

### West Nile Virus Found In NE Neb. Mosquitoes

WAYNE, Neb. (AP) — The Northeast Nebraska Health Department in Wayne says mosquitoes in the area have tested positive for West Nile virus.

Wayne radio station KTCH reports that mosquitoes collected from sites near Ponca and Wayne have tested positive for the virus.

West Nile virus is transmitted to humans through the bite of a mosquito that has picked up the virus by feeding on an infected bird.

The health department is asking people in Cedar, Dixon, Thurston and Wayne counties to be aware that the virus is present in the area and to take precautions.

Those include using insect repellent and wearing long sleeves and pants at dawn and dusk, as well as draining standing water where mosquitoes breed.

### Officials: Center Could Create 1,200 Jobs

SIOUX FALLS (AP) — Promoters of a proposed events center in South Dakota's largest city say the project would create more than 1,200 jobs, mostly for people working on the building.

Sioux Falls residents will vote on the project in a Nov. 8 special election. City officials have been visiting various groups to talk about the project.

Officials tell the *Sioux Falls Argus Leader* (<http://bit.ly/qVhgZq>) that about 200 people would be hired in permanent positions when the building opens.

### Man Pleads Not Guilty To Attempted Murder

RAPID CITY (AP) — A Puerto Rican man who prosecutors say drugged his girlfriend's beverages in an attempt to kill her fetus pleaded not guilty to attempted murder.

KOTA reports that 34-year-old Alfredo Vargas pleaded not guilty to the charge of attempted fetal homicide Tuesday.

Prosecutors say Vargas, who was extradited from San Juan, Puerto Rico, tried to kill the fetus by drugging the girlfriend sometime between February and May 2010.

Court papers say Vargas' girlfriend became suspicious and had police test one of her drinks. They discovered an herb called Blue Cohosh. The herb is commonly used as part of a tea to induce labor.

Vargas faces a maximum of 25 years in prison if he's found guilty.

### S.D. Man Pleads Guilty To Mailing Drugs

RAPID CITY, S.D. (AP) — A 60-year-old Rapid City man has admitted hiding painkillers in a box of Valentine's candy he mailed to a prospective buyer.

Clement Shaw Jr. pleaded guilty Monday to distribution of a controlled substance. He faces a maximum sentence of five years in prison.

Prosecutors say Shaw received \$400 via a Western Union wire in exchange for hydrocodone pills. The package was intercepted in the mail.

# University Of Nebraska Leaders Get Big Raises

BY GRANT SCHULTE  
Associated Press

LINCOLN, Neb. — The University of Nebraska gave several top administrators larger raises than usual this year to keep their pay competitive and try to prevent them from leaving for other schools, regents said Tuesday.

The Board of Regents said the higher salaries will bring the University of Nebraska closer to the midpoint compensation of similar schools. The increases will come from the University of Nebraska Foundation, the university's nonprofit fundraising arm, and not tuition or tax money.

University of Nebraska President James B. Milliken received a 12 percent raise, budget documents show. University of Nebraska-Lincoln Chancellor Harvey Perlman's pay will increase by 9 percent. University of Nebraska Medical Center Chancellor Harold Maurer will get a 13 percent raise.

The salaries of University of Nebraska at Omaha Chancellor John Christensen and University of Nebraska at Kearney Chancellor Doug

Kristensen grew 2 percent and 4 percent, respectively. Their increases were smaller because their salaries were closer to their peers' midpoint, Regent Bob Whitehouse said.

The raises are part of the privately financed "executive salary equity" approved by the university's Board of Regents to keep its campuses competitive with other universities. But they also coincide with a recent 5 percent tuition increase as well as program and faculty cuts at UNL.

Top administrators last received a raise during the 2008-09 fiscal year. Milliken and the chancellors asked the regents not to award their annual raises from the current state budget and have made similar requests in recent years.

Milliken will receive nearly \$411,400 per year from public and private sources. By contrast, University of Iowa President Sally Mason's annual base salary rose this year to \$483,600. University of Michigan President Mary Sue Coleman made \$553,500 in base pay.

A 2008 review found chancellors at the University of Nebraska's four campuses were

among the lowest-paid administrators when compared to Big 12 schools and other similarly sized schools. The Board of Regents unanimously approved raises for them in 2008, but opted to split the increases over two years. The second half of the raise, which takes effect this year, was delayed at Milliken's request because of the recession.

The university still lags behind the midpoint salary of its peer schools, but "we're closer now than we were," said Regent Jim McClurg of Lincoln, who chaired the 2008 study committee.

"We needed to do a catch-up to get them closer," McClurg added. "There's never a good time to do this, until you say, 'Whoops. Somebody left the team, and we would like to have kept them.'"

Whitehouse, the board's chairman, said the increases also were intended to prevent the need for even larger salary hikes to attract replacement candidates if an administrator decided to leave. The university aims to maintain average executive salaries compared to its peer schools, but does not intend to be the highest-paying, he said.

## Nebraska Utilities Worry About Cost Of EPA's New Coal Rules

LINCOLN, Neb. (AP) — Nebraska utilities say the Environmental Protection Agency's proposed new restrictions on coal plant pollution could force millions of dollars of upgrades and higher electric rates.

The rules the EPA announced in July would go into effect in Nebraska and 26 other states next year. They are designed to reduce the smoke-stack pollution that causes smog and soot in downwind states. Nebraska utility officials tell the Lincoln Journal Star that they were surprised by how stringent the proposals were.

"It could be very expensive. We know that, but we don't know exactly how expensive it's going to be," said Mike Jones, Omaha Public Power District spokesman.

Hastings Utilities manager Marvin Schultes said it won't be possible to comply with these rules by January.

"There's no way we can get this implemented by then," he said.

Several of Nebraska's bigger utilities have asked state Attorney General Jon Bruning to file a lawsuit to delay the rules. His spokeswoman Shannon Kingery says a lawsuit will likely be filed this fall.

"The attorney general's office is working to protect Nebraska power producers and consumers from this costly federal overreach," Kingery said.

The largest power generator in Texas, Luminant, filed a federal lawsuit Monday to prevent the rules from going into effect. Luminant officials said the utility will close a large section of one coal power plant if its lawsuit fails.

The EPA estimates this new rule will cost power plant operators \$800 million annually in 2014. That's on top of the \$1.6 billion spent per year to comply with the previous rule.

## Louisiana Man Receives Probation For Sex With South Dakota Teen

RAPID CITY — A 28-year-old Louisiana man who admitted fathering a child with a 15-year-old South Dakota girl has been sentenced to probation.

Marcus Thomas had pleaded guilty to fourth-degree rape. Prosecutors said Thomas had no prior criminal history and was a good candidate for probation.

The *Rapid City Journal* reported Tuesday that the victim and her mother did not want Thomas prosecuted.

Judge Janine Kern honored the plea agreement Thomas struck with prosecutors, but told Thomas he was "lacking insight" into the harm he did.

The fact that the girl and her family did not want to press charges "doesn't take away

from what you did," Kern said. The sexual conduct was reckless and illegal, the judge said.

Kern ordered Thomas to serve 180 days in jail, with credit for 166 already served. Thomas also must complete 200 hours of community service and pay more than \$1,700 for his extradition from Louisiana.

Prosecutors said Thomas met the girl on the Internet and insisted he thought she was 18. He allegedly climbed through the victim's bedroom window to have sex with her.

Kern noted that Thomas has five children with four different mothers.

"You have four families to support," Kern said. "That needs some reflection."

### VISITING HOURS

# Celebrating Assisted Living Week, Sept. 11-19

BY CHRIS CALLAGHAN, NURSE COORDINATOR, & LINDA FOLKERS, ACTIVITIES COORDINATOR  
Avera Sacred Heart Majestic Bluffs

Many seniors are experiencing, at least, some challenges in their activities of daily living. Making a decision to move to an assisted living apartment certainly isn't an easy decision to make. However, with the help of family, friends and your primary health care provider, those decisions can become doable.

Assisted living provides an opportunity to meet new supportive neighbors who understand the challenge of making lifestyle changes. Informal resident support groups evolve on senior campuses providing listening and socialization.

A discussion overheard in the resident dining room from a new resident, "It's the thing to do when you can't live by yourself. A seasoned resident at the table responds, "...found this place for me. She thought I should be with someone since my husband had passed away." Everyone arrives with their own unique set of circumstances. Diversity is a key ingredient at the Bluffs. We have welcomed resi-

dents from the surrounding area and from throughout the United States. Many residents choose the Bluffs to be closer to their children living in this area or return to their Yankton roots. Included in our population are retired educators, farmers, business owners, homemakers, nurses, accountants and more... each brings to the table their experiences and knowledge.

The advantages to assisted living are:

- Personalized, 'round the clock health care
- Balanced meals
- Personal assistance with bathing, grooming, dressing and medications
- Peace of mind knowing if the need to transition from independent living to assisted living level of care allows the resident to age in place. Provided the level of care can be met, the resident is able to remain in the same apartment as when they were living as an independent tenant.



if you choose the assisted living apartment alternative, you remain independent. You have an enhanced apartment with your own safe bathroom, kitchen, fridge, freezer, microwave, bedroom and living room. If a person is experiencing increased memory loss, a specialized memory unit provides privacy, dignity and individual attention with the same amenities as mentioned earlier.

What "fun" things occur at the Bluffs assisted living?

- Learning and Community Circles
- Fishing/picnicking outings
- Tea parties
- Wii games
- Senior exercise program including weights, stretch bands, chair and standing range of motion and cognitive exercises.
- Card groups

- Sing-along's/music entertainment
  - Residents as volunteers
  - Bingo with monthly themed bingo
  - Scheduled shopping trips
  - Bible study and Bible Sharing
  - Daily coffee time
  - Nail Care
  - Social gatherings with families and residents
  - The possibilities are endless — Grass does not grow under the feet of the active seniors in assisted living.
- The 2011 theme for National Assisted Living Week is "Forever Proud." At Majestic Bluffs, on Sept. 15 our veterans will be sharing their stories and we will round the week out with The Java Tones performing at 2 p.m. in the Gathering Place.
- For more information about Avera Majestic Bluffs Assisted Living, call (605) 668-8439. We will answer your questions, send you an informational packet and give you a personal tour.
- This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

# Life Lesson: Either You Live In Hope Or You Live In Despair

BY VAL FARMER  
www.valfarmer.com



Val FARMER

A dear friend of mine is fighting cancer. Here are some thoughts on hope to sustain her - and us as we encounter life's difficult challenges.

**Hope is essential for life.** "The Lord wants us to be filled with hope - not just because it points us to a brighter tomorrow, but because it changes the quality of our lives today. Hopeless may be the saddest word in our language. Despair is the enemy of our souls. It can paralyze us, halt our progress, and cause us to lose our way. But hope awakens us like a light shining in the darkness." - Dwan J. Young

"What is the opposite of hope? Despair, of course, but despair comes when we feel powerless to influence events and when the sources of meaning in our life disappear. Despair is a kind of disorientation so profound that we lose contact with the sources of life itself." - Chieko Okazaki

"Joyce Audrey Evans, a young mother in Belfast, Northern Ire-

land, was having trouble with a pregnancy. She went to the hospital, where one of the nurses told her she would probably lose the baby. Evans replied: 'But I can't give up. You have to give me hope.' She later recalled: 'I couldn't give up hope until all reason for hope was gone. It was something I owed to my unborn child.'

"Three days later she had a miscarriage. She wrote: 'For one long moment, I felt nothing. Then a profound feeling of peace flowed through me. With the peace came understanding. I knew now why I couldn't give up hope in spite of all the circumstances: you either live in hope or you live in despair. Without hope, you cannot endure.'" - James E. Faust

"Without hope, we despair. To live in despair is not to live." - Elaine Jack

"It is necessary to hope, though hope should always be deluded; for hope itself is happiness, and its frustrations, however frequent, are yet less dreadful than its extinction." - Samuel Johnson

"The sources of hope are the sources of life itself. That's why hope persists, even when experience, reason, and knowledge all say there is no reason to hope. Hope does not calculate odds. It is prepared for either sunny or stormy weather. To choose hope is to choose life. To choose hope is to choose love." - Chieko Okazaki

**Hope gives us perspective.** "Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us." Hope sweetens the memory of experiences well loved. It tempers our troubles to our growth and our strength. It befriends us in dark hours, excites us in bright ones. It lends promise to the future and purpose to the past. It turns discouragement to

determination." - Samuel Smiles

"Hope is a pleasant acquaintance, but an unsafe friend; not the man for your banker, though he may do for a traveling companion." - Thomas C. Haliburton

"The propensity to hope and joy is real riches; one to fear and sorrow, real poverty." - David Hume.

"Hope - of all ills that men endure, the only cheap and universal cure; the captive's freedom, and the sick man's health, the lover's victory, and the beggar's wealth." - Crowley

"To say [hope] is an anchor is to say it can keep us from drifting aimlessly or getting caught in whirlpools or running into sandbars. Hope, the anchor, is essential in this world so full of tidal waves. Sometimes those waves slap us from behind, sometimes we see them coming but cannot stop them or get out of the way. In all cases hope ties us to safety. The waves come and go in their fury or playfulness, but hope is always there if we will but use this sure anchor." - Elaine Jack

**Hope moves us to action.** "Where there is no hope, there

can be no endeavor." - Samuel Johnson

"When we have no hope for tomorrow, we do not move as effectively today. It is hope combined with faith that motivates us to plant the seed, that moves us when we're too weary, that causes us to take the first step and then another." - Elaine Jack

"Real hope keeps us 'anxiously engaged' in good causes even when these appear to be losing causes. Real hope stiffens, not slackens, the spine. Hope is realistic anticipation which takes the form of a determination - not only to survive adversity but, moreover, to endure." - Neal A. Maxwell

**Hope strengthens faith.** "Hope is the last thing that dies in man, and though it be exceedingly deceitful, yet it is of this good use to us, that while we are traveling though life it conducts us in an easier and more pleasant way to our journey's end." - Francois Rochefoucauld

"Religion is the mother of

dreams. Over the gray world, ruined by deluge and desolation and death, it has sought ever, and found the arching rainbow of hope." - A. E. Haydon

"The world dares to say no more for its device, than 'While I live, I hope'; but the children of God can add by virtue of a living hope, 'While I expire, I hope.'" - Robert Leighton

"Hope proves a man deathless. It is the struggle of the soul, breaking loose from what is perishable, and attesting her eternity." - Henry Melville

"Hope is the best part of our riches. - What sufficeth it that we have the wealth of the Indies in our pockets, if we have not the hope of heaven in our souls?" - Christian Bovee

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

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Please wish **Joseph and Cindy Vyborny** a **Happy 25th Wedding Anniversary.**

They were married on Sept. 13, 1986, at St. Wenceslaus Church, Tabor, SD. Joseph and Cindy have 3 children (1 deceased). Greetings may be sent to: 30318 432nd Ave., Lesterville, SD 57040.