

Free Diabetes Panel Discussion Today

Did you know that eight percent of deaths in Yankton County can be attributed to diabetes? Did you know that there are approximately 25.8 million people in the country who have diabetes and, unbelievably, a whopping 7 million are not even aware they suffer from the disease?

Plan on attending a free Diabetes panel discussion at the Avera Sacred Heart Hospital Pavilion today (Friday) from 2-4 p.m. Four experts will give their take on the disease and how we can help curb this epidemic in the future. There will be free refreshments and snacks — diabetic friendly, of course.

This essentially kicks off a community-wide effort to get people screened and educated about a disease that has reached epidemic proportions in a very short amount of time. Avera Sacred Heart Hospital is committed to helping people in our region identify if they are at-risk for the disease and helping them prevent the onset of it.

Karl's TV Holding Animal Shelter Drive

Karl's TV will be accepting donations for the City Animal Shelter starting today (Friday) and running through Friday, Aug. 9.

Items needed are pet foods, health supplies, shampoo & cleaning supplies.

According to Animal Control Officer Lisa Brasel, canned dog food, as well as dry cat and dog food, are especially appreciated.

People who donate can register for prizes to be given away at Karl's TV.

Contact Lisa Brasel at (605) 668-5210, or Karl's TV at (605) 665-2604 for more information.

Yankton Co. Republicans To Meet Mon.

Yankton County Republicans will meet at 6:30 p.m. Monday, Aug. 5, at the GOP Headquarters at 314 Walnut St. County Vice Chairman Deb Bodenstedt said, "All Republicans are encouraged to attend the meeting to discuss current political news and upcoming fall events."

Parks Advisory Board Will Meet Monday

City of Yankton Parks Advisory Board will meet at 5:30 p.m. Monday, Aug. 5, at the Technical Education Center, 1200 West 21st St. This is an open meeting.

Workforce Seminar Set For Yankton

VERMILLION — Two hundred jobs available in Vermillion? Get your career started on the fast track to one of these positions.

The public is invited to an information session at 6 p.m. Monday, Aug. 5, at Minerva's in Yankton. Learn more at www.usd.edu/cde/it.cfm/.

The University of South Dakota and Eagle Creek Software Services have partnered to develop an innovative learning experience which prepares individuals for the workforce needs of and potential employment with Eagle Creek. Eagle Creek is a consulting company that helps customers maximize software investments to improve efficiencies and quality while managing price and risk.

The Information Technology Consultant Academy uniquely integrates four undergraduate courses with an internship, which will provide participants a unique credentialing entering an IT-related profession.

The USD Eagle Creek IT Consultant Academy will take its first full class this fall and the new Eagle Creek technology center will open in 2014.

Earlier this year, Eagle Creek Software Services announced a partnership with the state of South Dakota and the city of Vermillion to bring 1,000 jobs to the state. The rural high-tech jobs will be phased over the next 3-5 years. A new \$10 million technology center to be built in Vermillion will house 200 of those jobs.

For more information, contact the Division of Continuing & Distance Education at 800-233-7937 or cde@usd.edu or Eagle Creek Software Services at 952-230-2065 or ITAcademy@eaglecrk.com.

Back-To-School Immunizations Needed

PIERRE — Babies and toddlers aren't the only ones who need immunizations. Parents should be aware that their preteens and college freshmen also need to be vaccinated, says a state health official.

"College freshmen who live in dorms and unvaccinated kids entering high school are at high risk for meningococcal disease and should be vaccinated," said Dr. Lon Kightlinger, state epidemiologist for the Department of Health. "And 11 and 12-year-olds need a booster shot for pertussis."

Meningococcal disease is a bacterial infection resulting in inflammation of the tissues covering the brain and spinal cord. Symptoms include fever, severe headache, stiff neck, vomiting and a rash. Ten to 14 percent of people with the disease die and up to 19 percent of survivors may suffer permanent disabilities such as hearing loss, limb amputations or brain disease. South Dakota typically reports three cases of meningococcal disease a year. To date in 2013, four cases have been reported.

Meningococcal vaccine is available from family health care providers and campus student health centers. The department provides the vaccine for 11-18-year-olds who are eligible for the federal Vaccines for Children Program (Medicaid eligible, Native American or Alaskan Native, uninsured or underinsured). The vaccine is free for these children but providers may charge an administration fee.

Whooping cough, or pertussis, is a serious illness that causes uncontrollable coughing, rib fractures, pneumonia, loss of consciousness and even death. Infants are at highest risk, with two-thirds of those under age 1 infected needing hospitalization. There have been 11 pertussis cases reported in South Dakota to date in 2013; three of those cases have been younger than 1.

A pertussis vaccine booster dose is recommended at 11-12 years when immunity begins to wane. The initial pertussis series is given to children at 2 months, 4 months, 6 months, 15-18 months, and 4-6 years.

The department provides the childhood series of whooping cough vaccine and the booster dose free for 11-14 year olds. Providers may charge an administration fee.

Find a vaccine providers at doh.sd.gov/local-offices/vaccine-providers/. Learn more about meningitis or whooping cough at doh.sd.gov/diseases/infectious/diseasesfacts/.

Improving childhood immunization rates a key objective of the department's Health 2020 initiative.

Cool Weather Projected To Linger

BROOKINGS — The latest update to the August climate outlook was released this week, with a forecast of cooler than average temperatures for most of South Dakota. Rainfall forecasts show no clear leaning toward wetter, drier or near normal for the next month, said Laura Edwards, SDSU Extension Climate Field Specialist.

"The cool weather of late July is spilling into August," said Edwards. "The climate computer models are pretty consistent with cooler than average temperatures for at least the first half of the month."

According to the report issued by National Oceanic and Atmospheric Administration (NOAA) the area that is projected to have below average temperatures is the Upper Midwest or Great Lakes region, from South Dakota to Ohio. The report also states that warmer than average conditions are forecast for much of the western U.S.

"Currently there remains much uncertainty with the moisture outlook for

August," Edwards said. "Summertime is a challenging season for rainfall prediction, due to the spotty coverage we often see."

This cool, if not chilly, period in July and August comes at a good time for corn pollination. Stress introduced by warm temperatures and/or a lack of moisture are usually the largest concerns at this time of the growing season, added Dennis Todey, SDSU State Climatologist.

"For the most part, neither of these will be issues that will create a significant impact on the state's 2013 corn crop," Todey said. "There is one exception, however — the far southeast corner of South Dakota has begun to show some signs of drought stress in the cropping areas. We are watching this area for possible degradation if significant moisture doesn't come soon."

Preliminary data from the National Weather Service reports that Sioux Falls had its ninth driest July on record. Centerville had its 13th driest, and Yankton

had its 19th driest. Cedar Butte in south central South Dakota also was the seventh driest.

"As a result of the dry July and agricultural impacts, the U.S. Drought Monitor this week depicted a one category degradation in the counties of Union, Turner and Lincoln. That area is now in moderate drought status on the updated map," Todey said.

In contrast, Todey added that Kennebec, Murdo, Selby and Elm Springs had July precipitation totals in the top 10 wettest on record.

The new monthly drought outlook map indicates that areas of drought in the state are likely to persist through August. The cooler than average temperatures will continue to prevent some potential impacts, but there is not enough precipitation expected for widespread improvement in existing drought conditions during the month.

To read more articles about South Dakota's climate, visit www.iGrow.org.

Volunteer Receives Leadership Award

The JA USA® Headquarters in Colorado Springs, CO has honored Deb Specht of Vision Real Estate for her outstanding service and support to Junior Achievement of Yankton's economic education efforts. Deb was recently presented with the JA USA Silver Leadership Award at the JA Yankton Board Retreat.

The Silver Leadership Award recognizes superior leadership and outstanding support for Junior Achievement. Deb served as Chair of the JA Yankton Board and Co-Chair for the Excelling through Ethics event. Deb has been a JA volunteer in the classroom since 2007 and has been on the JA Yankton Board since 2007. In 2011, Deb received the Bronze Leadership Award from JA USA.

"We are proud to have Deb as part of our team and appreciate her energy, dedication, and guidance. Her commitment and leadership to JA of Yankton has been invaluable," said Kayla Eitrem, President of Junior Achievement of South Dakota.

Junior Achievement of Yankton provided traditional programming in 36 classrooms and reached over 770 students during the 2012-13 school year. In addition, the JA Excelling through Ethics program was taught in 12 classrooms and reached 241 high school students during the 2012-13 school year. Across South Dakota, JA volunteers im-



SUBMITTED PHOTO

acted over 47,600 students in the 2012-13 school year. These classroom volunteers serve as role models and use hands-on activities to teach young people about financial literacy, entre-

preneurship, and work readiness. For questions on how to partner with Junior Achievement in Yankton, contact JA at 605-336-7318 or jasd@ja.org.

Greens

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recalls between October 2011 and September 2012 — the last available year of records — only about 15 pertained to bagged lettuce or salads, according to FDA data.

The U.S. Centers for Disease Control and Prevention has estimated that one in six Americans — 48 million people — get sick from food-borne illnesses each year. About 128,000 are hospitalized and 3,000 die.

In March the CDC released a study that looked at more than 4,500 food-related outbreaks between 1998 and 2008 and found more illnesses attributed to leafy vegetables — 22 percent — than to any other food. The agency didn't say what percentage of those was packaged.

Dr. Robert Tauxe, the CDC's deputy director of foodborne, waterborne and environmental diseases, said the industry that cuts and bags fresh produce has made significant improvements in its processes since 2006. An outbreak that year tied to E. coli-contaminated spinach caused three deaths and sickened 205 people.

"A lot has been done so that actually the bagged lettuce-type produce is a good deal safer now than it was five years ago," he said.

Michael Doyle, director of the University of Georgia's Center for Food Safety, said lettuce is susceptible to contamination because it grows close to the ground and is more susceptible to microbial contamination. Water used for irrigation can be contaminated, and there could be issues with workers lacking good hygienic practices, he said.

"There are a lot of inherent issues and that's why we're seeing so many recalls and problems," Doyle said. "I don't eat bagged salads if I can avoid them. I haven't for a long time because I know how they're processed and there's no true kill step in that process that will kill harmful bacteria in the lettuce."

Head lettuce is easier to clean because contaminants reside on the outside leaves, which can be removed and the head washed. Leaf lettuce like romaine and spinach, often the subject of recalls, are harder to clean because of their stalky nature.

When lettuce is cut it attempts to heal the cut by sealing it to keep moisture in, but if a processing facility has contaminated water that sealing process could also seal in some contaminants into the leaf, making them more difficult to wash away, Doyle said.

Even still, the risk from eating package salads is tiny, said Scott Horsfall, chief executive officer of the California Leafy Greens Marketing Agreement, a trade group of shippers of green leaf products.

The organization estimates about 50 billion servings of leafy green vegetables leave California and Arizona every year and little of it has any issues.

"Any illness is too many, but the reality is the food supply is very safe," he said.

He said the industry focuses on preventing contamination from reaching vegetables by walking fields and assessing environmental risks including intrusion from animals, enforcing worker cleanliness rules, requiring frequent water testing, and testing fertilizer and compost to eliminate pathogens.

Packaged salad mixes are about 14.8 percent of the \$45

billion fresh vegetables market, according to Progressive Grocer's 2012 Consumer Expenditures Study released in September. That \$6 billion in sales has grown significantly from about \$600 million a decade ago.

Cyclospora is caused by parasites that are spread when people ingest food or water contaminated with feces. People who are exposed usually become sick after about a week and have bad diarrhea and other flu-like symptoms that can last from a few days to several months if untreated with antibiotics.

Iowa Epidemiologist Dr. Patricia Quinlisk said she is convinced the product that sickened people is gone, either eaten or expired.

"I would feel very comfortable buying or eating at a restaurant prepackaged salad mixtures," she said. "The risk would be so low as to not discourage me from it."

Jennifer Nelson, an associate professor of nutrition at Mayo Clinic College of Medicine, said ultimately consumers shouldn't shy away from an otherwise important part of a healthy diet because of a small risk of contamination.

"Any food does bring along with it some inherent risk. It all gets back to common sense in food preparation," she said. "If you are going to be eating leafy greens be sure you wash them, even prewashed lettuce. Give it several good washes and rinses and you're about as assured as you can be of being as safe as possible."

Taxes

From Page 1A

ahead of 2012 on the top end. Sioux Falls, Rapid City, Aberdeen, Watertown, Pierre and Spearfish have also seen larger percentage increases than Yankton. Huron is faring the worst with a 4.8 percent drop compared to last year. Mitchell and Vermillion have also not exceeded Yankton's growth.

Nelson said the 2013 city budget assumed a 3 percent increase in sales tax revenue.

"I am now projecting sales tax revenue to be flat for the remainder of the year," Nelson stated. "That said, we are being cautious with our spending, but do not anticipate this to create a significant shortfall in our budget."

She encouraged people to buy local to keep money in the community.

"If you can buy it in Yankton, please do," Nelson said.

Meanwhile, Yankton's unemployment was at 3.9 percent in June, the most recent month for which figures are available from the South Dakota Department of Labor and Regulation.

Vermillion tops the state among large cities with 5.1 percent unemployment. Pierre is on the low end with 3.1 percent.

Yankton's yearly unemployment peaked in February at 5 percent before sinking to 3.9 percent in May and remaining steady in June.

Yankton County's June unemployment rate was 3.6 percent, or 440 people.

You can follow Nathan Johnson on Twitter at twitter.com/AnInlandVoyage

OBITUARIES

John Tidd

John Tidd, MD, of Louisville, Ky., and formerly of Yankton died Wednesday, July 31, 2013, at the Mercy Sacred Heart Care Center, Louisville.

Funeral services are at 11 a.m. Friday, Aug. 9, at the Opsahl-Kostel Memorial Chapel, Yankton, with Dr. Rick Jensen officiating. Burial will be in the Yankton Cemetery.

Visitations will be one hour prior to the service at the funeral home.

Jake Lee

Milfred "Jake" L. Lee age 84, of Yankton died Thursday, Aug. 1, 2013, at Wakonda Heritage Manor, Wakonda.

Funeral services are at 11

a.m. Monday, Aug. 5, at the Gayville Lutheran Church, Gayville, with the Rev. Ralph Egbert officiating. Burial will be in the Gayville Cemetery.

Opsahl-Kostel Funeral Home and Crematory is assisting with the arrangements.

Harold Cavier

Harold W. Cavier, 82 of Ravinia died March 27, 2013.

Memorial services are at 3 p.m. Saturday, Aug. 3, 2013, at St. John Lutheran Church, Wagner. Interment will take place at a later date at the Black Hills National Cemetery in Sturgis.

Crosby-Jaeger Funeral Home, Wagner, is in charge of arrangements.

IN REMEMBRANCE

<p>Darcie "Babygirl" Beene 10:30 AM, Friday Wintz & Ray Funeral Home Yankton</p>	<p>Marcella M. Hoffart 10:30 AM, Tuesday St. Michael's Catholic Church, Coleridge</p>
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