

YMC Doctor Invited To Speak At Annual Assembly In Boston

Yankton Medical Clinic, P.C. Physical Medicine and Rehabilitation and physician, Dr. Judith Peterson, has been invited to present at the American Academy of Physical Medicine and Rehabilitation Annual Assembly October 14, 2015 in Boston, Massachusetts. Dr. Peterson's presentation is titled "Updates and Discussions in Dance Medicine."

Dr. Peterson is board certified in Physical Medicine and Rehabilitation and Sports Medicine.

The specialty of Physical Medicine and Rehabilitation emphasizes the prevention, diagnosis, treatment, and rehabilitation of disorders of the neuromusculoskeletal system. Common conditions treated include spine arthritis, neck and back pain, tendonitis, and hip, knee, and shoulder pain. Dr. Peterson also treats



Peterson

conditions such as carpal tunnel syndrome and peripheral neuropathy.

Dr. Peterson has been in practice at Yankton Medical Clinic, P.C. since 2013. She sees patients in consultation for sports injuries, tendonitis, carpal tunnel syndrome, spine pain, neck and back pain, spasticity, and musculoskeletal pain syndromes. She has specific expertise in performing arts medicine and the treatment of injured dancers and instrumentalists.

Appointments with Dr. Peterson can be made at Yankton Medical Clinic, P.C. by calling 605-665-1152.

Beadle Elementary Students Get A Lesson On Protecting The Planet

Every April 22nd, students across the United States celebrate Earth Day. Students complete writing projects as well as art projects with the focus on conserving natural resources and helping to clean up the Earth.

This year, the second grade classes at Beadle Elementary were lucky enough to have Mrs. Beltran, the manager of the Yankton Goodwill, present about recycling in our community. She described textiles that can be recycled or dropped off at the Goodwill. Everything from purses and backpacks to toys and clothes can be reused or recycled simply by being donated to our local Goodwill.

If you take unwanted computers to Goodwill, they will send them on to DELL. DELL will fix them and send them out to schools in need.



SUBMITTED PHOTO

Mrs. Beltran, the manager of the Yankton Goodwill, talked about recycling in our community to Beadle Students on Earth Day.

If not, computers can take 1,000 years to break down in a landfill! We are excited to do our

part in protecting our Earth and all its beauty. This was a wonderful learning opportunity for our students.

Thank you Goodwill and Mrs. Beltran from the Beadle Elementary second graders!

Book Donation



SUBMITTED PHOTO

Seven boxes of new and used books were collected by Lincoln's student body from Monday, March 30 through Wednesday, April 1. All of the books were donated to the United Way for its "Big Red Book Shelf" collection. A special "thanks" to all the families who donated to this worthy cause.



SUBMITTED PHOTOS

Every year the Elks have a contest to promote Americanism. This year the core theme of the essay was, "What the Pledge of Allegiance Means to Me." Yankton Elks Lodge #994 sent out information to Yankton and surrounding area schools requesting their participation in this essay contest. Entries were received and then submitted to the State Americanism Chairman for judging. Yankton Elks Lodge had two Yankton area students win awards. Lexi Madson, left, from Sacred Heart School won third place in the Division 1 - 5th and 6th grade females category and Blake Wieseler, right, from Yankton Middle School won first place in Division 11 - 8th and 9th grade males category. Pictured with Lexi and Blake is Allison Spak, Yankton Elks Lodge #994 Americanism Contest chairperson.

Listeriosis Food Recalls Demonstrates Importance Of Food Safety

BROOKINGS — The recent recall of all Blue Bell Creamery products due to a multistate outbreak of Listeriosis demonstrates the importance of maintaining the safety of the food supply. While prevention, reduction and elimination of pathogens are the foundation for maintaining a safe food supply, SDSU Extension Food Safety Field Specialist Joan Hegerfeld-Baker identifies that food recalls and public reports (e.g. social media) serve as valuable additional tools to help assure food supply safety and consumer awareness.

Hegerfeld-Baker identifies that adequate pasteurization destroys Listeria and other pathogens that may be present in raw milk. Therefore, she describes two potential steps in the food chain where contamination could possibly occur: 1: Listeria from on-farm tainted milk followed by inadequate pasteurization or 2: Post-pasteurization contamination of milk or by other ingredients added to the ice cream. The FDA is conducting an open investigation to identify the source of contamination.

While authorities have not confirmed an immediate Listeriosis threat in South Dakota, Hegerfeld-Baker stressed the importance of using safe food handling

practices to avoid infection from this pathogen.

RISK

Listeria monocytogenes is the species of Listeria associated with the food-borne disease Listeriosis. Hegerfeld-Baker describes the seriousness of Listeriosis since it is the third leading cause of death from food poisoning. Most people that develop the disease are hospitalized, and one in five cases leads to death. The high-risk group for Listeriosis is pregnant women, newborns, adults 65 and older and people with weakened immune systems.

Symptoms of Listeriosis typically are similar to those of many foodborne illnesses: fever, muscle aches, nausea and diarrhea. Symptoms may occur weeks after consuming contaminated food. In addition, Listeria can cause miscarriages and infections of the nervous system. Hegerfeld-Baker points out that pregnant women are approximately 20 times more likely than other healthy adults to get Listeriosis, which can cause miscarriage, premature delivery, serious sickness or death of a newborn baby.

Foods most commonly implicated in a Listeriosis outbreak include ready-to-eat foods that are stored in



METRO GRAPHICS

the refrigerator: deli meats and hot dogs, soft cheeses made with unpasteurized milk, meat spreads, smoked seafood and fresh sprouts. To complicate the situation further, Listeria can grow at refrigeration temperatures.

PREVENTION

Listeria is destroyed by cooking and pasteurization. However, to protect against Listeriosis, consumers can exhibit several safe food handling practices to avoid an infection. Some key food safety strategies include:

Not consuming unpasteurized milk or products that contain it; Washing hands, knives, countertops and cutting boards after handling uncooked foods; rinsing raw produce thoroughly before eating; keeping uncooked meats, poultry and seafood separate from vegetables, fruits, cooked foods and ready-to-eat foods.

When handling raw food from animal sources, it is also important to cook any meats, poultry and seafood to a safe internal

temperature, and carefully examine best-if-used-by or expiration dates and any pre-cooked meats and deli meats. Opened packages of luncheon meats should be consumed within three to five days. Recommended refrigeration storage times for unopened luncheon meat packages is two weeks (or refer to package expiration or use-by dates). Hegerfeld-Baker recommends that hot dogs, luncheon and deli meats be reheated to steaming hot or 165°F when served to high-risk populations.

RECALL

The recent wide-spread food recall due to Listeriosis involves all products from the ice cream maker Blue Bell Creameries. The products include ice cream, frozen yogurt, sherbet and frozen snacks. The recall includes products from all of its manufacturing facilities. As of April 21, Blue Bell Creameries identified 23

states that distribute their products. South Dakota and the surrounding states of North Dakota, Minnesota, Montana, Nebraska and Iowa were not on the list.

Consumers, retailers and food establishments should identify and remove any of the products from Blue Bell Creameries on the recall list. When checking the freezer for these products, do not confuse Blue Bell Creameries with similar company names. This list can be obtained by contacting the company at 1-866-608-3940 or visiting the visit the FDA's Food Recall <http://www.fda.gov/Safety/Recalls/default.htm> and FoodSafety.gov websites.

For more information on the risks associated with Listeria visit the following websites: igrow.org; food-safety.gov; fda.gov; cdc.gov.

KEEP INFORMED ABOUT PUBLIC NOTICES IN SOUTH DAKOTA.
Learn more at www.facebook.com/PublicNotices

Child Abuse Prevention Month

April is Child Abuse Prevention Month. If you suspect abuse is occurring, report it.

For Child Protection Services in Yankton, Bon Homme and Hutchinson Counties call 1-877-244-0864. Or report abuse to your local law enforcement agency.

There is no excuse for abuse.

This message brought to you by the Yankton County Child Protection Team.

Registration Now Open For Calvary Kids Summer Program

For Children Entering Kindergarten through 5th Grade
(must be 5 years old by May 26, 2015)



Kid's church based summer program full of fun activities including games, crafts, swimming and field trips.

Our program is small and spots are limited!

Call 857-0231 or visit www.cbchurch.com for information

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