virus as the chicken pox vaccine, varicella zoster, but in a much larger dose. Larger doses are needed to boost immunity in older patients. Zostavax does not completely eliminate the risk of Shingles, but it does decrease it by about 50%. In patients who do get the Shingles, the vaccine reduces the severity of the disease and lowers the risk of developing postherpetic neuralgia. As with all vaccines, there is a small group of patients who should not receive Zostavax. Those patients who are immunocompromised should not receive the vaccine since it contains a live virus.

Kim Kortje
Pharmacy
Director

HyVee
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