



Staci Stengle of Hy-Vee offers samples of a salad to attendees of the ninth annual Celebrate Women event, held Tuesday at the Riverfront Event Center. Featured speaker Holly Hoffman spoke up the street at the Dakota Theatre.

KELLY HERTZ/P&D

Survive

From Page 1

to mail the tape.

“If you wait for opportunities to occur, you’ll be one of the crowd,” she said. “Never jump to the conclusion before taking the opportunity.”

A stunned Hoffman learned she remained in the running for the show after several rounds of eliminations.

Hoffman then received the call for which she had been waiting. She was chosen to fly out for final auditions. Once arriving on the scene, she endured a set of bizarre challenges set up by the “Survivor” producers to test the contestants and make the final cut.

The producers studied every small detail of the contestants, who even underwent a psychiatric evaluation.

When the smoke cleared from the process, a totally shocked Hoffman learned she was selected for the show and was headed to Nicaragua.

Hoffman was required to sign a contract stating, if she leaked any details about the show or its outcome before its airing, she was required to pay the show \$5 million. Holly and Charlie Hoffman also were required to sign a contract releasing “Survivor” from any responsibility should one or both Hoffman die as a result of the show.

Once arriving in the Central American setting for the show, Holly Hoffman embarked on an odyssey that tested every fiber of her mental, emotional and physical fiber. She found herself confronted with situations in no way resembling her everyday life.

Hoffman was even taunted by a fel-

low contestant for her South Dakota roots. The Eureka woman didn’t just get mad, she got even — by filling the contestant’s \$1,600 pair of shoes with sand and throwing the footwear into the ocean.

Hoffman many times wanted to quit, but fellow contestant Jimmy Johnson — a former Dallas Cowboys football coach — asked her a pointed question.

“What would your family think if you quit on national television?” he asked her bluntly.

Hoffman knew the answer. “I needed to do what is right, not what is easy,” she said. “There is no failure except no longer trying.”

As she remained alive in the competition, Hoffman felt a strange mix of emotions as well as her physical exhaustion and starvation.

Hoffman experienced guilt, which she described as “anger directed at yourself.”

She felt worry, which she compared to a rocking chair. “Both give you something to do, but they get you nowhere,” she said.

Hoffman also learned a great deal from her alliances throughout the competition. “In life, you become who you associate with,” she said.

She found her mental attitude played a major role in whether she quit, was voted off the show or remained in her running.

“We can be happy or miserable. It takes the same amount of work,” she said.

The South Dakotan also took on a leadership role, becoming a strong role model and taking on a stronger sense of self-confidence in the process. “When you better yourself, you better others,” she said.

She also learned how to overcome

disappointment and challenges, including a fire that destroyed her team’s hut and possessions.

Hoffman relied on her faith and in the emotional toughness she gained from thinking of her family and needing to remain strong for them.

She became heartbroken, watching a video of her family sent from back home. As a finalist, she was allowed to reunite briefly with her husband in Nicaragua.

She made the final four before a fellow contestant betrayed her and she was voted off the show. She had come so close to winning the \$1 million prize.

During the series, she lost 22 pounds and suffered physical hardships. When she arrived home, her family was stunned at her condition as she walked into the airport.

“My mom was crying,” Hoffman said. “But my 24-year-old son put his arms around me, looked me in the eyes and said, ‘I’m proud of you, Mom.’ My son had never said he was proud of me.”

Then came the son’s words that tore at her heart.

“He said, ‘I don’t care if you win or not (on the reality show), you just made me proud,’” Hoffman said.

“I just won the \$1 million. Those words meant more to me than \$1 million.”

Hoffman reminded her audience once again of the six words at the start of her talk. Then, she left the Yankton audience with one word.

Believe.

“Believe in yourself, and take control of your life,” she said. “Create your own future.”

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf

Lake

From Page 1

Clark Lake compared to 500 to 1,000 years for other Missouri River reservoirs, according to Gavins Point Dam operations project manager Dave Becker.

FORGING A STRATEGY

Weiss’ sediment fears are backed up by the findings of another environmental group. The American Rivers organization recently named the Niobrara River as one of the nation’s 10 Most Endangered Rivers for 2013, citing sediment issues.

The Niobrara River enters the Missouri River near Niobrara, Neb., accounting for 50 to 60 percent of sediment entering Lewis and Clark Lake.

A Corps of Engineers study sought to determine whether flows are a viable management tool for moving sediment past Gavins Point Dam near Yankton. Sediment moved past the dam could be beneficial for fish and wildlife habitat in the sediment-starved reach below the dam, according to Corps officials.

At Lewis and Clark Lake alone, the Corps estimates 2,400 acre-feet of water storage is lost each year due to sedimentation accumulation.

“Loss of storage capacity impacts private property, a number of fish and wildlife species and their habitat, recreation and infrastructure of both Lewis and Clark Lake and the Missouri River,” said Corps hydrologic engineer Paul Boyd with the Omaha District.

According to Boyd, the resultant delta created by the Niobrara River causes a number of impacts: increased surface water flooding, groundwater problems, water quality and water supply for municipal water intakes, recreation access problems and adverse impacts to endangered species habitat.

“Cities, landowners and local businesses, and also the Santee Sioux Tribe, have all expressed interest in managing Niobrara River sediment,” Boyd said.

Last fall, the Corps released a regional sediment management (RSM) strategy looking on a watershed-scale basis for environmentally and economically sustainable solutions.

“The RSM strategy has adopted a large-scale approach in recognition of the fact that attempting to solve sediment problems at local scales alone is not only likely to be unsuccessful, but may exacerbate the sediment problem at other locations,” Boyd said.

FEELING THE INFLUX

MSAC executive director Sandy Stockholm of Springfield told the *Press & Dakotan* that sediment continues its advance.

“The open, sandbar-free water of Lewis and Clark Lake shrinks every year,” she said. “Currently, the lake is on course to be half-full of sediment by the year 2045.”

Sediment accumulates in Missouri River reservoirs at a rate of about 89,700 acre-feet per year, Stockholm said.

“We lose storage of enough water each year

to supply more than 800,000 people with 100 gallons per day for an entire year,” she said.

“We already have lost enough space to store a flood equivalent to 100 miles long, 10 miles wide, with an average depth of 7 1/2 feet.”

Extending all of the reservoirs’ lifespans also extends the more than \$1 billion in benefits produced annually by the system through features such as flood control, hydropower and recreation, among others, according to Stockholm.

“Sediment accumulation is a gradual process that can go unnoticed and untreated. It’s harder to ignore in Lewis and Clark Lake. Giving a glimpse of the future alerts people that their lake landscape is changing,” she said.

“The accumulation of sediment trapped behind all the Missouri River reservoirs grows in size each year along with the associated problems. Even the powerful flood event of 2011 did not move sediment past the dams.”

However, sediment moved nearly a mile downstream during both the 1997 and 2011 flood years, according to Missouri River Institute director Tim Cowman.

“The delta migrated downstream an average of 400 feet a year from 1978 to 2012,” he said. “But during each of those two flood years, the high flows pushed the delta 4,800 feet.”

At the current rate, sediment would approach Bon Homme Colony in 25 years and the Weigand area in 100 years, Cowman said. In 150 years, sediment would be close to Gavins Point Dam. Without any changes, the Corps predicts Lewis and Clark Lake will fill up by the year 2175.

“We are seeing the impact within some of our lifetimes and within our children’s and grandchildren’s lifetimes,” Weiss said.

CREATING AWARENESS

MSAC has put out a DVD on the impact of 2011 flooding on sediment, Weiss said. It includes images running from Pierre to Dakota Dunes.

MSAC attempts to create awareness through its website www.msaconline.com and other sources, Weiss said.

“We get the question, ‘When are you going to move some silt?’ But that’s not our intent — it’s to educate,” he said.

Weiss has also been asked whether federal funds could be found for sediment management.

“Not with a national debt of \$16 trillion and a federal sequester,” he said.

Weiss, a Pierre resident, illustrated the federal funding backlog with a local example for him. The 2011 Missouri River flood created \$6.9 million damage in Fort Pierre. So far, the Federal Emergency Management Agency (FEMA) has paid \$1.5 million.

“It’s just very difficult (getting federal funds) with today’s economy, and it’s getting harder all the time,” he said.

However, not attacking sediment will carry a much higher cost down the road, Weiss said.

“The more we keep it out of the reservoir, the less we need to deal with it later,” he said.

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf

EXCELLENCE: THE HEART AND SOUL OF AVERA

RANKED AMONG THE TOP 10% IN THE NATION FOR
Patient Safety Excellence
Outstanding Patient Experience

Of the 4,500 nationwide hospitals evaluated by Healthgrades,[®] Avera Sacred Heart Hospital in Yankton achieved both the Healthgrades[®] 2013 Patient Safety Excellence Award[™] and the 2013 Outstanding Patient Experience Award[™]. Both distinctions place Avera Sacred Heart Hospital among only 86 other hospitals who can claim to be within the top 10 percent of all hospitals nationwide for its excellence.

Healthgrades is the leading provider of information to help consumers make an informed decision about a physician or hospital. More than 200 million consumers use Healthgrades’ comprehensive information about clinical outcomes, patient satisfaction and patient safety to make informed healthcare decisions.

Avera Sacred Heart Hospital in Yankton: 2013 Patient Safety Excellence and Outstanding Patient Experience awards recipient—because providing excellence is our heart and soul.

For more information or to make an appointment, call (605) 668-8000.



AveraSacredHeart.org