

# NJ Sandy Milestone: Last Shuttered Town Reopens

BY MEL C. EVANS  
Associated Press

MANTOLOKING, N.J. — For the first time in almost four months, residents are living again in Mantoloking, a well-off New Jersey beach town that suffered some of the worst of Superstorm Sandy's wrath.

Town officials allowed residents to return Friday to stay. It's the last New Jersey community to hit that milestone since the storm.

"It's a wonderful feeling to be back in your own home after four months of not knowing what your future is," said Sandra Witkowski, who returned with her husband, Stan.

But it's also difficult to be in a place with such devastation. When she looks out her window, Witkowski sees one house wrecked by the storm and bare land where another used to be.

All 521 homes in the community an hour and a half's drive south of New York City were damaged. About 60 were swept away entirely and hundreds more will have to be demolished. Most of the homes are grand summer get-aways. Only about 100 residents typically stay through the winter.

The community, 2 1/2-miles long and just a couple blocks wide with the Atlantic Ocean on the east and Barnegat Bay on the west, was cut in two by an inlet during the storm. That was fixed quickly, and Route 35, the main road through the barrier island community, has also reopened after repairs.

Across New Jersey, the storm destroyed about 30,000 homes and caused an estimated \$37 billion in damage.

The destruction in Mantoloking meant that not many residents were able to take

advantage of the permission to return on Friday.

"It's quiet in the winter, which we like," Sandra Witkowski said. But now? "It's really quiet."

The Witkowskis' home needed major repairs to the electrical and other systems, but because it's built on pilings, water did not get into the house.

The retired couple has been staying with their daughter's family, which meant adjusting to living with two teenagers.

Doug Popaca said he was full of anticipation about returning. He said he and his wife, Joyce, awoke every hour through the night before deciding at 5 a.m. that it was OK to get up and head home.

"It was almost like Christmas, you know, when you're expecting a good gift," Popaca said. "You can't sleep. You keep waking up hoping it's daytime."

Popaca said all of the utilities in the house are up and running, a requirement for residents to be able to inhabit their homes permanently again.

The Popacas had been staying in a small summer cottage in nearby Brick that they rented on a month-by-month basis.

Popaca said while the cottage was warm and dry, it was much smaller than their home. He said they are looking forward to using their full-size appliances and shower.

"And of course sleeping in your own bed," Popaca said.

He said the first thing they did after going home was laundry. The next step would be cleaning — a relatively easy task considering what others in the area are dealing with.

"While we're very happy and very lucky to be back," Popaca said, "there is still that feeling that other people are suffering."

## Flu

From Page 1

The South Dakota Department of Health. Last year's total for the season was 505 cases.

While cases appear to be on the decline locally, Johnson still recommends that anyone who hasn't received a flu shot get one. It contains two strains of influenza A and one of influenza B.

"We keep immunizing until we are pretty much through the flu season," she said. "Last year, we were still getting cases in May where people were testing positive for influenza. And sometimes you don't know if you're going to have another cycle of influenza."

Influenza is a viral respiratory infection. Typical symptoms include headache, fever, chills, cough, body aches and weakness. While the illness may only last a few days, it can take people longer to recover.

"It can hang around like that for a week where you feel that bad," Johnson said. "And elderly people and people with underlying disease are at higher risk for complications from influenza, such as pneumonia and even death."

Johnson added that influenza should not be confused with gastroenteritis and noroviruses, which are often referred to as the "stomach flu." These illnesses are usually caused by something ingested and can cause vomiting, chills and fever. They often resolve themselves within 48 hours and are not related to influenza, she said.

"A lot of people will say they've already had the flu because they were up all night vomiting and think they're done with it, but that is not what influenza is. It is not the stomach flu," she said. "It is a definite respiratory virus, and it can be very serious. So it is something that should be immunized against. The flu shot isn't perfect, but it is one of the tools we have to prevent people from getting influenza."

If individuals who believe they have influenza want to obtain an antiviral medication to lessen the symptoms, Johnson said it is important they see their doctor immediately, as the medication must be taken within the first two days to be effective. Such medications typically are advised for people at risk for complications from influenza, as too much antiviral use by others could result in resistance, she said.

However, that doesn't mean generally healthy people should avoid seeking help if they believe their symptoms warrant it, Johnson said.

"If people are feeling miserable, they should see their doctor," she said. "It might not be influenza. It might be something else that needs treatment."

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# Officer Shot Man Trying To Attack Police

RAPID CITY (AP) — A man shot by police after trying to attack officers with a butcher knife outside of a Rapid City library remained in critical condition Friday at a local hospital, authorities said.

Officers responded to the library Thursday evening after multiple callers reported that a man had thrown a rock through a library window and was armed with a large knife, police said in a news release.

"Outside, the man aggressively attempted to attack responding officers with the

**"Outside, the man aggressively attempted to attack responding officers with the butcher knife."**

butcher knife," police said in the release.

Officer Jerry Moore, a 25-year veteran of the department, fired several shots to stop the attack, police said.

KELO-TV reported that 20-year-old Elijah White Magpie remained in critical condition Friday at Rapid City Regional Hospital.

## POLICE COMMENT IN A RELEASE

The officers were not injured. Moore was placed on paid leave as the investigation began, which Assistant Chief Karl Jegeris told KELO-TV is "standard procedure" for officers involved in shootings.

Becky Moser-Eckmann, who was inside the library, told the *Rapid City Journal* that she was looking at a Sue Grafton novel

shortly after 6 p.m. when she heard a loud crash that turned out to be a rock shattering a window in the library's foyer.

A library employee quickly told her and others "to stay inside where it was safe." Moments later, according to Moser-Eckmann, a girl came into the library screaming, "They shot my brother."

The investigation has been turned over to the South Dakota Division of Criminal Investigation.

# ASK THE EXPERTS

## Comfort Care

**Q Is hospice care only good for 6 months?**

**A.** No. Patients are eligible for hospice care when they are diagnosed with a terminal illness with a prognosis of 6 months or less, and for whom curative intervention is no longer a choice or option. However, some patients actually survive beyond this period as a result of the improvement in their quality of life. In addition, hospice personnel work with patients' physicians to provide effective pain management combined with strong emotional and spiritual support.

After 6 months have passed each patient is re-evaluated by their physician and hospice medical director and hospice care can be re-activated for a continuing terminal illness with a prognosis of 6 months or less.



Lars Aanning, MD  
Medical Director



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## Family Medicine

**Q How do you avoid dry skin in the winter?**

**A.** Moisturize daily. Wash with a moisture-rich soap (no added fragrance) and moisturize skin 1-2 times daily, using products such as Vaseline, Eucerin or Aquaphor that are non-prescription and may help control your symptoms. Use topical steroids. If over the counter hydrocortisone cream isn't helping enough, ask your medical provider about switching to a prescription-strength formula. Apply to the skin twice daily, when skin is slightly moist - right after cleansing.

Humidify dry air. Keep humidity between 45 - 55 percent. Wear gloves outside. Buy a variety of gloves in different fabrics for different weather conditions.

Avoid sweating. Dress warm, but don't overdress. Sweaty skin can trigger a flare-up. Try layering. If you do get sweaty, rinse off, pat dry and moisturize as soon as possible. Also dress in comfortable fabrics that are soft (synthetic or cotton) and that don't rub.

Avoid harsh detergents. Launder clothes in detergent that is specifically designed for sensitive skin, free of dyes and perfumes. Avoid softeners, other than chemically-free dryer sheets.

If you are having any problems or concerns regarding dry skin, we would be happy to see you in our clinic. Call for an appointment at (605) 665-2100.



Jeffrey Johnson, M.D.



Brandi Pravacek, CNP  
L&C Specialty Hospital



Brad Adams, PA-C



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## Ear, Nose & Throat

**Q Dr. Rumsey, my ears ring constantly. Sometimes it's so bad I cannot concentrate on work or even fall asleep. Is there anything I can do?**

**A.** Unfortunately you are not alone. Recent research has shown nearly 50 million adults suffer 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, the 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](http://www.ATA.org). If you would like more information you can call me at (605) 665-6820.



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## Podiatry

**Q Cold Feet**

**A.** During the winter, many people complain of having cold feet. Other people complain of having cold feet "even on the 4th of July!"

The causes of cold feet can be due to several different problems. Appearance of the feet can give a good indication as to circulatory problems. There are certain appearance changes to feet that would indicate a large vessel circulation problem versus small vessel circulation problems.

A good thorough physical examination of the feet and legs is performed first. The physical exam takes into account the physical appearance of the lower leg and feet to see if there are visible changes. Palpating the pulses is the physician's way of assessing that blood flow is present in the lower leg in feet. The use of handheld Doppler ultrasound can be useful in the office if pulses are not easily palpable.

Non-invasive vascular studies test the blood flow from the upper thigh to the toes of the foot. These tests help the physician evaluate wound healing potential. Other more invasive exams would include an MRA (magnetic resonance angiogram) or a CTA (computed tomography angiogram) and would involve getting an injection of contrast dye to allow the vessels to be imaged.



Terence Pedersen,  
D.P.M.

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## Urological

**Q Is coffee bad for me?**

**A.** Here is the scoop on coffee! There are benefits to coffee but as with all good things. Let's first review these risks: coffee consumption can increase one's blood pressure, increase or worsen one's anxiety level, cause insomnia or induce a tremor, cause one to have frequent urination, increase risk of glaucoma and can cause a caffeine withdrawal syndrome.

- Now, the good side of coffee!
- 1) Coffee beans contain antioxidants that can lower your bad cholesterol and an average of 2 cups per day protects your heart against heart failure.
  - 2) Drinking between 1 to 3 cups per day reduces one's risk of stroke by as much as 25%.
  - 3) Regular coffee drinking improves glucose metabolism and thus reduces the risk of Type 2 diabetes and can promote weight loss.
  - 4) Because of its antioxidant properties, regular coffee consumption of 3 to 5 cups per day can reduce one's risk of endometrial cancer, prostate cancer, head and neck cancer, basal cell cancer and a certain type of breast cancer.
  - 5) 3 to 5 cups per day may slow down the progression brain disease so as to avoid dementia.
  - 6) 2 to 3 cups of coffee per day can power one's risk of developing depression.
  - 7) Coffee can slow disease progression in patients with liver disease such as hepatitis C, alcoholic cirrhosis or other liver diseases.
  - 8) Other benefits may include relief of dry eye syndrome by increasing tear production, decrease the risk of gout and can potentially help fight infection such as MRSA (methicillin resistant Staph aureus).

Therefore, you must weigh the risks versus benefits and decide for yourself if coffee is good or bad for you. So far it appears that the benefits outweigh the risks.

**Yankton Urological Surgery,  
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Dr. Joseph Boudreau  
MD, F.R.C.S.

## Chiropractic

**Q Chiropractic approach to Patient Care**

**A.** Whether or not you have pain, spinal care is essential to good health. Your chiropractor wants to know your health history so as to start with the right information to help you. Everyone is unique, and some cases are more straight forward than others. Your chiropractor may collaborate with your other care providers or may recommend a specific direction of care for you. The main care we provide are adjustments. We also may use xray, MRI, blood tests, supports, exercise, nutrition, and other options as needed to address your care. The success of your outcome is important to us. Let us know how we can help you.



Sheila Fitzgerald,  
DC



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## Fitness/Health

**Q My New Year's resolution is to lose weight. Do I have to exercise?**

**A.** Weight loss without exercise is a big no no. Studies show that up to 28% of weight loss with calorie restriction alone will come from muscle or lean tissues where as exercising and calorie restriction together can reduce that percentage to 11% or less. Why is this important? Because having muscle is what helps you to burn more calories at rest, helping you to stay lean and healthy long term. Being thin is nice, there are definite benefits to your joints and cardiovascular system, however, you can be thin and still be over-fat. A thin person with little muscle and a high percentage of body fat isn't doing themselves any favors health wise. That is also why measuring your body fat is more important than measuring your weight on the scale in most cases. A good goal to work towards is 1200-1500 calories burned through exercise each week for weight loss. Eating frequent small meals and reducing calories consumed through liquids will help as well.



Angie O'Connor  
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## Pharmacy/Nutrition

**Q What is "the flu"?**

**A.** Influenza (the flu) is a contagious disease that is caused by the influenza virus. It attacks the nose, throat, and lungs, and is different from the common cold. The flu usually comes on suddenly and may include symptoms of fever, headache, tiredness, dry cough, sore throat, nasal congestion, and body aches. Differences between the flu and the common cold are outlined in the table below.

Symptoms	Flu	Cold
Fever	Characteristic, high (102-104°F), lasts 3-4 days	Rare
Headache	Prominent	Rare
General aches, pains	Usual, often severe	Slight
Fatigue, weakness	Can last up to 2-3 weeks	Quite mild
Extreme exhaustion	Early and prominent	Never
Stuffy Nose	Sometimes	Common
Sneezing	Sometimes	Unusual
Sore throat	Sometimes	Common
Chest discomfort, cough	Common, can become severe	Mild to moderate, hacking cough

Most people who get the flu recover in 1-2 weeks, but some people develop complications from the flu such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma, or diabetes. Children may develop ear infections or sinus problems.

10% to 20% of people in the United States will get the flu each year. About 20,000 people die from the flu each year in the United States, and 114,000 people are admitted to the hospital as a result of the flu.

Because influenza is caused by a virus, antibiotics like penicillin don't work to cure it. The best way to prevent the flu is to get a flu shot, or influenza vaccine, each fall before flu season. A yearly flu shot is recommended for people who are at increased risk for complications from the flu, but anyone who wants to lower their chances of getting the flu can get a flu shot. The peak of flu season in the United States is from late December to March.



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