

Groton Daily Independent

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Friday, Aug. 22

Senior Menu: Hearty Vegetable Beef Soup, Chicken Salad Sandwich, Mandarin Oranges, Oatmeal Raisin Cookie

Anniv: Rick & Melanie Rossow • Marc & Jayne Rossow

Birthdays: • Deb Thurston • Jeff Sippel • Connie McDonald • Colby Merkel • Virginia Breitreutz

6:30am: Christian Missionary & Alliance Men's Bible Study at Dairy Queen

4:00pm: Girls Soccer at Belle Fourche

6:00pm: Boys Soccer at Belle Fourche

Saturday, Aug. 23

Birthdays: Lisa Pray • Robin Flihs • Allerie Loeschke • Ashley Larson • Jeremy Paul • Trista Telkamp • Lorraine Sippel

12:00pm: Girls Soccer at St. Thomas More

2:00pm: Boys Soccer at St. Thomas More

4:30pm: St. Elizabeth Ann Seton Catholic Church Mass



HC Doors

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The cardboard/paper

recycling trailer at the school is back and is open!

Recycling Trailer in Groton

The recycling trailer is back in Groton at 10 East Railroad Ave. Don't forget, there is also a dumpster at the city shop for aluminum cans with the proceeds going to the pool.

Two bedroom apartment in the Rix Apartments (former city apartments) at 407 N Garfield

FOR RENT

Attached garage.

Major appliances included.

\$700 per month

Roger: 605/397-7118

Golfers at Milbank Invite

Placing for Groton at the Milbank-Poet Invitational Golf Meet held Thursday were Gabe Guthmiller with a 103, Landon Marzahn with a 109, Adam Herman and Sean Schuring both shot a 110 and Treyton Diegel shot a 114.

Soccer Time Changes

Tuesday, August 26th at Huron

Girls Varsity at 4pm (Girls JV at 6pm-1/2 game)

Boys Varsity at 4pm (Boys JV at 6pm)

Saturday, August 30th vs Pierre

Girls Varsity at 1pm (Girls JV at 3pm-1/2 game)

Boys Varsity at 4pm (Boys JV at 6pm or to follow V)

Lucy's knees



By Richard P. Holm M.D.

In 1974 in Ethiopia's Awash Valley, a 3.2 million year-old skeleton of an ape was discovered that was different than other ape skeletons. The knee bone shape, along with pelvic architecture, indicated that this ape walked upright. As the Beatles music "Lucy in the Sky with Diamonds" was

playing in the background, archeologists speculated that this could be the long sought link between apes and humans, and the upright walking individual was famously nicknamed "Lucy." Her brain was small and ape-like but she walked upright.

This was evidence that the upright position might have come first. They speculated that standing tall allowed for the evolutionary advantage of having a better view of approaching enemy or mate and all the rest followed. Could it be that the special design of an upright knee allowed for the first big step toward the evolution of humanity? And what is so special about this design?

The knee is a hinge joint mostly held together with four ligaments. The two "collateral" ligaments run along the inner and outer sides of the knee keeping our legs from bending inward (knock-kneed) or outward (bowlegged).

The more noteworthy structures however are the two tough fibrous ribbon ligaments, which cross each other, front to back, on the inside of the knee forming an "X." This explains why they are called the cruciate or cross-like ligaments.

The anterior cruciate ligament or ACL starts at the back of the thighbone or femur above, crosses to connect at the front of the shinbone or tibia below, and keeps the lower leg from sliding forward. The posterior cruciate ligament or PCL starts at the front of the thighbone, crosses to the back of the shinbone, and keeps the lower leg from sliding backward.

What is so ingenious is how these crossing ribbons provide for such stability, and yet at the same time, allow for the bending of the knee. So it is as Gerard Manley Hopkins the Priest poet said: "The world is charged with the grandeur of God."

EarthTalk®

E - The Environmental Magazine

Dear EarthTalk: Is it true that much of our food—including cereals and snacks eaten by children—is actually over-fortified with excessive amounts of vitamins and minerals that can be dangerous to our health?

-- Diane Summerton, Waukesha, WI

Added nutrients in the processed foods we eat could indeed be too much of a good thing, especially for kids. According to a report from non-profit health research and advocacy group Environmental Working Group (EWG), nearly half of American kids aged eight and under “consume potentially harmful amounts of vitamin A, zinc and niacin because of excessive food fortification, outdated nutritional labeling rules and misleading marketing tactics used by food manufacturers.” EWG’s analysis for the “How Much Is Too Much?” report focused on two frequently fortified food categories: breakfast cereals and snack bars.

Of the 1,550 common cereals studied by EWG, 114 (including Total Raisin Bran, Wheaties Fuel, Cocoa Krispies, Krave and others) were fortified with 30 percent or more of the adult Daily Value for vitamin A, zinc and/or niacin. And 27 of 1,000 brands of snack bars studied (including Balance, Kind and Marathon bars) were fortified with 50 percent or more of the adult Daily Value for at least one of these nutrients. EWG researchers based their analysis on Nutrition Facts labels on the various food items’ packaging.

“Heavily fortified foods may sound like a good thing, but it when it comes to children and pregnant women, excessive exposure to high nutrient levels could actually cause short or long-term health problems,” says EWG research director Renee Sharp, who co-authored the report. “Manufacturers use vitamin and mineral fortification to sell their products, adding amounts in excess of what people need and more than might be prudent for young children to consume.”

Sharp adds that excessive levels of vitamin A can lead to skeletal abnormalities, liver damage and hair loss, while high doses of zinc can impede copper absorption, compromise red and white blood cells and impair immune function. Also, too much vitamin A during pregnancy can lead to fetal developmental issues. And older adults who get too much vitamin A are at more risk for osteoporosis and hip fractures.

EWG suggests it’s time to overhaul our food labeling system to better account for how ingredients may affect children as well as adults. “In other words, when a parent picks up a box of cereal and sees that one serving provides 50 percent of the Daily Value for vitamin A, he or she may think that it provides 50 percent of a child’s recommended intake,” says EWG researcher and report co-author Olga Naidenko. “But he or she would most likely be wrong, since the Daily Values are based on an adult’s dietary needs.”

EWG is working on the U.S. Food and Drug Administration (FDA) to update its guidelines for Nutrition Facts to better reflect how foods affect children as well as adults. In the meantime, parents might want to consider scaling back on fortified foods for their kids in favor of so-called whole foods (unprocessed, unrefined fruits, vegetables and whole grains) that deliver the right amounts of nutrients naturally.

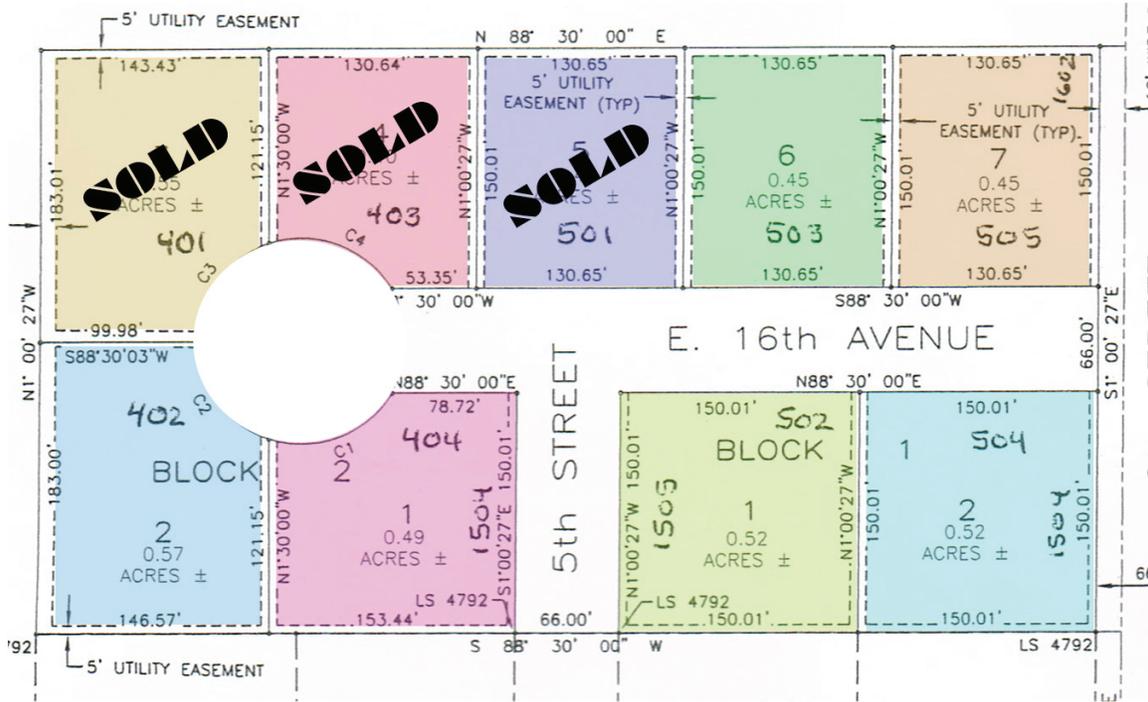
“Research consistently shows that the nutrient amounts and types found in whole foods provide optimal nutrition as well as least risk,” says Ashley Koff, a registered dietitian and a former ad executive for kid’s cereals and snack bars. “We owe it to parents and kids to make it easiest to choose better quality foods.”

CONTACT: EWG’s “How Much Is Too Much?” report, www.ewg.org/research/how-much-is-too-much.

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Achieving the Dream

**Lots for Sale
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Today in Weather History

1985: Intense thunderstorms moved from near Shadehill Reservoir in northwest South Dakota late in the evening of the 21st, to northern Brown County after sunrise on the 22nd. These thunderstorms produced strong winds, large hail, heavy rainfall and lightning. Considerable crop and property damage was caused mainly by the strong winds and hail. Winds gusts ranged from 55 mph at Mobridge to 60 mph in and around Akaska. Winds of 70 mph were reported at Onaka and Faulkton. The strongest wind gust was reported in Hoven with a peak gust of 72 mph. Widespread damage was reported throughout the area. Many mobile homes, storage sheds, silos, and roofs were damaged or destroyed. Nine miles south and four miles west of Keldron, over two inches in diameter hail fell for 40 minutes, breaking windows and piling in ditches to a depth of four feet. These intense thunderstorms also produced brief heavy rainfall ranging from three quarters of an inch to over four inches.

2011: The Missouri River at Pierre, Fort Pierre, and Chamberlain/Oacoma fell throughout the month of August as releases on the Oahe Dam were slowly decreased. The Missouri River at Chamberlain/Oacoma fell below flood stage on August 22nd. The extensive damage to homes and roads began to surface as the water receded. The river continued to fall into September.

1816 - The growing season for corn was cut short as damaging frosts were reported from North Carolina to interior New England. (David Ludlum)

1923 - The temperature at Anchorage, AK, reached 82 degrees, a record for August for the location which was later tied on the 2nd in 1978. (The Weather Channel)

1987 - A cold front lowered temperatures 20 to 40 degrees across the north central U.S., and produced severe thunderstorms in Ohio and Lower Michigan. An early morning thunderstorm near Sydney MI produced high winds which spun a car around 180 degrees. (The National Weather Summary) (Storm Data)

1988 - Afternoon highs of 88 degrees at Astoria, OR, and 104 degrees at Medford, OR, were records for the date, and the number of daily record highs across the nation since the first of June topped the 2000 mark. (The National Weather Summary)

1989 - Evening thunderstorms in the central U.S. produced golf ball size hail at May City IA, and wind

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gusts to 66 mph at Balltown IA. Lightning struck a barn in Fayette County IA killing 750 hogs. Evening thunderstorms in Montana produced wind gusts to 70 mph at Havre. (The National Weather Summary) (Storm Data)

1992 - Hurricane Andrew makes landfall in Southern Florida as a Category 5 storm with wind gusts estimated in excess of 175 m.p.h. Estimated damages exceeded \$20 billion, more than 60 people were killed and approximately 2 million people were evacuated from their homes. (University of Illinois WW2010)

1998: The remnants of Hurricane Charley dumped 17.09 inches of rain on Del Rio, TX. More rain fell in one day than normally falls there in a year.

1999: The citizens of Corpus Christi were very shaken when Hurricane Bret, a Category 4 hurricane with top winds of 140 mph, swirled around the Gulf of Mexico picking up steam as it headed toward the Texas coast. As Bret approached the coast, forecasters feared the hurricane would strike the city, but the storm turned west and came ashore in sparsely populated Kenedy County the early evening of August 22.

FOR RENT

ONE AND TWO bedroom apartment for rent. HDS subsidized. Rent includes utilities and heat. No smoking. Pets okay. Contact Kendra at 605/215-4000.

FOR SALE

Beautiful and spacious townhouse for sale by owners. Three bedrooms, three baths, finished basement with a custom wet bar. Heated 2 car attached garage. Low monthly rural utilities and low rural taxes. Priced to sell. If interested, please call Lisa @ 605 290 2404 or Dennis @ 605 880 4821.



Come 'n' Get It!
Friday is Taco Bar and Soup Night
Andover Bar & Grill Serving 5-9 p.m.
120 S Main St. • 298-5252

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TODAY	TONIGHT	SATURDAY	SATURDAY NIGHT	SUNDAY	SUNDAY NIGHT	MONDAY
						
20%	60%	70%	60%	30%		
Slight Chc Thunderstorms High: 82 °F	Thunderstorms Likely Low: 62 °F	Heavy Rain High: 75 °F	Thunderstorms Likely Low: 60 °F	Chance Thunderstorms High: 75 °F	Partly Cloudy Low: 54 °F	Mostly Sunny High: 73 °F



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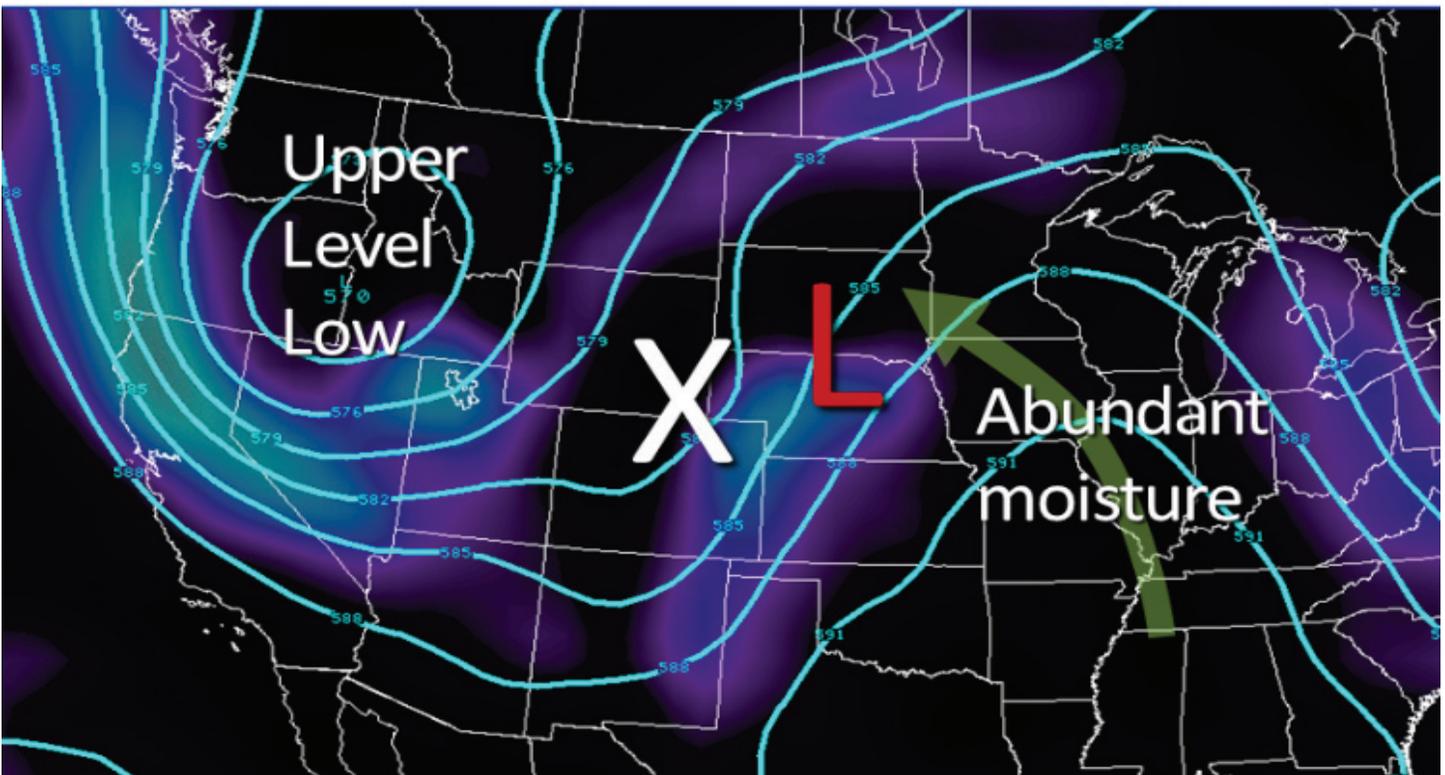
weather.gov/Aberdeen



National Weather Service Aberdeen



@NWSAberdeen



Models are still consistent in bringing a potent low pressure system northward across the region tonight through Saturday night. Widespread moderate to heavy rain is expected to move into South Dakota by Saturday morning. Rain will continue spreading north across the area through the day Saturday. This is a complex storm system with models not quite agreeing yet on the exact storm track, so the severe storm threat is a bit unclear at this time. Although, it's entirely possible portions of the area will see strong to severe storms Saturday afternoon.

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Yesterday's Weather

High: 83.1°F at 4:34 PM

Low: 65.5°F at 1:31 AM

High Gust: 40 mph 1:21 AM

Precip: 0.00

Today's Info

Record High: 105° in 1971

Record Low: 36° in 1904

Average High: 81°F

Average Low: 55°F

Average Precip in Aug.: 1.64

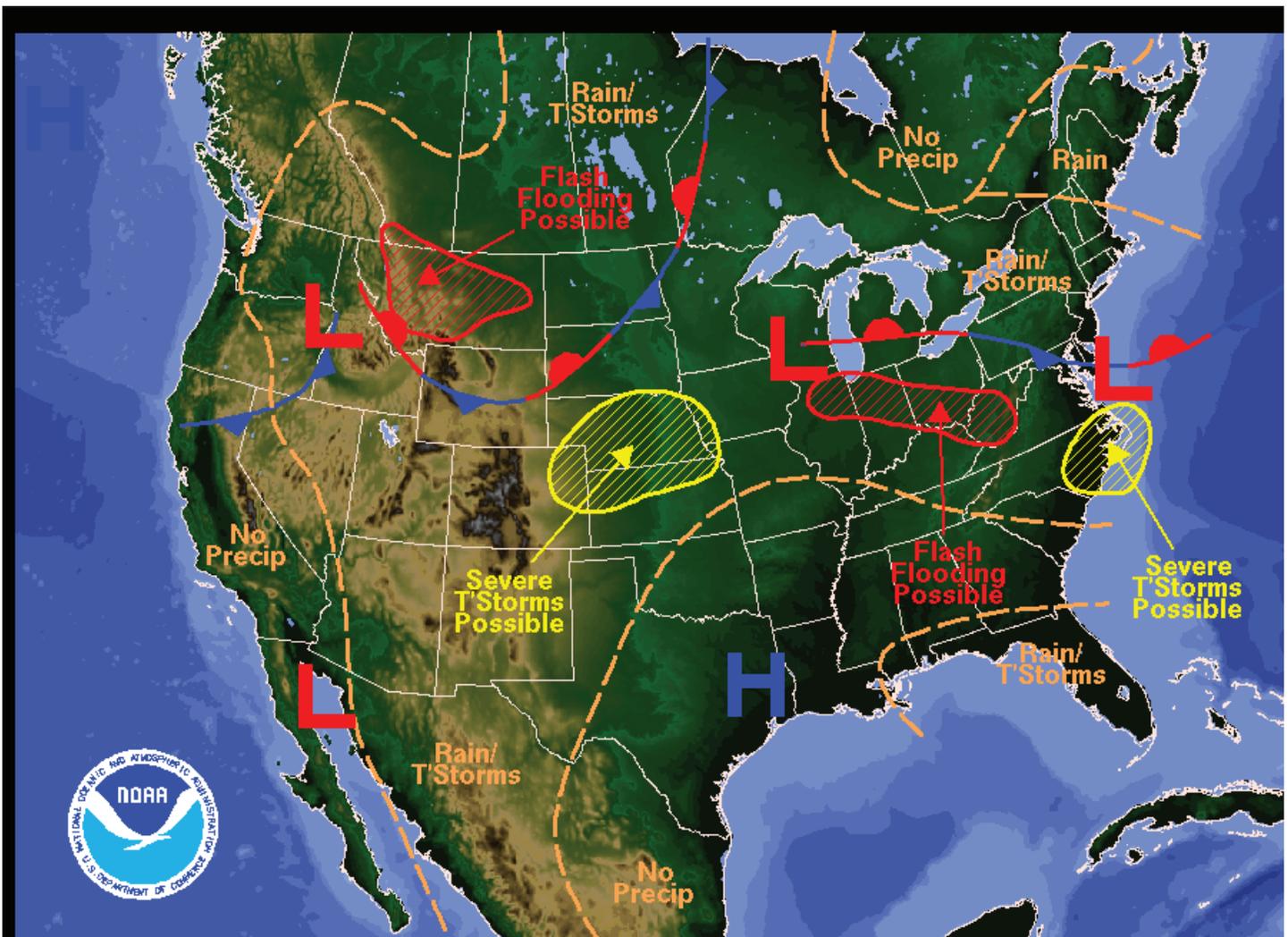
Precip to date in Aug.: 2.64

Average Precip to date: 15.50

Precip Year to Date: 11.62

Sunset Tonight: 8:29 p.m.

Sunrise Tomorrow: 6:44 a.m.



Weather Forecast for Fri, Aug 22, 2014, issued 2:42 AM EDT
DOC/NOAA/NWS/NCEP/Weather Prediction Center
Prepared by Mc Reynolds based on WPC, SPC and NHC forecasts



AN UNUSUAL PRESCRIPTION

There was a physician in Wales who had an unusual remedy for some of his patients. If someone came to him with no specific symptoms other than being unhappy or unsatisfied, discouraged or disgruntled, he would give them his "Thank You Cure."

He would write on a prescription pad, "For the next six weeks I want you to get up in the morning and before you do anything else say, 'Thank You God for this new day' ten times before doing anything else. And then before you get into bed at night you are to say, 'Thank You God for being with me today.' And in between getting up in the morning and going to bed at night, whenever anyone does something for you, you are to pause and say, 'Thank you for...'"

When most of the patients returned after completing the "Thank You Cure," they were happier and healthier.

This is a great prescription for each of us: not for six weeks or six months, but every day of our lives. Imagine a successful, powerful, wealthy, king who said, "Every day I will praise You, and extol Your name for ever and ever."

"Every day?" Yes, every day! Days could be filled with glory or gloom, sunshine or shadows, pleasure or pain, happiness or horror - it did not matter. The king would fill each day, every day, all day with words of praise to God for His blessings and goodness.

When we pause and thank someone for an act of kindness or a deed showing us thoughtfulness, we are, in fact, praising God for His blessing us through their deeds.

Prayer: Lord, You have given us far more than we ever deserved. Yet, we ask for one more thing: a thankful heart! In Jesus' Name, Amen.

Scripture for Today: Psalm 145:2 Every day I will praise you and extol your name for ever and ever.

News from the Associated Press

Farm Rescue nonprofit nears another milestone

BISMARCK, N.D. (AP) — The Farm Rescue nonprofit in the Upper Midwest is approaching another milestone.

The volunteer organization based in North Dakota will help its 300th farm family in the region by the end of the year.

Farm Rescue plants and harvests crops for farmers in need in the Dakotas, Minnesota, Iowa and eastern Montana. It's been operating since 2006, supported by donations, business sponsors and about 1,000 people who volunteer to help with fieldwork in the spring, summer and fall.

It helped its 100th farm family in 2009 and its 200th in 2012.

Founder Bill Gross says if Farm Rescue can increase funding, it hopes to expand assistance in a year or two. The organization currently is helping about 50 farm families each year, on an annual cash budget of about \$450,000.

SD school gets over \$59K for training of miners

RAPID CITY, S.D. (AP) — The South Dakota School of Mines and Technology has received more than \$59,000 in federal funds for health and safety training of miners.

The U.S. Department of Labor says the school's grant is part of the more than \$8.3 million the agency is allocating this year to provide federally mandated training to miners.

The agency says the money covers training and retraining of miners working at surface and underground coal, and metal and nonmetal mines, including miners engaged in shell dredging or employed at surface stone, sand and gravel mining operations.

States first received funding to provide this kind of training in 1971. Forty-seven states, including South Dakota, and the Navajo Nation are receiving grants for mandated training of miners during the fiscal year that ends Sept. 30.

Free gate admission included in State Fair ticket

HURON, S.D. (AP) — Organizers of the South Dakota State Fair say tickets are still available for all grandstand acts, and any grandstand tickets bought by Wednesday will include free gate admission.

The fair runs Aug. 28-Sept. 1.

The Red Wilk Construction CBR Bull Bash will take place Wednesday and Thursday evenings. Music starts Friday with Legend Seeds welcoming Alabama and guest Chancey Williams & the Younger Brothers Band. On Saturday, the entertainment will be the Josh Abbott Band with Stoney LaRue and Aaron Watson. Boston and guest Kory & the Fireflies will take the stage Sunday. And monster trucks and the soccer ball demo derby will wrap it up on Labor Day.

Tickets can be purchased at www.sdstatefair.com, at the ticket office at the SD State Fair grandstand or by calling 866-605-3247.

Hansbrough has 55-yard TD in Missouri scrimmage

COLUMBIA, Mo. (AP) — Russell Hansbrough had a 55-yard scoring run against the second-team defense at a scrimmage that wrapped up Missouri's training camp.

Temperatures in the 90s with high humidity Thursday added to the challenge for the 24th-ranked Tigers, seeking a follow-up to a 12-win season.

"It was great being out in this heat," coach Gary Pinkel said. "It's real important to be out in stuff."

Running backs combined for 208 yards on 23 carries and two touchdowns. Marcus Murphy, who started at wide receiver, had 54 yards on five carries. Freshman Trevon Walters had a 1-yard TD run and Ish Witters had 67 yards on seven carries.

Hansbrough, a junior who replaces Henry Josey as the starter, had the lone TD by the first-team offense.

Quarterback Maty Mauk was just 4 for 11 for 28 yards and lost a fumble returned for a touchdown by linebacker Eric Beisel. Tackle Harold Brantley had two sacks.

"Today we felt like we were moving the ball pretty fast, definitely with our run game," guard Anthony Gatti said. "Little bit of trouble in the pass game, but you know, the running game really stepped up and that was key."

Jimmie Hunt, one of the top returning wide receivers, missed the scrimmage with a hamstring injury. Starters generally played sparingly and Pinkel said both sides of the ball need improvement.

"I just think we need more consistency as a team," Pinkel said. "It's not about being perfect, but it's about being a consistent player so that we become a consistent offense and a consistent defense. They got the message and I think they understand it."

Andrew Baggett was 3 for 3 on field goal attempts.

"We want six, not three," Mauk said. "That's going to be our main focus this week, just being consistent."

Missouri opens at home Aug. 30 against South Dakota State. During the scrimmage, construction crews worked on multi-million dollar stadium improvements.

Sioux Falls man faces kidnapping, assault charges

SIOUX FALLS, S.D. (AP) — A 19-year-old Sioux Falls man is accused of kidnapping and assaulting his 17-year-old girlfriend.

The incident occurred early Wednesday morning. Authorities say David Randle Jr. hit his girlfriend several times, dragged her about a block and attempted to strangle her. Randle allegedly dragged the victim further to Covell Lake, but she escaped when he attempted to push her in.

The girl's mother called police at 1:30 a.m.

Randle is charged with kidnapping and aggravated assault, both felonies.

Police say the woman suffered bruising and cuts, but refused medical attention when an ambulance arrived on the scene.

Court documents do not list an attorney for Randle.

SD high court strikes down forced DUI blood tests

REGINA GARCIA CANO, Associated Press

SIOUX FALLS, S.D. (AP) — A South Dakota law that allowed blood to be drawn from suspected drunk drivers without their permission or a warrant is unconstitutional, the state Supreme Court found in a ruling announced Thursday.

The ruling follows a decision by U.S. Supreme Court last year that states that the natural dissipation of alcohol from the blood over time isn't generally reason enough to exempt police from having to get

a judge's approval before drawing a blood sample from a suspect.

South Dakota's implied consent law, which went into effect in 2006, stipulated that drivers consent to drug and alcohol testing just by getting behind the wheel.

However, the U.S. Supreme Court ruled in a Missouri case that police must try to obtain a search warrant from a judge before ordering blood tests for drunken driving suspects. South Dakota judges disagreed in a number of recent rulings on whether the Supreme Court's decision rendered South Dakota's law unconstitutional. In their ruling, however, the state Supreme Court justices cited the ruling in the Missouri case.

Attorney General Marty Jackley said Thursday that the state Legislature "will likely be discussing and addressing any resulting public safety concerns and fiscal effects arising from the decision" during its 2015 session.

The case that led to the South Dakota challenge involved Shauna Fierro, who was arrested last August for driving a motorcycle under the influence of alcohol. Fierro had a blood test taken at the Meade County Jail. A lower court ruled to exclude blood test results in the Fierro case at the request of her attorneys — a decision influenced by the April 2013 ruling from the nation's high court. The state Supreme Court affirmed the lower court's ruling.

The trooper that arrested and drew Fierro's blood on Aug. 4, 2013, testified that at the time of the incident, he was aware of the U.S. Supreme Court's decision and had received new training as to its effect.

The South Dakota justices wrote that in cases such as Fierro's in which law enforcement is aware of new case precedent and has received training as to its effect, "subsequent activity conducted in accordance with prior, contrary, precedent cannot be said to be 'objectively reasonable.'"

"Therefore, in order to promote, meaningful deterrence of this type of law enforcement conduct, the appropriate remedy is one of suppression."

Wildlife officials increase limits on Lake Yankton

PIERRE, S.D. (AP) — It's open season and then some for anglers on Lake Yankton.

Wildlife officials are looking to eradicate the entire fish population in the lake because of an abundance of rough fish, including Asian carp.

Beginning Friday and running through Sept. 9, South Dakota anglers may take up to three times the daily and possession limits of game fish with no regards to length limits.

Up to six lines each will be allowed, as well as minnow seines, spears, archery, dip nets and snagging.

Officials are warning anglers that the shorelines will consist of soft mud because the lake is being partially drained to help with the renovation.

Economy slowing down in rural parts of 10 states

OMAHA, Neb. (AP) — A new monthly survey of bankers suggests the economy is slowing down in rural areas of 10 states in the Plains and the West.

Creighton University economist Ernie Goss says falling crop prices have farmers spending less, and crop prices are expected to continue declining this fall.

The overall economic index for the region fell into negative territory to 48.3 in August from July's 51.8.

The survey indexes range from 0 to 100. Any score below 50 suggests decline in the months ahead.

Goss said bankers are not very optimistic about the next few months. The survey's confidence index dropped to 39.9 in August, from 42.9.

Bankers from rural areas of Colorado, Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North

Dakota, South Dakota and Wyoming were surveyed.

6,500 tickets sold for pipeline opposition concert

NELIGH, Neb. (AP) — Organizers say nearly all the \$50 tickets for a Willie Nelson and Neil Young concert organized by opponents of the proposed Keystone XL pipeline have been sold.

The group Bold Nebraska said in a statement Thursday more than 6,500 of the 7,000 tickets for the Sept. 27 concert had been sold since Wednesday.

The TransCanada Keystone XL pipeline would carry oil from Canada south to the Gulf Coast. The concert will be held on a farm near Neligh that's in the proposed path.

Pipeline critics worry it could contribute to pollution and contaminate groundwater. Young and Nelson have said they agreed to perform to highlight concerns.

TransCanada says the pipeline would be built with advanced safety features. The southern leg of the pipeline between Oklahoma and Texas is already operational.

Progressive slots link New Jersey, Nevada casinos

WAYNE PARRY, Associated Press

ATLANTIC CITY, N.J. (AP) — A long-planned initiative to create bigger jackpots by linking casino slot machines in New Jersey and Nevada is up and running.

The New Jersey Gaming Enforcement Division says the progressive slots system links 100 machines in Atlantic City with 600 in Nevada. The progressive jackpots grow in size as more gamblers play them.

"The division is pleased to have been at the forefront of passing regulations and reaching out to other jurisdictions to enable this expanded gaming opportunity for Atlantic City," said director David Rebeck. "Much like multi-state lotteries, this new technology and cooperative regulatory agreements will allow combined progressive jackpots to grow, which should be very appealing to players looking for the opportunity to play for huge jackpots."

The system quietly went live Wednesday afternoon, and was announced by regulators Thursday morning.

Slot machines account for about two-thirds of the revenue won by Atlantic City's casinos.

It is the second multi-state system linking New Jersey slot machines with those in other states. Earlier this year, the state approved a compact with South Dakota. The two interstate slot systems are not connected with each other, though.

New Jersey casino regulators have been working on the plan for at least two years, and they are still looking for other states to participate in an expanded multi-state slots system.

It is one of many things the state is trying as it tries to reverse Atlantic City's eight-year casino revenue decline, brought on by increased competition in neighboring states. New Jersey also legalized Internet gambling and tried unsuccessfully to overturn a federal ban on sports betting, among other initiatives.

The interstate concept is also a key to New Jersey's plans for Internet gambling. The state plans currently limits Internet gambling to people physically present in New Jersey, but the law allows it to enter into compacts with other states or countries where Internet gambling is legal.

Division spokeswoman Kerry Langan says all 11 Atlantic City casinos are participating, including the three that are shutting down within the next few weeks: Revel, Showboat and Trump Plaza.

10 Things to Know for Today

The Associated Press

Your daily look at late-breaking news, upcoming events and the stories that will be talked about today:

1. HAMAS KILLS 11 SUSPECTED INFORMERS FOR ISRAEL

A Gaza security official says the 11 men had previously been sentenced by Gaza courts.

2. RUSSIAN AID CONVOY DRIVES INTO UKRAINE

The first trucks cross the Ukrainian border, seemingly without Kiev's approval, after more than a week's delay amid suspicions the mission was being used as a cover for an invasion by Moscow.

3. WHY OBAMA FACES COUNTERTERROR DILEMMA

The president may continue helping Iraqi forces to reverse the Islamic State's land grabs, but extremist might also pull back into Syria and regroup.

4. BODIES FROM FLIGHT 17 CRASH ARRIVE IN MALAYSIA

The government urges people to wear black and observe a minute of silence to honor those who died when the Malaysia Airlines aircraft was shot down over Ukraine in July.

5. FERGUSON FALLOUT SPURS CALL FOR POLICE 'BODY CAMS'

Proponents say the devices add a new level of accountability to law-enforcers' work. Still, there are drawbacks.

6. NEW ENGLAND'S YOUNG HAVE NEW CAREER CHOICE

As new farms are popping up and the local food movement is spreading across the region, young people are choosing crops over cubicles.

7. CHINA'S ENERGY REVOLUTION HOLDS CLIMATE CHANGE RISKS

The country's gas boom threatens to spew heat-trapping carbon dioxide as the world tries to curb emissions.

8. WHERE DEPORTED MEXICANS FIND NEW LIFE

Many of them take refuge in booming call centers that cater to American consumers.

9. JELL-O LOSES ITS JIGGLE

Despite its enduring place in pop culture, the sales of the dessert have tumbled 19 percent in the past four years and efforts to revitalize them have been a flop.

10. HOW SOME SCHOOLS ARE QUENCHING THIRST FOR REVENUE

Athletic departments are opening taps in college football stadiums that traditionally have been alcohol-free zones.

AP News in Brief

First trucks in Russian aid convoy driven across border into eastern Ukraine

IZVARYNE, Ukraine (AP) — Russia unilaterally sent an aid mission into rebel-held eastern Ukraine on Friday, saying its patience had worn out after a week of delays it blamed on the Ukrainian government.

The International Committee of the Red Cross, which had planned to escort the convoy to assuage fears that it was being used as a cover for an invasion by Russia, said it had not received enough security guarantees to escort the convoy.

Trucks loaded with water, generators and sleeping bags sent from Moscow are intended for civilians in the city of Luhansk, where pro-Russian separatist fighters are besieged by government forces. Shelling

of the city has been ongoing for weeks.

An Associated Press reporter saw a priest blessing the first truck in the convoy at the rebel-held checkpoint and then climbing into the passenger seat. A rebel commander on the scene said 34 trucks had gone through. On the Russia side of the border, an Associated Press reporter counted another 32 vehicles going into the customs zone.

The vehicles' immediate destination was not known and it was not clear whether Kiev had granted its approval.

Hamas kills 11 alleged informers for Israel a day after Israel killed 3 top Hamas commanders

GAZA CITY, Gaza Strip (AP) — A Gaza security official says Hamas has killed 11 suspected informers for Israel.

Friday's killings came a day after Israel killed three top Hamas military commanders in an airstrike on a house in southern Gaza Strip.

Hamas has vowed revenge for the targeting of its leaders.

The security official says the 11 suspected informers were killed early Friday at the Gaza City police headquarters. He says the 11 men had previously been sentenced by Gaza courts.

He spoke on condition of anonymity because he was not authorized to discuss incident with reporters. The killings of the 11 were also reported by Al Rai and Al Majd, two websites linked to Hamas.

Extremists' use of Syria as a sanctuary is at the heart of Obama's counterterrorism dilemma

WASHINGTON (AP) — At the heart of President Barack Obama's quandary over the Islamic State militants is their haven in Syria.

The president may continue helping Iraqi forces try to reverse the group's land grabs in northern Iraq by providing more arms and American military advisers and by using U.S. warplanes to support Iraqi ground operations.

But what if the militants pull back, even partially, into Syria and regroup, as Defense Secretary Chuck Hagel on Thursday predicted they would, followed by a renewed offensive?

"In a sense, you're just sort of back to where you were" before they swept into Iraq, said Robert Ford, a former U.S. ambassador to Syria who quit in February in disillusionment over Obama's unwillingness to arm moderate Syrian rebels.

"I don't see how you can contain the Islamic State over the medium term if you don't address their base of operations in Syria," he said in an interview before an intensified round of U.S. airstrikes this week helped Kurdish and Iraqi forces recapture a Tigris River dam near Mosul that had fallen under control of Islamic State militants.

Remains of MH17 victims return to mourning Malaysia as govt faces fallout of 2 plane tragedies

KUALA LUMPUR, Malaysia (AP) — Carried by soldiers and draped in the national flag, coffins carrying Malaysian victims of Flight MH17 returned home Friday to a country still searching for those onboard another doomed jet and a government battling the political fallout of the twin tragedies.

The bodies and ashes of 20 victims from the Malaysia Airlines jet that was shot down over eastern Ukraine in July were given full military honors and a day of national mourning was declared, the first in the country's history.

Many people in offices in the nation of 30 million observed a minute's silence as the hearses were driven from the tarmac of Kuala Lumpur International Airport to private funerals. Some public trains in the capital, Kuala Lumpur, stopped operating.

All 298 people onboard died when the jet was shot down over an area of Ukraine controlled by pro-Russia separatists on a flight from Amsterdam to Kuala Lumpur. The victims included 43 Malaysians and 195 Dutch nationals. An international investigation is ongoing, but no one has been arrested.

The return of the bodies also represented a political triumph for Prime Minister Najib Razak, whose already shaky popularity ratings were hit by his handling of the still unsolved disappearance of Malaysia Airlines Flight 370 and its 239 passengers and crew in March.

US Ebola survivor thanks God, asks for prayers and aid for African countries fighting outbreak

ATLANTA (AP) — As one of few Ebola survivors with medical expertise, Dr. Kent Brantly seems keenly aware of the position his painful experience has put him in. He hasn't spoken yet about his plans, but spent much of his first public appearance pleading for help for countries still struggling with the virus.

"I am forever thankful to God for sparing my life and am glad for any attention my sickness has attracted to the plight of West Africa in the midst of this epidemic," Brantly said Thursday at a news conference before leaving Emory University Hospital, where he and a medical missionary colleague spent three weeks in an isolation unit as they recovered.

"Please continue to pray for Liberia and the people of West Africa, and encourage those in positions of leadership and influence to do everything possible to bring this Ebola outbreak to an end," he added before hugging all the doctors and nurses, a display of affection telegraphing the message that Ebola survivors are not contagious.

With the world watching, Brantly could continue sending these messages from the United States or even return to Africa with his doctors' blessing.

"My family and I will now be going away for a period of time to reconnect, decompress and continue to recover physically and emotionally. After I have recovered a little more and regained some of my strength, we will look forward to sharing more of our story," said Brantly, visibly thinner than he appeared in an image circulated earlier by his charity organization, the North Carolina-based Samaritan's Purse.

In Ferguson fallout, calls grow for police to wear 'body cameras' — but with caveats

NEW YORK (AP) — What if Michael Brown's last moments had been recorded?

The fatal police shooting of the unarmed black 18-year-old in Ferguson, Missouri, is prompting calls for more officers to wear so-called body cameras, simple, lapel-mounted gadgets that capture video footage of law enforcement's interactions with the public. Proponents say the devices add a new level of accountability to police work.

"This is a technology that has a very real potential to serve as a check and balance on police power," says Jay Stanley, senior policy analyst at the American Civil Liberties Union.

The case supporters make is simple: Cops and criminal suspects alike are less likely to misbehave if they know they're being recorded. And there's some evidence supporting it. In a recent Cambridge University study, the police department in Rialto, California — a city of about 100,000— saw an 89 percent decline in the number of complaints against officers in a yearlong trial using the cameras.

The number of times the police used force against suspects also declined. After the trial, the cameras became mandatory for the department's roughly 100 officers.

National Guard to withdraw from a quieter Ferguson; night saw no unrest, few arrests

FERGUSON, Mo. (AP) — The streets of Ferguson were peaceful for another night, as protests and tensions were subsiding in the St. Louis suburb where unrest had erupted after a white police officer fatally shot an unarmed black 18-year-old.

Gov. Jay Nixon also ordered the Missouri National Guard, which arrived Monday, to begin withdrawing as flare-ups have been easing. Police have made only a handful of arrests in the protest area on the past two nights.

"I feel we're making progress," Nixon told KMOX-AM, noting that a state of emergency remained in effect in Ferguson.

About 100 people gathered Thursday evening, walking in laps near the spot where Michael Brown was shot on Aug. 9. Some were in organized groups, such as clergy members. Police said there had been seven arrests, mainly for failure to disperse. That compares with six on Wednesday night and 47 the previous night — providing hope among law enforcement leaders that tensions were beginning to wane.

Several protesters were still calling Thursday night for St. Louis County prosecutor Bob McCulloch to be removed from the case. Some question McCulloch's ability to be unbiased since his father, mother and other relatives worked for St. Louis police. His father was killed while responding to a call involving a black suspect.

Coal gas boom in China threatens to spew greenhouse gases as world tries to curb emissions

HEXIGTEN, China (AP) — Deep in the hilly grasslands of remote Inner Mongolia, twin smoke stacks rise more than 200 feet into the sky, their steam and sulfur billowing over herds of sheep and cattle. Both day and night, the rumble of this power plant echoes across the ancient steppe, and its acrid stench travels dozens of miles away.

This is the first of more than 60 coal-to-gas plants China wants to build, mostly in remote parts of the country where ethnic minorities have farmed and herded for centuries. Fired up in December, the multibillion-dollar plant bombards millions of tons of coal with water and heat to produce methane, which is piped to Beijing to generate electricity.

It's part of a controversial energy revolution China hopes will help it churn out desperately needed natural gas and electricity while cleaning up the toxic skies above the country's eastern cities. However, the plants will also release vast amounts of heat-trapping carbon dioxide, even as the world struggles to curb greenhouse gas emissions and stave off global warming.

If all of the plants start up, the carbon dioxide they'd release would equal three-quarters of all energy-related carbon emissions in the U.S., according to U.S. government data and energy experts from Duke

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and Stanford universities. That is far more than now produced in China by burning coal, the country's main source of power.

So far, China is running only two pilot plants to produce methane, which is also known as synthetic natural gas, in the provinces of Inner Mongolia and far western Xinjiang, with another 21 approved. Building all 60 plants would cost an estimated \$65 billion.

Jell-O's revitalization efforts turn out to be a big flop

NEW YORK (AP) — Jell-O has lost its jiggle and nobody knows how to fix it.

The dessert was invented more than a century ago and helped popularize a delicacy reserved for the rich into a quick, affordable treat. Americans of all ages are familiar with the famous "J-E-L-L-O" jingle and TV ads featuring comedian Bill Cosby. Knocking back Jell-O shots made with alcohol is a college memory for many.

Yet despite its enduring place in pop culture, sales have tumbled 19 percent in the past four years, with alternatives such as Greek yogurt surging in popularity. Executives at Kraft Foods, which owns Jell-O, say they're confident they can revitalize the brand. But their efforts so far have been a disappointment.

After years of marketing sugar-free Jell-O to dieters, for instance, Kraft last year launched an ad campaign that switched back to playing up the family angle. In one TV spot called "Comb Over," a man with the title hairdo tells his son how Jell-O makes up for life's troubles, like being stuck in traffic. The visual gag is when the child imagines himself going through life with a comb over.

"Kids thought it was hilarious," said Dan O'Leary, senior director of marketing for Kraft desserts.

Today in History

The Associated Press

Today is Friday, August 22, the 234th day of 2014. There are 131 days left in the year.

Today's Highlight in History:

On August 22, 1914, Austria-Hungary declared war against Belgium.

On this date:

In 1485, England's King Richard III was killed in the Battle of Bosworth Field, effectively ending the War of the Roses.

In 1787, inventor John Fitch demonstrated his steamboat on the Delaware River to delegates from the Constitutional Convention in Philadelphia.

In 1846, Gen. Stephen W. Kearny proclaimed all of New Mexico a territory of the United States.

In 1851, the schooner America outraced more than a dozen British vessels off the English coast to win a trophy that came to be known as the America's Cup.

In 1910, Japan annexed Korea, which remained under Japanese control until the end of World War II.

In 1922, Irish revolutionary Michael Collins was shot to death, apparently by Irish Republican Army members opposed to the Anglo-Irish Treaty that Collins had co-signed.

In 1932, the British Broadcasting Corp. conducted its first experimental television broadcast, using a 30-line mechanical system.

In 1956, President Dwight D. Eisenhower and Vice President Richard Nixon were nominated for second terms in office by the Republican National Convention in San Francisco.

In 1962, French President Charles de Gaulle survived an attempt on his life in suburban Paris.

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In 1968, Pope Paul VI arrived in Bogota, Colombia, for the start of the first papal visit to South America.

In 1972, President Richard Nixon was nominated for a second term of office by the Republican National Convention in Miami Beach. John Wojtowicz (WAHT'-uh-witz) and Salvatore Naturile took seven employees hostage at a Chase Manhattan Bank branch in Brooklyn, New York, during a botched robbery; the siege, which ended with Wojtowicz's arrest and Naturile's killing by the FBI, inspired the 1975 movie "Dog Day Afternoon."

In 1989, Black Panthers co-founder Huey P. Newton was shot to death in Oakland, California. (Gunner Tyrone Robinson was later sentenced to 32 years to life in prison.)

Ten years ago: As shocked spectators watched, armed thieves stole one of four versions of the Edvard Munch (moongk) masterpiece "The Scream" and a second Munch painting, "Madonna," from the Munch museum in Oslo, Norway. (The paintings, visibly damaged, were recovered in August 2006; three men were convicted in connection with the theft and sentenced to prison.)

Five years ago: Dozens of wildfires broke out across Greece, torching olive groves, cutting off villages and sending residents fleeing as one of the largest blazes swept perilously close to the capital's northern suburbs.

One year ago: Egypt's ousted leader Hosni Mubarak was released from prison and transported to a military hospital in a Cairo suburb to be held under house arrest. A day after being sentenced to up to 35 years in prison for leaking secrets, Army Pfc. Bradley Manning, in a statement to NBC's "Today" show, announced he intended to live as a woman named Chelsea and undergo hormone treatment. A mysterious glitch halted trading on the Nasdaq for three hours.

Today's Birthdays: Heart surgeon Dr. Denton Cooley is 94. Broadcast journalist Morton Dean is 79. Author Annie Proulx (proo) is 79. Baseball Hall of Famer Carl Yastrzemski is 75. Actress Valerie Harper is 75. Pro Football Hall of Fame coach Bill Parcells is 73. Writer-producer David Chase is 69. CBS newsman Steve Kroft is 69. Actress Cindy Williams is 67. Pop musician David Marks is 66. International Swimming Hall of Famer Diana Nyad is 65. Baseball Hall of Famer Paul Molitor is 58. Country singer Holly Dunn is 57. Rock musician Vernon Reid is 56. Country singer Ricky Lynn Gregg is 55. Country singer Collin Raye is 54. Actress Regina Taylor is 54. Rock singer Roland Orzabal (Tears For Fears) is 53. Rock musician Debbi Peterson (The Bangles) is 53. Rock musician Gary Lee Conner (Screaming Trees) is 52. Singer Tori Amos is 51. Country singer Mila Mason is 51. Rhythm-and-blues musician James DeBarge is 51. International Tennis Hall of Famer Mats Wilander is 50. Rapper GZA (JIHZ'-ah)/The Genius is 48. Actor Adewale Akinnuoye-Agbaje (ah-day-WAH'-lay ah-kih-NOY'-yay ah-BAH'-jay) is 47. Actor Ty Burrell is 47. Celebrity chef Giada DeLaurentiis is 44. Actress Melinda Page Hamilton (TV: "Devious Maids") is 43. Actor Rick Yune is 43. Rock musician Paul Doucette (Matchbox Twenty) is 42. Rap-reggae singer Beenie Man is 41. Singer Howie Dorough (Backstreet Boys) is 41. Comedian-actress Kristen Wiig is 41. Actress Jenna Leigh Green is 40. Rock musician Bo Koster is 40. Rock musician Dean Back (Theory of a Deadman) is 39. Rock musician Jeff Stinco (Simple Plan) is 36. Actor Brandon Adams is 35. Actress Aya Sumika is 34.

Thought for Today: "Life does not give itself to one who tries to keep all its advantages at once. I have often thought morality may perhaps consist solely in the courage of making a choice." — Leon Blum, French statesman (1872-1950).

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