# Minneapolis Gunman **Was Fired Day Of Attack**

BY PATRICK CONDON AND **AMY FORLITI Associated Press** 

MINNEAPOLIS — A man fired from his job at a Minneapolis signmaking business pulled out a handgun and began shooting up its offices, fatally wounding the owner and four others before turning the gun on himself, police said Friday.

Andrew Engeldinger, 36, injured at least three others in the Thursday attack at Accent Signage Systems, which Police Chief Tim Dolan said lasted no more than 15 minutes. Dolan also said Engeldinger may have chosen to spare some former co-workers.

"It's clear he did walk by some

people, very clear," Dolan said. Engeldinger's family said in a statement issued through the National Alliance on Mental Illness later Friday that he had struggled with mental illness for years. They offered sympathy to the victims.

"This is not an excuse for his actions, but sadly, may be a partial explanation," the statement said.

No details were released about why Engeldinger was fired, but police said he had ongoing problems at work. Investigators who searched his home Thursday night found a second gun and packaging for 10,000 rounds of ammunition in the house. In the shooting, Engeldinger used a 9mm Glock semiautomatic pistol he had owned for

about a year, Dolan said. "He's obviously been practicing in how to use that gun," Dolan said. Among those killed was Accent

Signage System owner Reuven Rahamim, 61, employee Jacob Beneke, 34; and Keith Basinski, 50, a UPS driver who had made deliveries and pickups at the business

Relatives described Rahamim, who immigrated from Israel and spent three decades building his business after starting it in his basement, as a passionate cook and devoted to his family. Beneke was an avid sculpture artist and painter who worked as a digital imaging manager, and Basinski was a Wisconsin native dedicated to the Green Bay Packers who Dolan said "just happened to be in the wrong place at the wrong time."

The other two men killed were identified as Rami Cooks, 62, of Minnetonka, and Ronald Edberg, 58, of Brooklyn Center. Two other people remained at the hospital, one in serious condition and one critical condition. Four of the five men killed suffered multiple gun-

Police received multiple 911 calls from inside the business during the attack, which Dolan described as "a hellish time." When officers arrived, they heard no shots but found some evidence people had tried to fight back. Dolan said. He declined to elabo-

Police initially said Engeldinger was fired in the morning, then returned in the afternoon. But police revised their account later Friday, saying they were piecing together chaotic events from multiple witnesses and that no one saw the shooting from start to finish.

Capt. Amelia Huffman said it appears Engeldinger got a letter of reprimand in the mail, came into the office Thursday afternoon and was then terminated.

"This had been an ongoing employee situation, which culminated in termination in the afternoon," Huffman said. "From the best we can tell, the incident started right after Mr. Engeldinger had been

She said there was a struggle in the office and shots were fired, and

Company\_\_\_\_

City/State/Zip\_\_

Address\_\_

employees elsewhere in the building heard gunshots. "And Mr. Engeldinger left the back office area and fired additional shots throughout the building," she said.

There were more than 20 people in the building at the time.

Dolan described Accent Signage System, a business that includes both offices and manufacturing, as a large building with many rooms branching off to the sides. There was no security and it took tactical units a long time to conduct a thorough search. They found two people hiding "a very long time" after the attack began, Dolan said.

Engeldinger's body was found in the basement, he said.

Sue Abderholden, executive director of the National Alliance on Mental Illness' Minnesota chapter, said Engeldinger's family had sought help from the group two years ago, with his parents taking a 12-week course on recognizing and dealing with mental illness.

She said their concerns were "much more centered around paranoid thoughts. No violence or anything like that." The Engeldingers were not able to convince Andrew to seek treatment, she said.

Andrew Engeldinger's uncle, Joe Engeldinger of New Germany, Minn., called his nephew a "good kid" who seemed normal and welladjusted until about two years ago when he broke off family contact.

"When I would see his family, I would ask them about Andy and nobody could ever tell me anything," Joe Engeldinger said.

Joe Engeldinger, a professional handyman, said his nephew lived with him for a time in the early 1990s shortly after graduating high school, and worked for him helping to renovate old houses.

"He was a good worker. I never didn't trust him with anything," Joe Engeldinger said.

Chuck and Carolyn Engeldinger raised Andrew and his two siblings in Richfield, a suburb directly south of Minneapolis, according to Joe Engeldinger. He said his nephew was excited early in the last decade when he bought his first house — the modest bungalow in south Minneapolis that police raided late Thursday night, hours after the shooting.
Neighbor Thomas Pitheon said

he sometimes exchanged greetings with the man he knew as Andrew but who rarely made much of an impression.

"We just said hi, how you doing, that sort of thing," Pitheon said Friday. "He seemed like an av-

Pitheon said he "put two and two together" Thursday night after hearing about the shooting on the radio, then arriving home after dark to find "about a dozen" SWAT teams swarming around Engeldinger's house.

Joe Engeldinger said Andrew's immediate family were having a "horrible time" since learning what happened. He said they were as befuddled as anyone about why he withdrew from loved ones.

The phone line apparently belonging to Engeldinger's parents was not working Friday. His siblings, who also appear to live in the Twin Cities, did not answer phone calls or respond to messages through social media.

"I can only assume there was some kind of mental break there," Joe Engeldinger said. "He wasn't a monster. He wasn't. He was a real good kid, a real good person. He had a real good heart. I don't know what made all this transpire. Hopefully the truth will come out, and won't get twisted into some demented thing."

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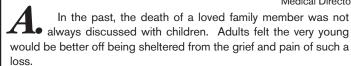
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# EXPERTS

#### **Comfort Care**

Children also grieve...



But recent studies have shown that children can share in the grieving process and that their response to death is very dependent on how adults deal with it.

Our response to death is oftentimes very complex and overwhelming. Talking about our loss can be very difficult and even embarrassing.

But most children will stand by you - and will prod you for answers to what they need to know - so that they can also



Jeffrey Johnson,

Lars Aanning, MD

605-689-0382

Yankton, SD

#### Family Medicine

Do I really need to have a preventative health exam?

A You may be asking yourself that question.

You may be saying to yourself "I feel fine." You may be asking yourself that question. You probably feel fine and in fact may be just fine. However, there are many disease processes that can go on for years without any sign of trouble. It's not until it becomes severe enough that you become ill or it is picked up incidentally while having lab work done Brandi Pravacek, CNP for some other reason. Many times symptoms L&C Specialty Hospital

progress so slowly that you do not perceive the changes that are happening. Diabetes is one such example of a disease that can be present for years before it is discovered. High blood pressure, heart disease, and COPD are all examples of such conditions where damage starts and may go on for years before becoming manifest. Please, do yourself and your family a favor and make an appointment for a preventative exam soon.

Most insurance companies will cover these types of visits. So dig out your insurance booklets and check, and then schedule your check up soon. We will be happy to see you at Lewis & Clark Family Medicine at your convenience.



605-260-2100, 2525 Fox Run Parkway, Lewis & Clark Medical Plaza, Yankton

#### Ear, Nose & Throat

Dr. Rumsey, my ears ring constantly. Some nights the tinnitus is so bad I cannot fall asleep. What can I do?

Unfortunately you are not alone. Recent research has shown nearly 20% of the adult population suffers from some form of tinnitus or ringing in the ears. Tinnitus is often a symptom of hearing loss or some degree of damage to the inner ear. Frequently, properly fit hearing aids equipped with tinnitus management technology ease the awareness of tinnitus. For individuals who are not hearing aid

candidates, Neuromonics Tinnitus treatment program has proven helpful. I recommend starting with a comprehensive evaluation to obtain baseline information and learn more about how to manage your tinnitus. Additionally, I encourage you to visit the American Tinnitus Association at www.ATA.org. If you would like more information you can call me at (605) 665-6820. David Wagner, M.D. Matthew Rumsey, AuD., CCC-A

**Podiatry** 

Professional Office Pavilion,

Suite 2800, 409 Summit, Yankton

Equinus is defined as decreased or inadequate Terence Pedersen. ankle joint dorsiflexion (the ability to move the foot upwards at the ankle.) It may be either from a stiff

or tight Achilles tendon, arthritis of the ankle, or a combination of both. Either way, inadequate ankle joint dorsiflexion (equinus) changes the pressure points of the foot, and leads to a variety of foot pain. Heel pain known as plantar fasciitis, flatfoot, pinched nerves known as mortons neuroma, bunions and hammertoes, callus, diabetic ulcers, and even ankle sprains, may all be caused from, or worsened by a tight Achilles tendon.

you have. If the equinus involves only muscle and tendon, then stretching exercises and physical therapy are usually enough to improve or correct it. I conservative care is unsuccessful, then surgery to lengthen the heel chord may be necessary.

the achilles tendon is necessary. Studies have shown that lengthening the achilles tendon, either by stretching or surgery, decreases pressure to the ball of the foot by 30-35%. Lengthening the achilles, also changes "how" it pulls

Eliminating equinus decreases the inadequate motion and strain across foot, ankle, and knee joints.

**Medical Group** 

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Ear, Nose & Throat Yankton

#### Orthopedics

I have a very arthritic joint. With advances in technology, does it make sense to wait until better joint replacements are available?



**Board Certified** Orthopedic Surgeon

Good question. Over the past twenty years, the basic design of total hips and knees has not changed very much. The various companies that make joint replacements have designs and materials that are quite similar to one another. The technologies that have emerged are highly successful in alleviating arthritic pain that has stopped responding to conservative measures. There is no reason to wait for the next generation of implants since they will probably be very similar to what we have today. If the quality of your life is suffering because of your arthritis, it would make sense to utilize today's very successful technologies instead of waiting.



1101 Broadway Ave., Morgen Square Suite 106, Yankton • 605-665-007

### Urological

#### Did you know?



1) An aspirin a day may lower the risk of dying from prostate cancer in men treated with radiation or a radial prostatectomy for their prostate cancer. So if you have been diagnosed with prostate cancer, and are able to tolerate an aspirin a day then do so.

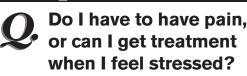
2) Drinking 3 to 4 cups of coffee per day can reduce our risk of developing an aggressive form of prostate cancer but not your overall

3) Obese patients are at more of a risk to develop cancer. Exercise of all types may help lower this risk.

4) For all types of prostate cancer, proper nutrition can improve the outcome with surgery or radiation by slowing or perhaps reversing the growth of tumor cells. Therefore, a dietitian should also be part of the team to treat your prostate cancer if your diet is not up to par.

#### Yankton Urological Surgery, **Prof.**, L.L.C. 2009 Locust, Yankton • 689-1100

## **Chiropractic**





I don't have enough room here to answer this one! Stress is e a normal part of our day, but 'feeling' stressed is not a good thing. Stress has many causes. When the stress going into our system is more than we process or remove, we feel it. Stress can produce many things including pain, distraction, and fatigue. It challenges our coping skills. We look for ways to overcome it or remove it. Chiropractic actively turns on our body's systems to manage the effects of stress. Thousands of neurons fire with just one adjustment. Our body takes this internal information and starts to create changes, system by system. Combined with rest, nutrition and lifestyle modification chiropractic is a wonderful tool to keep healthy. From all of us at First Chiropractic Center, enjoy the upcoming holiday season!

Yankton, SD, 665-8073

# 2507 Fox Run Parkway,

#### Fitness/Health

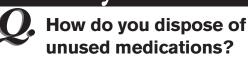
I am 72 years old and have been physically active some in my lifetime but never had a planned fitness regimen. Is it safe to start now?

For most apparently healthy adults it is safe to start an

exercise program at any age, however, I would recommend the blessing of your physician first. They may be able to provide you some do's and don'ts specific to your current health. Exercise is a fantastic way to help maintain your muscle mass and bone density, improve balance, help regulate weight, blood pressure and cholesterol. That being said, it is always a good idea to just start slow. Visit with a fitness professional about setting up a program specific to your goals and health or attend a group exercise class for beginners. Older adults hurt themselves more through inactivity than through activity so get moving sooner rather than later!

Sacred Heart 501 Summit • 665-9006 Wellness Center

# Pharmacy/Nutrition





Pharmacy Director

When looking in one's medicine cabinet many people have unused and expired medications. How should someone property dispose of these medications? Currently there is Medicine Take-Back Program, which allows patients to bring unused and expired medications back to the pharmacy and with the help of the police department, will destroy these medications property. If there is no program in your area, there are other ways to destroy medication. First, mix the medication with kitty litter or coffee grounds then place the mixture in a sealed plastic bag and throw the container in your household trash. There are certain medications that are harmful and sometimes fatal in a single dose if they are used for someone other than prescribed. These medication should be disposed of by flushing and a list of the medicines can be found on the link below. For further questions, contact the Hy-Vee Pharmacy.

http://www.fda.gov/Drugs/ResourcesForYou/ Consumers/BuyingUsingMedicinesSafely/ EnsuringSafeUseofMedicine/ SafeDispsalofMedicines/ucm186187.htm



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I heard that a tight achilles tendon can cause foot pain. Is this true?

Treatment for equinus revolves around first identifying what type of equinus

No matter what type of foot and ankle pain you have, a close examination of on the foot and ankle, not just "how much".

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