



The Lincoln International Folk Dancers dance the Hora Or, an Israeli folk dance, at Antelope Park Bandshell. The dancers wear appropriate costumes and perform traditional folk dances from many parts

of the world. Dee Hughes, a professor of dance at the University of Nebraska-Lincoln, coordinates the group.

Photo by Terry Hyland

## Alternative to jail sought

BY MARLENE BURBACH

A man stole a pack of cigarettes from a store. He was caught and taken to the police department. He refused to give his name and address. This man may be fined or jailed.

This is the usual procedure for such a case, but should the same hold true if the shoplifter is mentally ill?

As the law is now, mentally-ill people are not given any alternative.

For the past six weeks, Crime and Community, Inc., 129 N. 10th St., has been working on an alternative to jail for the mentally ill.

An individual justice plan may be the answer to this problem, said Susan Bailey, community development and volunteer coordinator at Crime and Community, Inc.

An individual justice plan would specify what illegal acts a mentally-ill person might commit and what training the individual is receiving or will receive if the illegal act happens, Mrs. Bailey said.

An individual justice plan would be arranged for any mentally-ill person at Lancaster Office of Mental Retardation or Region V, who shows evidence of illegal behavior or who may commit an illegal act, Mrs. Bailey said.

As each client is admitted to LOMR or Region V, a team of people reviews his case and plans the client's program while under treatment. This same team also would set up the individual justice plan if one became necessary, Mrs. Bailey said.

"This plan would address that certain (illegal) behavior specifically," Mrs. Bailey said. "We are hoping this will be a substitute for jail."

Until now, no formal plan was designed for the mentally ill, Mrs. Bailey said.

The individual justice plan is only getting under way.

Once the policy is completely designed, it must go to the County Board of Commissioners for final approval.

## Exhaustion, sunstroke serious summer ailments

BY MARLENE BURBACH

July has come and along with it is the usual hot weather. Air conditioners are turned on, fans are plugged in and backs are getting sunburned.

The summer sun is back in full force. Along with it comes the dangers of heat exhaustion and sun stroke. Both conditions are dangerous and sun stroke can be deadly.

Heat exhaustion occurs when a person has excessive sweating. This causes him to lose salt and fluid, said Dr. Gerald Fleischli, the medical director at the University Health Center.

If the salt and fluid is not replaced, it causes a decrease in the blood volume and therefore a lower blood pressure. The person may go into a state of shock and pass out, Dr. Fleischli said.

"The person's skin will be pale and feel clammy," he said.

If heat exhaustion does occur, the person should be taken to a cooler environment and receive medical help immediately. As soon as the lost fluid and salt is replaced, the person is fine, Dr. Fleischli said.

Salt tablets or any salty food will help prevent heat exhaustion because it helps to keep

the fluid in the body, Dr. Fleischli said.

"Sun stroke is more serious than heat exhaustion," he said.

Sun stroke may occur when one is vigorously exercising in hot, humid conditions.

Under these conditions, the person's body temperature rises faster than he can cool himself by sweating. If the air is humid a person cannot sweat as readily because the air holds so much water already that it does not evaporate one's sweat a quickly as dry air, Dr. Fleischli said.

A person with sun stroke has an increased temperature and heart rate. The person may become dizzy, confused and anxious. He may also experience convulsions and pass out. His body will be dry and hot.

"Sun stroke can be serious," Dr. Fleischli said. "It messes up the central nervous system."

It may be a few weeks before a sun stroke victim is released from the hospital. The doctors may have to run tests to make sure the system is back in working order, said Dr. Fleischli.

A sun stroke victim should be taken immediately to a cooler place and receive medical care at once.

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