

MIDWEST DIGEST

S.F. Man Found Not Guilty In Son's Death

SIoux FALLS (AP) — A Sioux Falls man has been found not guilty of two charges in the 2008 death of his month-old child. Utkarsh Vijayvergiya (OOT-karsh Vee-jay-ver-JEE-ay) had been charged with aggravated assault and child abuse in the boy's death. A five-day trial in Minnehaha County wrapped up Friday. Prosecutors argued the boy's injuries were caused by abuse. But a pathologist testifying for the defense said the boy could have stopped breathing from a virus.

Decision On Booze In Parks Expected Soon

LINCOLN, Neb. (AP) — Nebraska Gov. Dave Heineman says he'll make a final decision on whether to allow drinking in state parks within the next month or so.

Heineman was at Ogallala and nearby Lake McConaughy on Friday to get opinions on the matter. Nebraska has banned drinking since 1995, after alcohol fueled rowdy parties and violence at Lake McConaughy.

Heineman met with people on both sides of the issue and said the majority was OK with lifting the ban at the lake if there was adequate law enforcement.

But most told him there's not currently enough law enforcement to lift the ban.

Under a proposal from the Nebraska Game and Parks Commission to lift the statewide ban, drinking could continue to be barred at some state parks if officials deemed it necessary.

Woman Charged In Neb. Girl's Drowning

OMAHA, Neb. (AP) — Bond has been set at \$35,000 for an Omaha woman charged in the drowning of a 4-year-old girl in a motel swimming pool.

Deshayla Neal remained in the Douglas County jail following Friday's court hearing. The 25-year-old is suspected of manslaughter in the death of the girl.

Police say the girl had been attending a large party at a midtown hotel on Feb. 27 and was found at the bottom of the swimming pool. She died at a hospital.

Douglas County prosecutor Brenda Beadle says the girl was at the bottom of the pool for more than an hour. Neal was the girl's caregiver at the time but is alleged to have been out buying party supplies.

A number for Neal was no longer in service. She could face life in prison if convicted.

Nelson Says He Won't Vote To Confirm Kagan

OMAHA, Neb. (AP) — Democrats have lost a vote in their quest to have Elena Kagan confirmed as the next U.S. Supreme Court justice.

U.S. Sen. Ben Nelson of Nebraska said in a statement issued Friday that he will not vote to confirm Kagan, citing concerns from Nebraskans regarding her "lack of a judicial record."

The Senate plans a vote next week on Kagan, and majority Democrats have more than enough votes to confirm her — including at least five Republicans. Kagan is in line to succeed retired Justice John Paul Stevens.

Republicans have shown no inclination to mount a filibuster to block Kagan's confirmation vote, but Nelson said he would vote to end debate to allow a vote if that happened.

Nebraska's Republican Sen. Mike Johanns earlier said he'd vote against Kagan's confirmation.

\$1M Bond Set In Stabbed Stepmother Case

OMAHA, Neb. (AP) — A \$1 million bond has been set for an Omaha man suspected of fatally stabbing his stepmother and wounding his father.

Prosecutors say 21-year-old David Brannan stabbed his stepmother, 33-year-old Tracy Brannan, and his father, 60-year-old Harold Brannan, last Saturday morning. Tracy Brannan, who was a native of Scotland, died later.

Police said Brannan tried to cut his own neck after stabbing Tracy and Harold Brannan, who had been married since May. After he was released from the hospital, Brannan was charged with second-degree murder, second-degree felony assault and two weapons counts.

Brannan remained in custody after Friday's hearing. A judge appointed a public defender to represent Brannan.

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Neb. GOP Enjoys Best Of Times At State Convention

BY MARGERY A. BECK
Associated Press Writer

OMAHA, Neb. — Nebraska Republicans head into this week-end's state convention with a popular governor up for re-election and a full slate of candidates — most of them well-funded and some running unopposed.

That's a stark contrast to the anxious atmosphere that surrounded the Nebraska Democratic Party's state convention last week. Most of the Democratic candidates for statewide and federal seats lag far behind their Republican counterparts in fundraising, and delegates entered the convention in Columbus charged with nominating a new candidate for governor — with only three

"This is a year where Republicans across the country have to be feeling pretty good."

RANDALL ADKINS

months to go until the general election.

"I would completely expect them to be in a good mood," Randall Adkins, a political science professor at the University of Nebraska at Omaha, said of state Republicans.

Gov. Dave Heineman will attend the convention with more than \$1.5 million in cash on hand for his campaign. His new challenger, Scottsbluff trial attorney Mike Meister, has just begun his fundraising effort after being nominated from the floor of the Democratic conven-

tion last Saturday.

Meister replaced Mark Lakers as the party's candidate to challenge Heineman. Lakers dropped out of the race early this month after being beset by allegations that he inflated or falsified campaign-finance filings.

Despite the seeming disparity between the parties, now is not a time to sit back, said Mark Fahleson, chairman of the Nebraska Republican Party.

"We can't put it on cruise control. Not only are we going to be very aggressive this fall ... we're actually building for the

future," Fahleson said.

The GOP convention's featured speaker is U.S. Sen. Scott Brown, R-Mass. Brown has been a darling of the party since his victory in January in a traditionally Democratic state to fill the seat of the late Edward M. Kennedy.

"This is a year where Republicans across the country have to be feeling pretty good," Adkins said. "They've got a little swagger in their walk, because the tide seems to be going in their direction."

Adkins said Republicans have the advantage this election of being able to distance themselves from the White House and President Barack Obama, whose popularity has slipped in his first 18 months, according to polls.

Heavy Rain In Southeast South Dakota Causes Problems

Wastewater Discharged Into Big Sioux River

SIoux FALLS (AP) — Heavy rain in southeast South Dakota led to flooding and forced Sioux Falls officials to discharge untreated wastewater into the Big Sioux River.

Up to 7 inches of rain fell overnight, the National Weather Service said Friday morning. That led to flooding of streets and roads, and water and sewer backups in home basements.

Intek Cleaning and Restoration crews worked on more than 200 flooded basement calls in Sioux Falls. General

Manager Eddy Syrovatka told The Argus Leader it was the busiest his business had ever been.

"Mostly it's because the ground is so saturated from past storms that when you get 4 to 5 inches of rain there's just nowhere for the rain to go," he said.

Sioux Falls public works officials said they were forced Friday morning to discharge untreated wastewater into the Big Sioux River when a lift station failed due to flooding. The

city notified state environmental officials and implemented a river monitoring plan.

Later in the day, the city declared a health emergency because of the sewage. The city said the untreated wastewater would not affect drinking water but advised residents to stay out of the river, floodwaters and areas overloaded with sewage.

Several roads in the region were closed, the state Transportation Department said. One man had to be rescued after his car was washed off a Lincoln County highway. Sioux Falls Fire Rescue Battalion Chief Bill Curry told The Argus Leader that fire-

fighters used a 100-foot ladder with a bucket at the end to rescue the man.


"This guy is extremely lucky," Curry said. "His car was completely submerged, and he was hanging out the passenger side window and sitting on the door."

In Hand County, two men were swept away by floodwaters when an earthen dam broke at Rose Hill Lake. Sheriff Doug DeBoer said the men clung to a tree until the water subsided and they could be rescued. One of the men was hospitalized in Sioux Falls with unspecified injuries.

ASK THE EXPERTS?

Family Medicine

OSTEOPOROSIS: The Facts and Prevention



Brandi Pravacek, CNP

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, both of which can lead to an increased risk of fracture, especially of the hip, spine, and wrist. About 85-90% of adult bone mass is acquired by age 18 in girls and 20 in boys. Building strong bones during childhood and adolescence can help to prevent osteoporosis later in life. Osteoporosis is preventable in most people. Prevention of this disease is critical, as currently there is no cure available. Treatments are available however to help lessen the severity and extent of osteoporosis. The National Osteoporosis Foundation (NOF) has devised a list of five steps to prevent osteoporosis. One step alone is not enough to prevent this disease however by following all five steps, you can decrease your chances of developing osteoporosis.

NOF's Five Steps to Bone Health and Osteoporosis Prevention:

1. Get your daily recommended amounts of calcium and vitamin D
2. Engage in regular weight-bearing exercise
3. Avoid smoking and excessive alcohol
4. Talk to your healthcare provider about bone health
5. When appropriate, have a bone density test and take medication


Schedule a provider appointment today at Lewis & Clark Family Medicine, PC to talk about bone density tests and management of osteoporosis if you are concerned about your bone health.

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Pharmacy/Nutrition


I have heard a lot about sodium in the news lately. How much sodium should I consume in a day?



Brenda Pfaff, RD, LN

On average, the higher an individual's salt (sodium chloride) intake, the higher an individual's blood pressure. Nearly all Americans consume substantially more salt than they need. Most Americans, on average consume over 3,400 mg of sodium per day! Many American adults will develop hypertension (high blood pressure) during their lifetime. Lifestyle changes can prevent or delay the onset of high blood pressure and can lower elevated blood pressure. These changes include reducing salt intake, increasing potassium intake, losing excess body weight, increasing physical activity, and eating an overall healthful diet. Currently the Dietary Guidelines from 2005 recommend adults consume less than 2,300 mg (approximately 1 tsp of salt) of sodium per day. Individuals with hypertension, blacks, and middle-aged and older adults should consume no more than 1,500 mg of sodium per day. However, the Dietary Guidelines for 2010 are in the final stages of being revised and it is expected that the recommendations for sodium in adults will be lowered. Earlier this year, the American Heart Association changed their recommendations to 1500 mg/day for all adults. It is expected that recommendations will also be released for children since blood pressure levels have increased in children and adolescents as well.


Source: Report on DGAC; Dietary Guidelines for Americans, 2010
<http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm>

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Ear, Nose & Throat

Dr. Rumsey, after getting caught too close to a large firework I noticed severe ringing and reduced hearing in my left ear. Is there anything I can do?



Matthew Rumsey, Au.D., CCC-A


Unfortunately there are no current treatments to help reverse hearing loss caused by loud noises. There are two types of hearing loss caused by loud noise, transient (short term) or permanent. Transient losses will improve over the course of two to three days. If you haven't noticed any improvement in three or four days then you should have your hearing evaluated to measure the damage and consider your options. On a positive note, researchers from the University of Auckland, New Zealand, are reporting encouraging data regarding their progress reversing permanent noise induced hearing loss with a course of daily chemical injections. They have not tested their treatment on humans, but feel their current findings with animals are very promising. If you need more information please feel free to contact me by phone at 605-665-6820 or by email at mrumsey@avera.org.

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Fitness/Health

How is body fat measured? Will body fat turn into muscle with an exercise?



Angie O'Connor, Clinical Exercise Specialist

Body fat or body composition is a measure of a person's lean versus fat tissue. Everyone requires some body fat for their systems to function properly, however having excess fat tissue increases your risk for various health conditions such as heart disease, certain forms of cancer, diabetes and more.

There are many methods for measuring body composition including bioelectrical impedance analysis (BIA), circumference measurements, skinfold measurements, near-infrared and underwater weighing. The most common measurement styles are BIA and skinfold. BIA is very non-invasive and only requires that the participant utilize a hand held machine, after entering biometric data, for a short test that last less than one minute. This measurement function is also available on some home digital scales as well. For skin fold testing the participant has 3-7 sites on their body measured and marked and then the tester carefully pinches each fold of skin and measures it with a skinfold caliper.


It is important to remember that it's not about "skinny" or "fat." Even a person that looks to be at an appropriate weight can still be "over fat." That's why someone serious about keeping healthy should focus more on body composition rather than weight. Body fat doesn't turn into muscle nor does muscle turn into fat. Effective exercise will help burn off body fat and increase muscle mass.

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Podiatry

Are flip-flops bad for your feet. Is it better just to go barefoot?



Terence Pedersen, DPM

Flip-flop sandals are responsible for a growing epidemic of heel pain among teens and young adults. We're seeing more heel pain than ever in patients 15 to 25 years old, a group that usually doesn't have this problem. A major contributor is wearing flip-flop sandals with paper-thin soles everyday to school. Flip-flops have no arch support and can accentuate any abnormal biomechanics in foot motion, and this eventually brings pain and inflammation.

I recommend wearing sandals with reasonably strong soles and arch support. Especially for girls and young women, thicker soled sandals with supportive arches might not be considered stylish, but if you want to wear sandals most of the time, you'll avoid heel pain if you choose sturdier, perhaps less fashionable styles.


It is estimated that 15 percent of all adult foot complaints involve plantar fasciitis, the type of heel pain caused by chronic inflammation of the connective tissue extending from the heel bone to the toes. Being overweight and wearing inappropriate footwear, such as flip-flops, are common contributing factors for heel pain.

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Surgery

I am beginning to wonder about all the news I hear about being out in the sun and sunscreen. I've been out in the sun since I was kid, do I need to be concerned?



Lisa A Miller, MD

Yes, everyone needs to be concerned and take precautions against skin damage and skin cancer. The Skin Cancer Foundation says that up to 90 percent of the visible changes commonly attributed to aging are caused by the sun. One in five Americans will develop skin cancer in the course of a lifetime. There are precautions you can take and you can find them listed on the Skin Cancer Foundation website at www.skincancer.org. If you have any questions or concerns, contact our office for a consultation. We specialize in skin cancer diagnosis and treatment, office removal of skin lesions, melanoma excision and sentinel node biopsy and skin cyst excisions.

YSA **Yankton Surgical Associates, PC** 409 Summit, Yankton, 668-9670
Kynan C. Trail, MD, FACS
Lisa Ann Miller, MD, FACS