

Attendance Has Become Thinner At DOT Highway-Plan Meetings

BY BOB MERCER
State Capitol Bureau

PIERRE – Folks don't turn out like they once did for the public meetings on South Dakota's highway construction plan each summer, according to state officials involved in the annual process.

Several general citizens attended the round of meetings last month in Aberdeen, Fort Pierre, Rapid City and Sioux Falls and in a webinar held via the Internet.

The small crowds had lots of government employees and representatives of contractors, however.

Rod Foubert of Aberdeen, a member of the state Transportation Commission, brought up the trend Thursday, as the panel prepared to give final approval to the 2016 version of the ongoing four-year plan.

"We're all there, but ..." Foubert said. Attendance has dropped, acknowledged Mike Behm. He is director for the state Department of Transportation's project development program.

"Our customer satisfaction has been fairly to very high," Behm said.

State Transportation Secretary Darin Bergquist said more people tended to come in the past when there was more money available for new work. He said DOT has been in a preservation mode for the past decade.

"People are getting to understand that," Bergquist said.

The shrinking attendance is a sign that DOT is performing well, said Don Roby of Watertown. He is the commission's chairman.

"I think it's fair to all. There's confidence in the process," Roby said.

Behm said technology helps, with plans and project schedules available on the Internet and people able to contact DOT for information through e-mails.

"There is a lot of coordination that we do," he said.

This summer there were 253 attendees and computer participants, according to Behm. As part of the 253, the webinar drew "20 to 30" people and there have been 107 on-demand views of it on YouTube, he said.

Flash Flooding Impacts Homes, Motorists In Sioux Falls

SIoux FALLS (AP) — More than half a foot of rain fell in parts of Sioux Falls, leading to flash flooding that inundated basements, stranded dozens of motorists and cut electricity to thousands of homes.

Mayor Mike Huether said infrastructure improvements in recent years kept the rainfall from being even more disruptive, "but more work needs to be done," he said.

"You're going to have challenges when get 2 or 3 inches of rain an hour over several hours," said Huether, "but we've had worse challenges and we'll get through this like we do with every other challenge that faces this city."

No injuries were immediately reported in the late Thursday storm, but several people had to be rescued from submerged vehicles. Several structures were damaged by water or lightning. More than 4,000 Xcel Energy customers lost electricity. Power had been restored to all but a few dozen by early Friday, KSFY-TV reported.

The weather service forecast 2-4 inches of rain, which was an accurate average

of what fell over the area, meteorologist Todd Heitkamp told The Associated Press. There is no way to forecast the extreme heavy rainfall that fell in some areas, such as 2.75 inches measured in one gauge in less than half an hour, he said.

"You don't forecast extreme events because you don't have records to base that on," Heitkamp said. "These types of rain events don't occur very often. The last time we saw something close to this (in Sioux Falls) would have been in 2004."

Such weather systems are known as "train echoes," because a series of storms moves over the same area, similar to a train of boxcars, according to Heitkamp.

"It's just one of those systems that soaked in and just kept reformulating over the city, in a very, very concentrated area," Emergency Manager Regan Smith told the AP.

Danny Sullivan and his family were among the motorists who got stuck in the heavy rain and high water. Their vehicle became submerged and they had to climb out the sunroof.

"I've lived here my whole life and I've

never seen anything like that," he told the Argus Leader.

The Trinity Baptist Church was among the buildings that were damaged. A window broke and flooded the basement with about 6 inches of water. Some of the flooring in the basement gave in and more water seeped in, Pastor Dave Decker said.

"Water starts coming in the basement wall, then a piece of plaster breaks," he told the Argus Leader. "Then we heard a big crash and the window breaks. Then the water starts coming in like a waterfall."

At least three houses caught fire when struck by lightning. Maddie Todd was on the third floor of her home when lightning struck.

"It was the brightest light I ever saw ... all of sudden I just hear this extremely loud noise and smelled smoke almost immediately," she told KSFY.

City police advised no travel during the flooding. The Red Cross deployed volunteers and opened a shelter for people who were displaced.



Funeral & Cremation

Q. What is the difference between a cremation with service and a direct cremation?



Jim Goglin

A. A cremation with service is just like an ordinary funeral service. The deceased can be present in repose during the service, and then a cremation is performed afterwards instead of a burial, and the ashes are later returned to the family. Whereas a direct cremation is conducted without any service

Legacy Affordable Burial & Cremation Solutions

1014 W. 8th St., Yankton · www.goglinfh.com
665-4414 · 866-615-2906
Open Mon.-Sat. 10am-4pm



Accident

From Page 1

a report at 3:13 p.m. Friday of the two-vehicle accident on Nebraska Highway 12, approximately three miles west of the Nebraska Highway 57 junction.

An eastbound Pontiac Bonneville, driven by Schieffer, crossed the center line and collided head-on with a westbound Chevrolet Silverado pickup driven by

Schumacher, according to the news release.

Schieffer and Schumacher were both pronounced dead at the scene.

The accident remains under investigation by the Cedar County sheriff's office.

Assisting at the scene were the Nebraska State Patrol, the Nebraska Department of Roads (DOR); and the Hartington and Wynot (Nebraska) fire departments and emergency medical services (EMS).

Forum

From Page 1

Sept. 1.

Those who aren't able to attend the meeting but have questions on the matter are encouraged to attend the following town hall meetings:

* Wednesday, Sept. 2, at 7 p.m. at Mayfield Store, rural Irene.

* Thursday, Sept. 3, at 6 p.m. at Cottonwood Corral,

west of Yankton.

* Thursday, Sept. 17, at 7:30 p.m. at Gayville Community Center.

* Monday, Sept. 21, at 6 p.m. at Lesterville Fire Hall.

* Monday, Sept. 21, at 7 p.m. at Marv's Bar in Utica.

* Wednesday, Sept. 23, at 6 p.m. at Mission Hill Town Hall.

Follow @RobNielsenPandD on Twitter.

Mission

From Page 1

tors.

The South Dakota team was featured doing a children's program on live television, broadcasted to over 10 cities. Everywhere the team went, they focused on children, playing games with the kids, talking to them and their families and performing a children's program composed of songs, dances, skits and an illustrated message.

Student, Mahri Jones (2015 graduate of Yankton High School) spent two months over the summer as an intern with King's Castle Ministry. "It changed me because I realized that our time really is not just our own. I had to realize that I wanted to dedicate my time to God and not just to myself. When I sacrificed my wants, I grew closer to God. Now I know that growing closer to God is my number one want."

Mahri went through extended training time to prepare. One lesson she experienced was an exercise designed to help the students think about what it may be like for those Christians in other countries that are being persecuted for their faith. She was blindfolded and told to pray. "Then someone taped my hands and my mouth. We continued to pray."

After 20 minutes, they removed the blindfold and tape.

"It was such an impactful experience," Mahri says. "We should be thankful for our

freedom to worship while we still have it.

Another student, Hailey Baugh, says this, "El Salvador is one of those places I hope I never stop returning to. Don and Terri Triplett (the Assemblies of God missionaries that hosted us) have set such an outstanding precedent for their ministry and are creating a "new normal" for the people of El Salvador."

Roux says this of the experience, "There are a lot of children there to reach, and the cultural experience is transformational for students. We are active in reaching out to children and families here in our community as well! Our first mission is always our home front. But there is something life-changing, especially for students, about leaving what is comfortable and familiar to travel to another culture and to get involved in serving the needs of others."

One of the goals of this mission is to help students to obtain a global perspective. (The small world that we live in is not all there is.)

The students are impacted by witnessing the level of poverty in other countries. Annette concludes, "These experiences help, not only the students but all to remember that this lifetime is not just about getting everything we want. When you believe in Jesus and the way He loves people, life has a much bigger purpose. That's what these trips are about."

Family Medicine

Q. What is a concussion?



Brandy Pravecsek, CNP
L&C Specialty Hospital

A. A concussion is a brain injury caused by a bump, blow or jolt to the head or body. What seems like a mild injury can be serious. Signs and symptoms of a concussion may include headache, dizziness, nausea, balance problems, blurry vision, light or noise sensitivity, feeling sluggish, confusion or memory problems. If you are concerned you or your child may have a concussion, it is important to seek medical care. Remember that children and teens with concussions should not participate in sports until cleared for activity and completely symptom free. A repeat concussion that occurs before the brain recovers from the first concussion can slow recovery or increase the chances of developing long term problems. Rest is the key after a concussion.



2525 Fox Run Pkwy., Lewis & Clark Medical Plaza, Yankton 260-2100

Chiropractic

Backpack Reminders from First Chiropractic Center



Sheila Fitzgerald, DC

- Make sure your child's backpack weighs no more than 10% of their body weight
- The backpack should not hang more than 4 inches below the waistline
- Make sure that pointy or bulky items are packed away from the area that rests on the child's back
- Bigger is not necessarily better; more room in the backpack may encourage them to carry more items
- Urge your child to wear both shoulder straps
- Padded and adjustable straps are recommended
- If your child complains of back pain, remember the doctors at First Chiropractic can evaluate and treat children of all ages with gentle type of adjustments. We teach the child what the back can do, and how to take care of it through posture, strong muscles and good nutrition. We also discuss sleep habits and encourage activity over 'screen' time.



2507 Fox Run Parkway, Yankton, SD, 665-8073

Fitness/Health

Q. My kids are back in school now and I'm wanting to start a fitness routine for myself. Any tips on sticking with it this time?



Angie O'Connor
Clinical Exercise Specialist

A. Back to school is a great time to get back into routines. Follow through with workouts seems to be much better when people have a consistent schedule and can develop a habit of working out at a certain time each day. First, choose the time of day you think will work best. Consider how much time you're willing to commit for each workout and hardwire that into your schedule. Remember that you need to take time for you! Don't let your workout be the first thing that gets bumped when you get busy. Think about your goals and talk to a personal trainer about what type of workouts might best help you reach them. Instead of waiting until New Years to set your fitness goals, meet your goals by New Year's! Track everything. There are so many apps these days that can log your workouts and biometrics. They are a great way to watch your improvements and they provide great motivation. Good Luck!



501 Summit, Yankton • 668-8357

Pharmacy/Nutrition

Q. Why Vaccinate?



Kim Kortje

A. Vaccines help prevent many serious diseases. Thanks to vaccines, many diseases have been nearly eliminated. Fall is a great time to review the vaccinations you have received, do any needed update, and check if there are vaccines you should add. You may be due because of age, male or female, travel plans, medical conditions, behaviors, where you work, where you live, new college student or new military recruit, or weakened immune system. Your pharmacy is a great place to start. Your pharmacist can help you review what you will need to update your profile, file with your insurance, and record your immunization with the state. With the flu vaccine season coming upon us, stop by and have us review your records with you. Many vaccines can be given at the same time. We can help you with your vaccination needs - Dtap, Pneumonia, Shingles, and Influenza.



Pharmacy • 665-8261

Ear, Nose & Throat

Q. Dr. Neugebauer, after shooting fireworks on the 4th of July my hearing seemed to get worse and then eventually get better. Is this normal?



Kendra Neugebauer, Au.D. CCC-A

A. Great question! Your experience was what we call a temporary hearing loss or threshold shift. A temporary threshold shift (TTS) tends to occur after exposure to loud sounds and in this case, fireworks. The delicate parts of your ear have been overworked from the loud noise exposure, resulting in poorer function. Usually, hearing returns to normal within 48 hours. If your hearing hasn't gotten better, I recommend contacting your physician or seeing an audiologist immediately. The best way to prevent noise-related hearing loss is to use hearing protection. There is a wide variety of hearing protector styles to choose from. If you have any questions about TTS or what hearing protector would work best for you, feel free to call us at (605) 655-1220.

David Wagner, M.D.
Matthew Rumsey, Au.D., CCC-A
Kendra Neugebauer, Au.D., CCC-A
Professional Office Pavilion,
409 Summit, Yankton
655-1220 • 888-515-6820
www.yanktonent.com



Podiatry

Q. What is a Podiatrist?



Christine Wiarda, D.P.M.

A. A podiatrist is a foot and ankle surgeon who spends a great deal of time focusing only on foot and ankle pathology, including but not limited to: fractures, ulcerations, sport-related injuries, tendon injuries, heel pain, bunions, and hammertoes, etc. Podiatry focuses on the biomechanics of the foot and ankle following an injury or surgery and will provide orthotics, if indicated, to help accommodate the foot to prevent further injury. At Avera Medical Group Podiatry, we are able to cast for custom orthotics here in the clinic. We are also fortunate enough to have an orthotist come to our clinic three times a month if bracing or special orthotics are needed. Podiatrists are required to complete four years of Podiatric Medical School (after four-year undergraduate degree) that covers basic and clinical sciences, such as whole body anatomy, pathology, biochemistry, surgery, pediatrics, pharmacology and general medicine, identical in length as Osteopathic and Allopathic Medical Schools. The difference is podiatrists are given intensive foot and ankle specialty-specific education beginning in the first year. Following four years of podiatric medical school, a three-year surgical residency is required that focuses specifically on the foot and ankle.

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

