

THE DAILY SCOOP

Daily 3

6-4-2



14-19-21-26-30

ON THIS DATE

In 1587: An English colony fated to vanish under mysterious circumstances was established on Roanoke Island off North Carolina.

1862: President Abraham Lincoln presented to his Cabinet a preliminary draft of the Emancipation Proclamation.

In 1933: American aviator Wiley Post completed the first solo flight around the world as he returned to New York's Floyd Bennett Field after traveling for 7 days, 18 and 3/4 hours.

In 1934: Bank robber John Dillinger was shot to death by federal agents outside Chicago's Biograph Theater, where he had just seen the Clark Gable movie "Manhattan Melodrama."

In 1937: The U.S. Senate rejected President Franklin D. Roosevelt's proposal to add more justices to the Supreme Court.

In 1942: The Nazis began transporting Jews from the Warsaw Ghetto to the Treblinka concentration camp. Gasoline rationing involving the use of coupons began along the Atlantic seaboard.

In 1946: The militant Zionist group Irgun blew up a wing of the King David Hotel in Jerusalem, killing 91 people.

In 1957: Walter "Fred" Morrison applied for a patent for a "flying toy" which became known as the Frisbee.

In 1967: American author, historian and poet Carl Sandburg died at his North Carolina home at age 89.

In 1975: The House of Representatives joined the Senate in voting to restore the American citizenship of Confederate Gen. Robert E. Lee.

In 1991: Police in Milwaukee arrested Jeffrey Dahmer, who later confessed to murdering 17 men and boys (Dahmer ended up being beaten to death by a fellow prison inmate).

In 1992: Colombian drug lord Pablo Escobar escaped from his luxury prison near Medellin. (He was slain by security forces in December 1993.)

In 2010: President Hugo Chavez severed Venezuela's diplomatic relations with neighboring Colombia over claims he was harboring leftist guerrillas.

In 2011: Anders Breivik, a self-described "militant nationalist," massacred 69 people at a Norwegian island youth retreat after detonating a bomb in nearby Oslo that killed eight others in the nation's worst violence since World War II.

In 2015: A Soyuz space capsule blasted off for the International Space Station, docking with the orbiting outpost nearly six hours later.

Fight with COVID-19 FROM PAGE 1A

my breathing was hard. Your energy went. You couldn't even get out of the recliner. I didn't leave that chair for nine days. I went to the bathroom. I had a little bit of food — lived on Gatorade."

Warnke's sense of taste left him and he lost 14 pounds.

"I fought it, I fought it. On the 13th I called the hotline and said, 'hey, my breathing isn't very good.' They said, 'are you breathing?' I said, 'I'm breathing, but I think I need to see somebody.' They just said, 'stay home and it's fine.'"

So Warnke stayed home. But his partner, Karen Brady, was worried.

"That's when I decided to put the humidifier in our bedroom. But what I did during this time, I burned sage and opened up the windows," she said.

"Then the orange peels," Warnke said.

"He was gasping for air. I boiled some orange peelings and the steam coming out. He sat here (pointing to the kitchen) and steamed himself. We did that twice and it was also a breakthrough for him. He was able to cough something up," Brady said.

Brady got tested for COVID-19 after Warnke tested positive, but received a letter informing her the test came back negative.

"I was sitting on pins and needles," Warnke said of waiting for Brady's test results. He was worried because she is a smoker. Both are in their 60s, an age group considered risky for COVID-19, according to the CDC.

And Brady still had to live in the same house that Warnke was quarantining himself.

"We were rotating (in the bedroom). He slept during the day. I would sleep at night. I had to take the time to clean and change the sheets."

Brady says she doesn't leave the house.

"I'm afraid to go out," she said.

Warnke eventually recovered

and returned to work on June 26.

"My quarantine was over. Fourteen days is the quarantine, Warnke said.

During a conference call with Avera officials, the Independent shared Warnke's experience on fighting the virus with Dr. Steven Meister. He told the Independent that Warnke is "fairly lucky" his COVID-19 experience lasted only three weeks.

"That's fairly short," Meister said. "I have a colleague in the Cities — a chief medical officer — and it's been three months and he's still sick."

Meister also cautioned that the COVID-19 virus should be taken seriously. When told of Warnke's recollection of writing his obituary and calling the hotline, Meister recommended following your instincts about pursuing care.

"If you are that bad. If he feels like writing his obituary, I would have just come to the emergency room. And if you are feeling that horrible, if you are seriously feeling that horrible, why even waste the time calling the hotline? If you are that bad, call 911 and say I'm dying here."

The Independent reached out to Avera Marshall on what to expect when calling the COVID-19 hotline. The communications department sent a statement.

"People who call our medical call center are also referred to a provider visit either virtual or in person. Patients have also been screened to receive home care, such as oxygen monitoring, since our hotline began in March. If the provider deems the person needs inpatient care, they are referred for this care," the Avera statement said.

The CDC guidelines list five health signs for seeking emergency medical care for COVID-19:

- Trouble breathing.
- Persistent pain or pressure in the chest.
- New confusion.
- Inability to wake or stay

awake.

• Bluish lips or face.
When told Warnke claimed he never had a fever during his ordeal, Meister said that was concerning because that's one of the major symptoms of COVID-19.

"That shows the slyness of this virus because one of the most standard symptoms is a fever," Meister said. "But obviously if he said he never got a fever, either A, he didn't check his temperature — he didn't feel like he had a fever — he didn't know what he didn't know. He may have had a low-grade fever. I'm just over 100, right? But he felt OK. He didn't bother taking his temperature regularly."

"And never got the fever, that's even more concerning because — wow — people are walking around all over and spreading it. Which is even more frightening."

Brady, however, said she checked Warnke's temperature daily.

Meister was also asked about possible remedies to fight the virus off. According to the CDC, rest and drinking a lot of liquids are the common treatments.

He approved of the orange peels and humidifier, but was leery of the sage burning.

"Because that's going to make smoke, and smoke is never good to inhale," he said. "Orange peels that are made into a tea — herbal teas — as long as they are not illicit drugs. I don't want you to mix up your marijuana passion with steam. But if you want to take your hot water, lemon juice and honey or some lemons and zest up some orange peels and make tea — I don't think that will hurt you."

Meister also commented on Warnke ending his quarantine and returning to work without taking another COVID-19 test.

"The recommendation is you stay at home for 14 days," he said. "You had at least 10 days since the onset of your symptoms and

at least three days where there has been no fever. This is required — no fever. And you could not have had acetaminophen or anything that takes away the fever. That means three straight days — 72 hours — without any fever."

"So how do you know that you're not spreading the virus? Well, the long and short answer is "technically we don't."

Of course, the other method would be two consecutive tests involving the swabs in the nose or mouth. Meister said the tests should be conducted at least 24 hours apart, with both coming up negative. But even then, Meister said there seems to be no guarantees.

Meister brought up the community spread that hit the USS Theodore Roosevelt back in March that put in question of immunity from the virus after infected.

"They had sailors who were sick, they were quarantined, they put them on the island (Guam) and out them in barracks or hotels. And they would test them frequently. And two sailors (previously infected with COVID-19) were left back on the ship. They were negative and they were testing everybody on the ship frequently, and boom, all of sudden they're popping up positive again. Well, what does that mean? The answer is, we don't know what that means," Meister said.

In Warnke's case, he is reminded that he once had the virus every time he takes a deep breath.

"I take a really deep breath, it's still in the lungs. Your breathing is a little off," he said.

Once simple tasks like mowing the lawn become a little more difficult. He mows the lawn in sections so he can take breaks.

And each breath reminds him the importance of wearing a mask, something he didn't do outside of work before he got sick.

"Wear your mask, because I got it," he said.

Minnesota judge lifts gag order in George Floyd case

MINNEAPOLIS (AP) — A Minnesota judge on Tuesday lifted a gag order in the criminal case against four former officers charged in death of George Floyd, but said he would take under advisement a news media coalition's request to make body camera footage more widely available.

In announcing his ruling, Hennepin County District Court Judge Peter Cahill said he agreed with defense attorneys' arguments that a gag order would be unfair to their clients and limit their ability to defend against negative publicity.

Cahill also said the gag order wasn't working, adding that certain parties were attempting to "tip-toe around the order," and some media outlets spoke to anonymous sources. The judge said attorneys would still be subject to Minnesota court rules relating to pre-trial publicity and professional conduct.

Also on Tuesday, Cahill ruled that he would not hold the lead prosecutor in the case, Attorney General Keith Ellison, in contempt of court as two defense attorneys requested. Cahill determined that a statement Ellison made when he announced that additional attorneys would be assisting the prosecution was innocuous and did not violate the gag order.

Floyd, a Black man who was handcuffed, died May 25 after Derek Chauvin, a white police officer, pressed his knee against Floyd's neck for nearly eight minutes as Floyd said he couldn't breathe. Chauvin is charged with second-degree murder, third-degree murder and manslaughter. Three other officers who were at the scene, Tou Thao, Thomas Lane and J. Kueng, are charged with aiding and abetting both second-degree murder and manslaughter. All four officers were fired.

Police body camera videos were filed with the court this month by Lane's attorney, Earl Gray, as part of a request to have Lane's case dismissed. Gray said he wanted the videos to be made public — prompting Cahill to issue the gag order barring attorneys and parties from discussing the case.

Cahill made the videos available for in-person, by-appointment viewing only.

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