

Women Honored For Help After Police Shooting

RAPID CITY (AP) — Two Rapid City residents have been honored for rushing to the aid of two dying Rapid City police officers after a gunman opened fire on Aug. 2.

The Rapid City Journal reports that the city honored Sarah Rodolph and Rachel Runnels on Monday for their courage in the aftermath of the shooting that claimed the lives of officers J. Ryan McCandless and Nick Armstrong.

Officer Tim Doyle was injured but has since returned to duty. Rodolph performed CPR on Armstrong until medics arrived, as Runnels and an Indiana couple tried to keep McCandless alive.

Rapid City Police Chief Steve Allender says when they saw what was going on, they immediately stopped and rendered aid.

Flood Cleanup Begins At Eppley Airfield

OMAHA, Neb. (AP) — Officials at Eppley Airfield in Omaha say crews have begun the cleanup of what was left behind by this summer's flooding along the Missouri River.

KETV-TV reported contractors have started removing the flood control infrastructure around the airport. They also say specially designed wells that kept floodwaters away from the runways will continue to operate through October.

The Omaha Airport Authority says it has spent \$17 million on flood control but will eventually spend \$26 million to protect the airport.

The flooding also left behind a 300-yard swath of sand and silt between the river and the airport's levee system.

It was a grassy mix of fields and farmland leased out by the airport and it's not clear if the U.S. Army Corps of Engineers will restore the area.

Sioux Falls Has More Suspected Arson Fires

SIoux FALLS (AP) — Sioux Falls police are investigating whether three suspicious vehicle fires over the weekend might be connected to arson fires in the city last month.

Authorities believe the three vehicles were intentionally set ablaze. Two of them were within a block of one another.

On Sept. 5, arson cases were reported in Sioux Falls involving a Dumpster, shed and a garage.

Police spokesman Sam Clemens says it's fortunate that no one has been hurt.

S.D. Starts Loan Program For Small Businesses

PIERRE (AP) — Gov. Dennis Daugaard says South Dakota is starting a new loan program to help South Dakota's small businesses expand.

The program, called South Dakota WORKS, is funded by a \$13.2 million grant from the U.S. Treasury Department. It will provide small businesses with working capital, startup funds and money for payroll and inventory.

Daugaard says the new program will complement existing loan programs operated by the Governor's Office of Economic Development.

He says the nation's economic problems have made it difficult for businesses to borrow the working capital they need for expansion projects.

The governor says the state expects the program will generate at least \$10 in private lending for every \$1 in federal spending. That would mean the \$13.2 million federal grant will support \$132 million in private lending.

S.D. Man Seeks To Continue Abuse Lawsuit

BY CHET BROKAW
Associated Press

PIERRE (AP) — A man who alleges he was sexually abused decades ago at St. Paul's Indian School in Marty has asked the South Dakota Supreme Court to let him continue his lawsuit against the religious organizations that ran the school.

A circuit judge threw out the case, ruling that D.Z. Iron Wing waited too long to file the lawsuit because he knew of injuries caused by the alleged abuse more than three years before he took legal action.

Iron Wing's lawyer, Michael Shubeck of Rapid City, said the lawsuit should be reinstated so a trial could determine whether Iron Wing only recently discovered that the alleged abuse had caused him some injuries.

But lawyers representing the religious organizations that previously operated the boarding school said Iron Wing waited too long to go to court because he has acknowledged that he never forgot the alleged abuse and knew it caused him to be angry and hate the

religious organizations.

The Supreme Court's hearing at Dakota Wesleyan University in Mitchell was broadcast through the court's website. The court will issue a written decision later.

At issue is a state law that requires a lawsuit seeking damages for childhood sexual abuse to be filed within three years of the alleged abuse or within three years of the time the victim discovered or should have discovered an injury was caused by the abuse.

Iron Wing filed a lawsuit in 2008 against the Catholic Diocese of Sioux Falls, Blue Cloud Abbey, the Oblate Sisters of the Blessed Sacrament and a nun and a priest he alleged abused him when he attended the school in 1953-1964. The religious organizations ran the school for decades, but the school has since been transferred to control of the Yankton Sioux Tribe. Lawyers said the nun and the priest accused of the abuse have died.

Iron Wing, 64, said in a deposition that the sexual abuse caused him anger and hatred toward the Catholic Church, nuns and priests. Dozens of similar lawsuits alleging sexual

abuse at Indian boarding schools in South Dakota have been filed, but most have been dismissed after judges found the former students waited too long to go to court.

Circuit Judge Bradley Zell threw out Iron Wing's lawsuit after ruling that Iron Wing had always remembered the abuse and knew of his hatred of the religious organizations. The judge said Iron Wing waited too long to sue because he should have sought to discover the cause of his hatred more than three years before he went to court.

However, Shubeck said a psychologist found that Iron Wing's anger was just a way to cope with a broader range of injuries that he did not discover until recently. A jury or judge should decide in a trial whether Iron Wing should have discovered earlier any connection between the alleged abuse and his injuries, he said.

A trial would look into how a reasonable person would respond to such abuse, Shubeck said.

"We have agents of God, we have direct representatives of God that are doing this to a child," Shubeck said.

Omaha Murder Suspect Appeals On Speedy Trial Issue

BY MARGERY A. BECK
Associated Press

OMAHA, Neb. — The Nebraska Supreme Court will consider an appeal in a murder case Wednesday — for a second time — from an Omaha man who says he should go free because prosecutors have violated his right to a speedy trial.

Joseph Tamayo, 27, is one of four people charged in connection with the November 2007 death of Colby Dandrow, 33, whose body was found bound and gagged in a bathtub in a fire-damaged apartment.

Police say Dandrow had been tortured, burned and stabbed more than 100 times.

The state Supreme Court agreed with an appeals court last year that Tamayo had not received a speedy trial. It ordered a Douglas County District Court to determine whether a psychiatric evaluation sought by Tamayo provided good cause for the delay in bringing him to trial on a first-degree murder charge.

Tamayo appealed again after the district court found his right to a speedy trial had not been violated.

At issue is the psychiatric evaluation Tamayo sought in early 2008

after he was charged in the case. Tamayo's attorney, James Regan of Omaha, contends the six months it took from his request for the evaluation to an October competency hearing should not have been excluded from Tamayo's speedy trial clock.

Regan said criminal defendants are routinely examined by psychiatrists without prosecutors' knowledge, so the examinations should not stop the speedy trial clock.

"The real issue is ... was there something so unique about Mr. Tamayo's psychiatric evaluation that it would affect the period of time to be excluded under the speedy trial calculation," Regan wrote in a brief before the state Supreme Court. He argued there was not.

But prosecutors say that argument ignores the court's obligation to protect Tamayo's constitutional right to due process by providing him — at his request — with the time for a psychiatric evaluation to be completed.

"If the district court erred by granting Tamayo's request for a psychiatric evaluation, the error was committed at Tamayo's urging," assistant state attorney general James Smith wrote in his brief.

South Dakota Man Seeks New Sentence For Rape Conviction

BY KRISTI EATON
Associated Press

MITCHELL — The lawyer for a man convicted of rape and kidnapping in a string of sexual assaults in Brookings last year asked the South Dakota Supreme Court on Tuesday to order that he be resentenced by another judge.

Chris Jones' lawyer, Rick Ribstein, said another circuit judge should sentence Jones because Circuit Judge David Gienapp exceeded the state's recommended sentence after the prosecutor failed to publicly note the plea agreement recommending a 70-year prison term during the sentencing hearing.

"He didn't follow through with the promise. That's what set this in motion," Ribstein said.

Jones, 22, pleaded guilty to three counts of second-degree rape and one count of first-degree kidnapping as part of the

plea agreement. In exchange, prosecutors agreed to drop lesser charges and cap the prison time to 70 years — making Jones eligible for parole after 35 years.

But Gienapp handed Jones a sentence exceeding the plea agreement last November. Jones filed a motion for a new sentencing hearing with a different judge. Gienapp denied the motion for a new judge and resentenced Jones a month later to a sentence similar to the original one. Jones received 80 years in prison for the three rape convictions and 75 years — with 55 years suspended — for the kidnapping charge.

Assistant Attorney General Donald Tinklepaugh said the prosecutor was "not trying to make some underhanded attempt to get this longer sentence" and the breach was corrected with the resentencing. He asked the state Supreme Court to affirm the second sentence.

What Makes A Good Enough Apology?

BY VAL FARMER

EDITORS NOTE: Val Farmer is on vacation. This popular column was first published in March 2005

I read a book called the, "One Minute Apology." It had some nice thoughts about how relationships can be restored by frequent and well meant apologies.

It is true. Not enough people make apologies for the acts of harm they have caused. It is often the missing factor in holding up forgiveness. Too many harmful actions haven't been acknowledged and the victim is left dissatisfied and unresolved.

Apologies can be cheap. What bothered me about the book was its title. A "one minute apology" may be woefully inadequate for the type of offense caused. It seems cheap and easy.

People think they have apologized with a brief, "I'm sorry!" and expect that it counts. Then they wondered why the matter persists as a deep hurt that won't go away. The problem was with their apology. It wasn't long or deep enough. It didn't address what the victim needed to hear.

I wish the book was called, "The Twenty Minute Apology," to convey what it takes to restore a relationship and open the door to true forgiveness.

I shared this thought with a client. She responded, "I'd settle for a one-minute apology." Her husband, in the middle of his stubborn pride, has consistently refused to acknowledge mistakes. Even a one minute apology would bring a soothing balm to that relationship and help her transcend the misery of real life transgressions.

Earning forgiveness. In her book, "How Can I Forgive You?"

psychologist Janis Abrahms Spring outlines what she considers to be six critical tasks for earning forgiveness.

1. Overcome your mistaken assumptions that block your efforts to seek forgiveness.
2. Bear witness to the pain you have caused.
3. Seek to understand your behavior and reveal the painful truths about yourself to the person you have harmed.
4. Apologize genuinely, non-defensively, responsibly.
5. Work to earn back trust.
6. Forgive yourself.

The good enough apology. Apologies that minimize guilt, are defensive or cast blame, inflict more pain. Poor apologies show a lack of understanding, a lack of respect and a vulnerability that the offense could happen again. A good apology is a key to restoring the vital connection for couples - that they can be a safe haven for each other and are free again to be vulnerable and intimate.

Spring also outlines what she considers to be the good enough apology.

1. **Take personal responsibility for the harm you have caused.**
2. **Make your apology personal.** Show that the apology is about the other person and not about yourself.
3. **Make your apology specific.** Describe in detail the offending actions and how it harmed the other party and the relationship. This is where the apology can stretch out.
4. **Make you apology deep.** Don't hold back on the wretched



Val FARMER

truth. Go deep into yourself and explain your motives, lapses in judgment and shortcomings.

5. Make your apology heartfelt. Convey a transformation of the heart through body language, tone of voice, and expressions of genuine remorse. Strip away any pride and defensiveness.

6. Make your apology clean. You can't accuse someone and apologize at the same time. Don't try to explain your offense based on the other party's actions. This is not the time. He or she may or may not acknowledge their role at another time. This is not the time to assign blame. An apology is about feelings, not facts.

7. Apologize repeatedly. For serious emotional wounds, one apology may not be enough. Don't be sorry. Be sorrowful - and continue to be sorrowful as long as necessary. Don't be angry or put time limits on another's grieving.

I am going to take the liberty of adding an eighth item to Spring's list.

8. Make a specific commitment not to re-offend. The commitment at the end of an apology is an anchor for rebuilding trust in the relationship. Take this seriously. Any misstep or repetition of the offending behavior after a truly meaningful apology could be fatal.

A person making the effort to earn forgiveness has to have: 1) a humble and non-defensive attitude, 2) be honest and reveal truth about oneself or one's actions however painful or embarrassing it might be, 3) listen to pain and hurt that the offender

caused, 4) be patient to allow the hurt party to work through the process and his or her pace, 5) make whatever amends are possible, 6) make a strong commitment not to re-offend, and 7) show constancy of love and concern that becomes habitual and dependable.

When these steps are skipped or taken lightly, the process of reconciliation is much more difficult for the hurt party.

The miracle of apologies. I have seen the miracle of apologies unlock a frozen heart and heal unbelievable hurt. Many times the offenders are highly motivated but lack understanding of what is required.

Sometimes I coach offenders on how to make a good apology. I model a good apology. I described the elements that they need to cover in the apology. I encourage them to use their own words but to be thorough in their apology.

When I am privileged to witness a heartfelt apology, I feel I am witnessing something sacred. My presence doesn't matter. Neither does my coaching. What does matter is how deeply the offender feels about his or her transgression and how he or she reaches out to their partner or family member with genuine remorse and contrition.

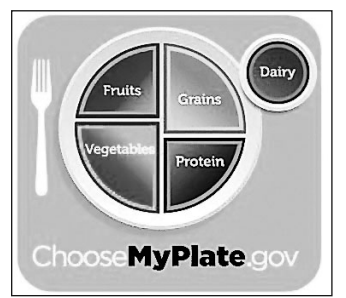
Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Mo., and can be contacted through his website.

This column is sponsored by Lewis & Clark Behavioral Health.

VISITING HOURS

MyPlate: What's On Your Plate

BY RACHEL SCHRAMM
Dietitian, Avera Sacred Heart Hospital & Hy-Vee



Making healthy choices just got a little easier. Recently, the USDA updated MyPyramid with MyPlate and released new dietary guidelines for Americans. Instead of MyPyramid, MyPlate is designed as a visual example of what food groups Americans should eat at each meal.

MyPlate has three main messages: balance calories, increase nutrient dense foods and limit foods high in sodium, added sugar and refined grains. Balancing calories means all foods can still be enjoyed but people should eat less of them and avoid oversized portions. Label reading is a helpful tool to use when determining a proper portion size. Remember, eat to feel satisfied, not stuffed.

Nutrient dense foods are foods that contain essential nutrients and few calories. Some examples of nutrient dense foods are fruits, vegetables and whole grains products. When preparing different nutrient dense foods, try to avoid adding solid fats, sugars or salt. MyPlate suggests filling half the plate with fruits and vegetables with the remaining half split between a whole grain and a lean protein source. Add a low fat dairy source as a

drink or dessert and a well balanced meal is complete.

MyPlate also recommends limiting foods high in sodium, added sugars and refined grains. Added sugars are sugars added to foods during preparation or processing and increase calories without increasing nutrients. Some examples of foods with added sugars are soda, energy drinks, fruit drinks, desserts and sugar-filled ready-to-eat cereals. Eat added sugars only occasionally and with proper portion sizes as stated on the label.

Remember, a variety of foods in moderation can fit into any healthy diet if nutrient needs have been met without overdoing calories consumed. As always, regular physical activity helps maintain a healthy weight.

For more information about MyPlate, visit www.myplate.gov.

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