

# Water

From Page 1A

or 80 PPB (parts per billion) as an annual average.

Goodmanson said results are measured quarterly.

"The compliance level is a four-quarter running average," he said. "Our running average is about 73 PPB on our highest site — we have four sites that we sample — but we've had results as high as 100 PPB on some of those sites."

He added that they'll be closely monitoring how close they come to the compliance level as 2016 progresses.

"Right now, as we go through the winter ... the colder the water temperature, the slower the reaction (between chlorine and organics), so the numbers will stay low," he said. "We'll be looking at that when we get

into that third quarter next year in August. Hopefully, we see our numbers come way back down during the winter and we'll have room to keep that running average below 80 PPB."

Should 2016's running average exceed 80 PPB, the city will be required to notify the public directly, Goodmanson said.

"We'll have to do a mailing notifying that we are above the limit," he said.

He added that a number of long-term and short-term plans are being solidified that are intended to help curb the rising levels.

"The first thing we're looking at is that the new treatment facility will help," he said. "The other option is, we probably need to run a little bit more of our well water to our treatment facility. Our well water has less organics in it. The other thing we'll do next summer when we get into the heat of the summer

is we'll do more hydrant flushing. The longer the water stays in the system, the higher the THM numbers are. ... In the summer, if we can flush the hydrants and keep the water turned over on some of our lower-use areas where we have the high THM numbers, we should be able to keep those numbers down."

Goodmanson said, at this time, the current water treatment plant isn't able to treat a larger quantity of well water, but a newer facility will be able to handle more and will help cut down on THM levels.

"The issue of the well water right now is, with the treatment facility we have, it costs more to treat well water," he said. "We try to kind of use that balance of keeping in compliance with the THMs, but at the same time, not running the cost of our treatment process up. When we hopefully move for-

ward with the new treatment facility with membranes, we won't have that additional cost to treat well water — they'll be designed to treat well water."

Goodmanson said that the city's water will still be extremely safe, even if the supply exceeds compliance levels next year.

"If it was really, truly dangerous, the EPA would not allow us (to distribute)," he said. "We would be doing a complete shutoff of the water system. (This situation) is nothing like that, we'd just have to send out a mailing notice that this is something that may cause you cancer and that the city is required to work on reducing THM levels. But there is no immediate threat to drinking the water."

Follow @RobNielsenPandD on Twitter.

# Dakota Scholarships Workshop Nov. 5

A workshop on "How to Build Your Future Workforce," which explores how employers can become involved with the Build Dakota Scholarship program, will be held Thursday, Nov. 5, from 10-11:30 a.m. at the Kolberg-Pioneer Training Center, 700 W 21st St, Yankton.

Sponsored by Yankton Area Progressive Growth, the workshop has presentations by Deni Amundson, program manager for the Build Dakota Scholarship, Mark Gerhardt, with Mitchell Technical Institute, Chellee Nemeck, with Southeast Technical Institute, and Julie Stevenson, with Lake Area Technical Institute.

Recipients of the scholarship commit to living and working in South Dakota, in their field of study, for three years following graduation. Each technical school offers unique programs for industry partnerships. This workshop provides an opportunity to learn about their programs to expand the scholarship offerings and commit students to joining South Dakota's future workforce.

Area employers interested in the Build Dakota Scholarship are encouraged to attend. For more information, contact Rita Nelson, Workforce Coordinator for Yankton Area Progressive Growth, (605) 665-9011, or rita@yanktonsd.com, or online on the event calendar of: www.greateryanktonliving.com.

# Mercer

From Page 1A

Platte to answer questions about the criminal activities.

Jackley, based on initial findings, said on Sept. 21 that Scott Westerhuis used a shotgun to kill his wife, Nicole, and their four children at their home a few miles south of Platte, then lit the house afire and turned the shotgun on himself.

Scott Westerhuis was business manager at Mid Central. Nicole Westerhuis was grants manager.

The deaths and fire occurred less than 24 hours after state Education Secretary Melody Schopp notified Mid Central director Dan Guericke that the state department wouldn't contract with the cooperative any longer on running a major program called GEAR UP.

South Dakota receives \$3.4 million annually for GEAR UP. The program works with high schools in reservation areas to help acquaint American Indian students and their families with college and technical education opportunities.

Mid Central paid some GEAR UP employees directly and also paid non-profit organizations and contractors.

A state audit by Guindon's department discovered problems regarding 2014 management of GEAR UP.

In the 2015 follow-up audit, more problems were identified, according to Guindon. Those findings haven't been publicly released yet but they have been shared with Schopp and her staff.

Schopp evidently made her decision to terminate the Mid Central contract after receiving those follow-up results.

Guindon said Friday that he already had made the decision to look deeper into Mid Central when Schopp notified Mid Central.

Guindon said a person came to his department with

information regarding Mid Central and GEAR UP during the 2014 audit process. Another person came forward during the 2015 follow-up process.

By that point, Guindon said, he had already decided to follow the money to Mid Central and its contactors and sub-recipients and related parties.

"Well, the Westerhuis fire changed all that," Guindon said.

State Circuit Judge James Anderson granted the Department of Legislative Audit to have access to the criminal investigation files, according to Guindon.

Asked for a timeline, Guindon replied that the draft findings from the 2015 follow-up audit are in hands of Schopp and her department's staff for responses and corrective actions.

That piece must be done by March 31.

The additional work regarding other contracts and grants involving Mid Central and lower level participants will be a separate process that won't necessarily be put in the state audit, he said.

He cited state laws that give the auditor general the authority to look at finances of any political subdivision if the auditor general believes special reasons exist and that allow pass-through money to be followed into non-profit organizations if special reasons exist.

"I think we all agree special reasons exist" to take those additional steps, he said. He noted there isn't authority for his office to audit a private contractor that received the money.

Guindon said the information available from law enforcement investigators would be "very valuable" in conducting the risk assessment for further audits involving Mid Central.

Guindon said he would provide the committee with a list of the grants and contracts.

# ASK THE EXPERTS

## Family Medicine

As we are entering flu season, it is important to remember to get your flu shots! CDC recommends a yearly flu shot for everyone 6 months of age and older as the first and most important step in protecting against the flu. Children younger than 6 months are at higher risk of serious flu complications, but are too young to get a flu vaccine so, you should get a flu vaccine to help protect them from flu also.

What if I think I have the flu? Get in to your family provider as soon as possible because early treatment works best. Treatment works best when started within 48 hours of getting sick.

Can a flu shot give you the flu? No, a flu shot cannot cause flu illness. Flu vaccines are made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all. The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur but should only last a few days.

So is the flu vaccine effective? Here are a few facts from the CDC website. • A study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74% during flu seasons from 2010-2012.

• One study showed that flu vaccination was associated with a 71% reduction in flu-related hospitalizations among adults of all ages and a 77% reduction among adults 50 years of age and older during the 2011-2012 flu season

• Vaccination helps protect women during pregnancy and their babies for up to 6 months after they are born. One study showed that giving flu vaccine to pregnant women was 92% effective in preventing hospitalization of infants for flu.

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



Jenny Horstman, NP-C

## Chiropractic

Do I have to have pain, or can I get treatment when I feel stressed?

I don't have enough room here to answer this one! Stress is a normal part of our day, but 'feeling' stressed is not a good thing. Stress has many causes. When the stress goes into our system is more than we process or remove, we feel it. Stress can produce many things including pain, distraction, and fatigue. It challenges our coping skills. We look for ways to overcome it or remove it. Chiropractic actively turns on our body's systems to manage the effects of stress. Thousands of neurons fire with just one adjustment. Our body takes this internal information and starts to create changes, system by system. Combined with rest, nutrition and lifestyle modification chiropractic is a wonderful tool to keep healthy. From all of us at First Chiropractic Center, enjoy the upcoming holiday season!

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



Sheila Fitzgerald, DC

## Fitness/Health

I am preparing for hunting season and not sure what to do to get in shape, what should I do?

Over the years I have seen many in the gym preparing for hunting season. They are preparing to walk the fields for birds or hike the mountains for elk or just training to be able to carry their heavy prize back to camp or their vehicles. Hunting can be hard work and one should ensure they are fit enough to participate before heading out and talk to their doctor if they have any reservations about their health.

Preparing really just means practicing the movements you plan to be doing or feel that you may struggle with. If you will be hiking up hills work on strengthening your lower body and add some cardio training as well to improve endurance. If you'll be lifting and carrying heavy items work on core and upper body strength. Perhaps you'll be putting a lot of miles walking, then practice just that. It's a good idea to start working out a sure what to do to get in shape, what should I do?

Avera Sacred Heart Wellness Center  
501 Summit, Yankton • 668-8357



Angie O'Connor, Clinical Exercise Specialist

## Funeral & Cremation

Who pays for funerals for the indigent?



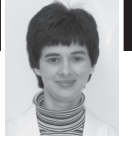
Jim Goglin

Other than the family, there are county, veteran, union, and other organizational benefits to pay for funerals. Most funeral directors are aware of the various benefits and know how to obtain them for the indigent. However, funeral directors often absorb costs above and beyond what is provided by agencies to insure the deceased receives a respectable burial.

Legacy Affordable Burial & Cremation Solutions  
1014 W. 8th St., Yankton • www.goglinfh.com  
665-4414 • 866-615-2906  
Open Mon.-Sat. 10am-4pm

## Pharmacy/Nutrition

I recently turned 65 years old. Am I due for any vaccinations?



Shona Jussel, Hy-Vee Pharmacist

Yes, it is recommended that all adults aged 65 and older with no prior history of receiving the pneumonia vaccine should do so. There are currently two pneumonia vaccines that are available - Prevnar 13 (containing 13 serotypes of Strep pneumonia) and Pneumovax 23 (containing 23 serotypes). They are not interchangeable and indications and schedules are different. It is recommended that adults 65 and older receive both vaccines with a spacing of 6 to 12 months. If you have already received a pneumonia vaccine before age 65, you may still require another one. Talk to your Hy-Vee pharmacist to find out which is recommended for you. Pneumococcal disease is caused by the Streptococcus pneumonia bacteria and is spread person - to - person through the air. It is a serious disease that can cause pneumonia, bacteremia, or meningitis and has potential to lead to death. Other recommended vaccines that may be needed include Zostavax (shingles vaccine), Tdap (tetanus, diphtheria, pertussis) and of course, at this time of the year, the flu shot! Medicare part B will cover both pneumonia shots as well as the flu shot at no cost to the patient. We offer all of these vaccines right here at your Yankton Hy-Vee pharmacy. Stop into Hy-Vee and our friendly pharmacists will be happy to assist you!

Pharmacy • 665-8261

## Ear, Nose & Throat

Dr. Neugebauer, I am getting ready for hunting season, what's the best way to protect my hearing?



Kendra Neugebauer, Au.D. CCC-A

The good news is that noise-induced hearing loss, especially from firearms, is 100% preventable. Consistent use of hearing protection is the best way to defend your hearing from dangerously loud firearms. What some hunters may not realize is that one single gunshot can cause permanent damage to hearing. There are several options of hearing protectors, ranging from the 33 cent disposable foam plugs up to the \$450.00 custom fit electronic protectors. The best one for you is the one you will actually wear every time you shoot. Personally, I like to use a pair of custom fit earplugs. If you want help selecting the right system for you, I would be happy to sit down go through all the options. If you have any questions regarding hearing protectors and what might work best for you, feel free to call our office at (605) 655-1220.

Avera Medical Group Ear, Nose & Throat Yankton  
Avera Sacred Heart Hospital Professional Office Pavilion  
409 Summit St., Ste. 2600, Yankton • 668-8601

## Podiatry

I have experienced chronic pain on the back of my heel and Achilles tendon, and it doesn't want to get better. I've had it for months. Is my only option surgery?



Christine Wiarda, D.P.M.

Achilles tendinitis, whether within the tendon itself, or where it attaches to the heel bone can be a frustrating problem that may take months and months to improve. When the problem first starts, it is known as tendinitis. As the problem becomes more chronic, the problem becomes more of a scar tissue, and is known as tendinosis. Degeneration of the tendon is the main pathology in most tendon disorders.

Immobilization may be detrimental to healing, and is usually reserved for those cases that are resistant to treatment. Keep in mind that when an area is immobilized, there will be an associated atrophy of those structures that must be addressed following the immobilization. I like to utilize a night splint to keep the Achilles tendon stretched at night. I also find that physical therapy is very important for the treatment of Achilles tendinosis, which involves strengthening of the hip abductors and core musculature. Physical therapy has a great impact on improving Achilles tendinosis.

Rest, stretching, and ice are options that only help the symptoms, especially if the problem is chronic. Recent medical evidence shows that physical therapy, eccentric strengthening exercises and extracorporeal shock wave therapy are three of the most beneficial treatments for Achilles tendinosis.

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