

## Berm That Collapsed At Nuke Plant Replaced

FORT CALHOUN, Neb. (AP) — A flood berm that collapsed last month at the Fort Calhoun nuclear station has been replaced. The Omaha Public Power District said Friday that the berm is keeping Missouri River floodwaters away from the plant.

The 2,000-foot berm collapsed June 26, allowing water to surround the auxiliary and containment buildings. OPPD has said the berm was an extra protection that wasn't mandated in its flood plan, and federal regulators said the failure caused no threat to the public.

The Fort Calhoun plant was shut down in early April for refueling. OPPD has said the complex will not be reactivated until the flooding subsides.

Flooding remains a concern all along the river because of the massive amounts of water released from upstream reservoirs. Water is expected to remain high into fall.

## Funeral Set For SD Soldier Killed In Afghanistan

RAPID CITY (AP) — A funeral service for a South Dakota soldier killed in Afghanistan is scheduled Wednesday in Rapid City.

Army Staff Sgt. Lex Lewis of Rapid City was killed July 15 when insurgents attacked his unit with small-arms fire in Farah Province. Lewis was a cavalry scout assigned to the 2nd Brigade Combat Team, part of Fort Carson's 4th Infantry Division. He is the recipient of a Purple Heart, Bronze Star and Combat Action Badge.

South Dakota Gov. Dennis Daugaard is requesting that all flags be flown at half-staff on Wednesday in honor of Lewis.

## Omaha Seeks Driver Who Damaged School

OMAHA, Neb. (AP) — Omaha police are looking for a man they say sped away from a traffic stop and rammed his car into an elementary school.

Police say an officer stopped a car around 2:30 a.m. Friday in Omaha. But while the officer was evaluating the driver's paperwork, he sped off.

The officer didn't pursue, but KETV says witnesses reported seeing the man's vehicle hit a school about a half-mile away.

Police said the crash knocked down a large part of the brick building near the gymnasium.

The car was towed, but police haven't found the driver.

## Grant To Help People Losing Jobs In SD City

SPEARFISH (AP) — The U.S. Department of Labor says it will help people who are losing their jobs because the Premier Bankcard call center in Spearfish is closing.

The Black Hills Pioneer reports that the nearly \$400,000 grant is meant to provide training and employment services to about 200 people.

The company announced in May it would be closing the center in late July. It has 330 full-time and part-time employees.

## Troubled Sioux Falls Animal Shelter Closing

SIoux FALLS (AP) — A Sioux Falls animal shelter that has been the subject of controversy in recent years is closing.

Second Chance Rescue Center on Friday announced it "could not overcome the challenges" it was up against and will close for good on Sunday.

Second Chance has been struggling since the seizure of 172 dogs from a Hurler breeder was deemed illegal by a Turner County judge, who ruled last year that then-director Rosey Quinn misled authorities to obtain a search and seizure warrant.

The ruling led to the dismissal of 172 animal cruelty counts against Dan Christensen. He later sued Second Chance, Quinn and several Turner County officials in federal court. The shelter's board removed Quinn as director in May and announced it was transitioning the rescue center to an adoption center.

## Wall Of Wall Hotel Damaged By Flying Roof

WALL, S.D. (AP) — A storm packing strong winds damaged the wall of a hotel in the western South Dakota town of Wall.

Pennington County Sheriff's Deputy Louie Lange tells the Rapid City Journal that a tin roof blew off a building and slammed into the American Best Value Inn, breaking a top story window and crushing through the wall Thursday evening.

Lange says the people staying in the room had gone to dinner, so no one was hurt.

# Neb. High Court Grants Hearing In Collins Appeal

BY MARGERY A. BECK  
Associated Press

OMAHA, Neb. — Imprisoned former Nebraska running back Thunder Collins could get a shot at a new trial after the Nebraska Supreme Court ruled Friday that a lower court should not have allowed the jury in his murder case to break for the weekend before delivering its guilty verdict.

The state's high court noted that Nebraska law calls for juries to be kept together once they begin deliberations, and said Collins is entitled to a presumption that he was harmed by the jury's separation before it reached a verdict. It ordered the Douglas County District Court to hold a hearing where state prosecutors must prove Collins' case was not hurt by the separation.

Collins was sentenced in 2009 to life in prison for first-degree murder, plus 90 to 110 years for attempted murder and other counts, in the September 2008 shooting death of Timothy Thomas of Los Angeles. Another California man, Marshall Turner, was injured in the incident that prosecutors said stemmed from a botched drug deal in which Collins had planned to rob the men.

Jurors began considering Collins' case on a Friday. The jury did not reach a verdict on that day and was permitted to separate and return to deliberate the following Monday, on which day it found Collins guilty of first-degree murder and the other counts.

Collins' attorney, Steve Lefler of Omaha, argued on appeal that the lower court erred in various ways, including by overruling his motion for new trial on the basis that the court allowed the jury to separate during deliberations without first getting Collins' approval.

In its opinion Friday, the state's high court noted that Nebraska law says that "when a case is finally submitted to the jury, they must be kept together in some

convenient place, under the charge of an officer, until they agree upon a verdict or are discharged by the court."

Legal precedent allows the separation of the jury in a criminal case "only if the statutory right to nonseparation is waived by the express agreement or consent of counsel for the defendant and counsel for the state," the court said.

Messages seeking comment were left Friday for Lefler, the Nebraska Attorney General's office and the Douglas County Attorney's office.

Collins played for the Cornhuskers from 2000-2002. He quit the team midseason, saying he couldn't afford to keep playing and needed to focus on taking care of a younger brother, whom he moved from Los Angeles to Nebraska to protect from gangs. His decision to leave followed a four-game suspension for an undisclosed NCAA rules violation.

He also had a brief stint in 2003 with the Montreal Allouettes of the Canadian Football League.

Originally from Los Angeles, Collins was a junior college All-American in 1998 who was touted by recruiting analysts as the next in a long line of great Nebraska running backs.

But Collins never lived up to the hype. His best season was in 2001, when he played in 12 games, ran for 647 yards and five touchdowns and caught 19 passes for 189 yards.

Collins has maintained his innocence in the 2008 shooting and shouted at the jury after he was found guilty: "Are you happy? Are you happy? You know I didn't kill anyone!"

Four other men also sentenced to prison for their parts in the shooting. Karnell Burton was ordered to serve 80 to 130 years for manslaughter, attempted murder and other felonies. Turner, one of the victims, and two other men were given sentences ranging from five to 12 years on drug charges.

# Nebraska Prosecutor Sees Rise In Child Porn

BY GRANT SCHULTE  
Associated Press

OMAHA, Neb. — The number of federal child pornography cases filed in Nebraska is trending upward as authorities make use of new tracking technology, the state's top federal law enforcement official says.

But U.S. Attorney Deborah Gilg and other prosecutors say authorities still lack the manpower to pursue every case, and they are racing to counter new technology that has made the illegal images easier to share.

"The child pornography numbers would surprise people," Gilg said in an interview this week in her downtown Omaha office. "It's shocking. We could be doing them all day long. That's the sad thing."

Federal prosecutors in Nebraska have filed 22 Internet exploitation indictments in the first six months of this year, compared with 30 filed in all of 2010. Gilg, a former Keith County prosecutor in western Nebraska, said the number of Nebraska federal cases has trended upward in both urban and rural

parts of the state.

Gilg said state and federal prosecutors generally decide who will file charges based on which will result in a heavier sentence, the evidence that can be presented and other factors.

The Nebraska Crime Commission reported 20 state-based pornography cases in 2010, the highest number in at least the last five years. Most of the cases stem from child pornography charges, but a small number involve selling pornography to children. The state attorney general's office has investigated 122 cases since January.

Assistant U.S. Attorney Jan Sharp, who heads the office's criminal division, said more cases began to surface when the Nebraska State Patrol discovered a way to identify people trading child pornography through Internet file-sharing services.

Sharp said the actual prevalence of child pornography possession has likely held constant in recent years, but the tracking technology has helped increase enforcement. But Gilg and Sharp also said investigators lack

the manpower to pursue every case.

"There are a bazillion cases out there," Sharp said. "You could do it any place in Nebraska, any county in the state, and come up with a significant number."

The caseload includes several high profile arrests in the last year. Daniel C. Davis, a North Platte man who plays Santa Claus during the holidays, was indicted in June on federal child pornography charges after authorities reportedly found illegal images on his computer. He has pleaded not guilty.

Last month, a former Elkhorn Valley science teacher pleaded not guilty to several sex-related charges. Lee Burenheide, 28, is set to stand trial in August for enticement by electronic communication device, a felony count of child pornography possession and two misdemeanor counts of sexual assault. The charges stem from inappropriate messages and photos he allegedly sent to two teenage girls.

State authorities also charged a former Scottsbluff police officer this month with 10 counts of possessing child pornography.

# ASK THE EXPERTS

## Family Medicine

**Q** Should I be concerned about West Nile?

**A** West Nile virus is a mosquito borne infection that can cause only mild flu like symptoms or can cause a severe illness such as encephalitis.

Encephalitis is an infection of the brain. Symptoms may include headache, high fever, stiff neck, disorientation, tremors, convulsions, weakness and paralysis. Symptoms may last for several weeks, although the neurological effects may be permanent. There is no human vaccine for West Nile. This time of year, you should try to reduce your risk of being bitten by mosquitoes in order to reduce your risk of getting West Nile. In addition to reducing stagnant water in your yard, make sure all windows and doors have screens, and that all screens are in good repair. Minimize time spend outdoors between dusk and dawn. Wear shoes, socks, long pants and a long sleeved shirt when outdoors for long periods of time, or when mosquitoes are most active. Use mosquito repellent containing DEET, Picardin, oil of lemon eucalyptus, or IR 3535, according to directions, when you are outdoors.

If you are experiencing concerning symptoms or have concerns related to West Nile, please schedule today at Lewis & Clark Family Medicine, Morgan Square.

(above information obtained from the SDDOH)  
1101 Broadway, Suite 103A  
Morgen Square, Yankton, 260-2100



Jeffrey Johnson,  
M.D.



Brandi Pravacek, CNP

L&C Specialty Hospital

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MEDICINE, P.C.

## Ear, Nose & Throat

**Q** Dr. Rumsey, I heard a segment on a news program about a mom getting hearing loss from her preschool child kissing her ear. Can this really happen?

**A** While this is rare, it can occur. Hearing loss due to kissing is known as Reiter's Ear Kissing Syndrome (REKS). It occurs when a seal is created around the opening of the ear canal, sudden and considerable suction applies negative pressure to the ear drum. This negative pressure can not only damage the ear drum, but also the small bones (ossicles) and muscles in the middle-ear space. While this could not cause a person to go completely deaf, it could definitely cause a noticeable hearing loss that could have a drastic effect on quality of life. Just to be safe, never apply suction of any kind to a person's ear because damage to the auditory system is possible. Anyone can be affected by this, but infants and small children are at high risk because they are so kissable. Please feel free to contact us if you have any further questions regarding REKS.

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**Avera**  
Yankton Ear,  
Nose & Throat



Matthew Rumsey,  
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## Podiatry

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

**A** 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.

2nd Floor Rehabilitation & Wellness Institute,  
501 Summit, Yankton • 668-8601

**Yankton Foot  
and Ankle Center**  
**Avera**



Terence Pedersen,  
D.P.M.

## Assisted Living/Hospice

**Q** Our loved one with a terminal illness has been considering hospice. What would you advise?

**A** Cancer, heart or lung disease, or dementia can sometimes be so advanced that further treatment appears futile. Families and their loved ones then focus on comfort and dignity as their prime goals of further care at home or in a hospice facility.

The dedicated hospice staff and medical director work with your family physician to assure freedom from pain and to manage any symptoms. Spiritual support by chaplains and priests is also emphasized.

Eligibility is determined by your loved one's physician and hospice medical director. Hospice care is especially designed for end of life care expected to last 6 months or less.

Private insurance, Medicare, Medicaid, and Department of Veterans Affairs are major financing sources. Contact the hospice staff who will gladly provide you and your loved one with further information and assistance.

605-689-0382



Lars Aanning, MD  
Medical Director

*Autumn Winds*  
*Comfort Care*

Yankton, SD

## Chiropractic

**Q** How effective is chiropractic for headaches?

**A** To answer that question, consider how effective over the counter drugs have been for your headaches. If you are like many who self treat for your headaches, you are getting only temporary relief. Your relief comes with a price to the rest of your body. Just check out the side effects of long term use. Chiropractic can be very effective for relief and long term control of those headaches as it addresses those systems in our bodies that are influenced and stressed by the headache. Headaches can occur for many reasons and can start at any age. The right treatment for you can make a great difference in productivity and energy because when your system is happy, you feel better.

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

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Sheila Fitzgerald,  
DC

## Fitness/Health

**Q** How hot is too hot to exercise outside?

**A** If you like to exercise outside in the Summer it is important to be vigilant in order to reduce your risk of heat related illness. If you generally exercise outside you are most likely acclimated to the heat but excessive heat can still be an issue for you! Of course it is important to always make sure that you are well hydrated with water but that you also replace electrolytes lost with sports drinks for example. You should wear minimal, light colored clothing and reduce your exercise intensity during excessive heat. Sweating along with the evaporation of that sweat is what keeps your body cool. If the humidity is high it may prevent the evaporation of sweat reducing the cooling effect. Use this as a guide for health risk as it relates to exercise outdoors. Heat Index: Below 80 degrees F - little or no danger, 80-90 degrees F - Fatigue possible with prolonged exposure, 90-105 degrees F - Heat cramps and heat exhaustion are possible, 105-130 degrees F - Heat cramps and heat exhaustion likely, heatstroke is possible, over 130 degrees F - Heatstroke is imminent.

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**Avera**  
Sacred Heart  
Wellness Center



Angie O'Connor  
Clinical Exercise  
Specialist

## Pharmacy/Nutrition

**Q** Is there harm in taking excessive amounts of over the counter (OTC) medicines?

**A** The flashy marketing colors and easy accessibility to OTC products do not mean they are always safe. If taken outside the recommended guidelines, all drugs including OTC products have the potential to cause serious adverse effects.

For example, throughout the country in many local newspapers, there most likely are articles related to teenage deaths associated with overdosing on OTC products containing the particular cough and cold ingredient dextromethorphan. At normal dosages, dextromethorphan acts to relieve coughing from the common cold or flu. However, when used recreationally at high doses, it may cause unsteadiness, seeing things or hearing voices that do not exist, difficulty in breathing, or even a coma. Although some in the present culture believe high doses of dextromethorphan are safer than other known abused drugs, dextromethorphan is also dangerous and can cause detrimental effects. The high risk of abuse potential due to low cost and purchasing capabilities has led many pharmacies to place dextromethorphan and other similar products behind the counter to help monitor purchasing patterns.

Within family and friend circles, people should observe the behavior of loved ones to understand if medication abuse is happening and talk to them if there are suspicions. Following the indicated dosages on OTC medicines, reading the labels of all current OTC products, and consulting a pharmacist with questions can also decrease the potential of adverse effects.

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