



YankTON Challenge

THROUGH WEEK 7

• **YANKTON CHAMBER OF COMMERCE** (6 participants) — Starting weight: 1,390.3; Current weight: 1,370; %Lost: 1.46%; Total Lost: 20.3
• **APPLIED ENGINEERING** (35) — Starting weight: 7,226.8; Current weight: 7,136.8; %Lost: 1.25%; Total Lost: 90
• **BALDWIN FILTERS** (15) — Starting weight: 3,062.5; Current weight: 2,983; %Lost: 2.60%; Total Lost: 79.5
• **FIRST DAKOTA NATIONAL BANK** (16) — Starting weight: 3,074.3; Current weight: 3,021.2; %Lost: 1.73%; Total Lost: 53.1
• **5 STAR COMMUNICATIONS** (10) — Starting weight: 1,992.8; Current weight: 1,983.2; %Lost: 0.48%; Total Lost: 9.6
• **AVERA SACRED HEART HOSPITAL** (20) — Starting weight: 3,872; Current weight: 3,820; %Lost: 1.34%; Total Lost: 52
• **VISHAY** (28) — Starting weight: 5,334.8; Current weight: 5,147.9; %Lost: 3.50%; Total Lost: 186.9
• **THE CENTER** (5) — Starting weight: 941.25; Current weight: 932.2; %Lost: 0.96%; Total Lost: 9.05
• **TRUXEDO, INC.** (33) — Starting weight: 6,347; Current weight: 6,109; %Lost: 3.75%; Total Lost: 238
• **FIRST NATIONAL BANK OF OMAHA** (44) — Starting weight: 9,304.6; Current weight: 9,023.9; %Lost: 3.00%; Total Lost: 280.7
• **RIVERFRONT BROADCASTING, L.L.C.** (11) — Starting weight: 2,251; Current weight: 2,176; %Lost: 3.33%; Total Lost: 75
• **HY-VEE** (18) — Starting weight: 3,413; Current weight: 3,309; %Lost: 3.05%; Total Lost: 104
• **SHUR-CO, L.L.C.** (37) — Starting weight: 7,198.2; Current weight: 7,004.4; %Lost: 2.69%; Total Lost: 193.8
• **SACRED HEART MONASTERY** (19) — Starting weight: 4,172.1; Current weight: 4,027.2; %Lost: 3.47%; Total Lost: 144.9
• **BON HOMME/YANKTON ELECTRIC** (7) — Starting weight: 1,302.8; Current weight: 1,266.4; %Lost: 2.79%; Total Lost: 36.4
• **SOUTH DAKOTA MAGAZINE** (2) — Starting weight: 331.5; Current weight: 317; %Lost: 4.40%; Total Lost: 14.5
• **SAPA EXTRUSIONS, INC.** (25) — Starting weight: 6,254.9; Current weight: 6,117; %Lost: 2.20%; Total Lost: 137.9
• **YANKTON MEDICAL CLINIC** (62) — Starting weight: 11,785.2; Current weight: 11,537.4; %Lost: 2.10%; Total Lost: 247.8
• **SERVICE CENTER FEDERAL CREDIT UNION** (12) — Starting weight: 2,204.5; Current weight: 2,158.1; %Lost: 2.10%; Total Lost: 46.4
• **YANKTON REXALL DRUG CO.** (14) — Starting weight: 2,634.7; Current weight: 2,522.9; %Lost: 4.24%; Total Lost: 111.8
• **“GOOD NEIGHBOR” ROY WILCOX STATE FARM** (14) — Starting weight: 2,950.5; Current weight: 2,883; %Lost: 1.67%; Total Lost: 49
• **ABILITY BUILDING SERVICES** (24) — Starting weight: 4,657.44; Current weight: 4,539.2; %Lost: 2.50%; Total Lost: 118.24
• **HOME FEDERAL BANK** (6) — Starting weight: 1,149; Current weight: 1,109; %Lost: 3.48%; Total Lost: 40
• **L&C BEHAVIORAL HEALTH SERVICES** (18) — Starting weight: 3,458.7; Current weight: 3,398.8; %Lost: 1.73%; Total Lost: 59.9
• **MOUNT MARTY COLLEGE** (16) — Starting weight: 3,030.85; Current weight: 2,984.9; %Lost: 1.50%; Total Lost: 45.95

GROUP WEIGHT LOSS.....2,444.74
GROUP TOTAL WEIGHT.....96,877.5
TOTAL % LOST2.46%

For more information, visit <http://www.yankton.net/challenge/>

MENUS

Menus listed below are for the week of October 22. Menus are subject to change without notice. All meals are served with milk.

Yankton Elementary Schools

Monday — Hot Dog
Tuesday — Chicken O's
Wednesday — Nachos
Thursday — Teriyaki Chicken
Friday — Grilled Cheese

Yankton Middle School

Monday — Chicken Burger
Tuesday — French Toast Sticks
Wednesday — Stuffed Crust Pizza Dippers
Thursday — Orange Chicken
Friday — Taco Bites

YHS A Line Menu

Monday — Shrimp Poppers
Tuesday — Chicken O's
Wednesday — Beef Sticks
Thursday — Pizza Dipper W/ Sauce
Friday — Teriyaki Chicken

YHS B Line Menu

Monday — Hamburger Pizza
Tuesday — Goulash
Wednesday — Cold Sub
Thursday — White Chicken Chili
Friday — Egg Salad On Croissant

YHS C Line Menu

Monday — BBQ Chicken Breast Sandwich
Tuesday — Hamburger
Wednesday — Chicken Fajita
Thursday — French Dip
Friday — Quesadilla

Sacred Heart Schools

Monday — Chicken Noodle Soup
Tuesday — Spaghetti
Wednesday — Tavern
Thursday — Pepperoni Pizza
Friday — NO SCHOOL

The Center — Yankton

Monday — Ham & Bean Soup
Tuesday — Pork Roast
Wednesday — Salmon Loaf
Thursday — Turkey / Dressing
Friday — Hamburger

Tabor Senior Citizens Center

NO MENUS AVAILABLE

VFW And Ladies Auxiliary Hosting Essay Contest


Veterans of Foreign Wars (VFW) announced the kick-off of this year's VFW and its Ladies Auxiliary "Patriot's Pen Essay Competition." Middle school students in grades 6-8 in this area have the opportunity to compete in the VFW's annual essay competition and win thousands of dollars.

Students begin by competing at the local Post level. Post winners advance to District. District winners compete in the state competition. The state winners compete for \$46,000 in awards, and the first place winner wins \$2,500. Each year, around 126,000 students participate nationwide.


Students are invited to write a 300-400-word essay on a patriotic theme. The theme for 2012-2013 (which is the 18th year of the contest) is: "What I Would Tell America's Founding Fathers."

Deadline for student entries is Nov. 1 and interested students and teachers should contact their local VFW Post or South Dakota State VFW Chairman Linda Fox (605) 665-8026 (H) or (605) 660-3527 (C) or South Dakota State Chairman for the Ladies Auxiliary Vickie Rosse, (H) 605-697-6317, (C) 690-0283.


For details and an application form, visit <http://www.vfw.org/Community/Patriot-s-Pen/>



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Smoking Turn Signal Should Be Fixed

BY TOM AND RAY MAGLIOZZI
King Features Syndicate

Dear Tom and Ray:

I have a 1998 Ford Explorer. A few days ago, I had the left turn signal on and suddenly, it just stopped blinking. Then a very faint, almost imperceptible wisp of smoke came out of the steering column. I think I smelled a burnt-toast odor. The smoke and odor disappeared in about a second, leaving me wondering if I had imagined it all. A while later, the turn signal started working again. Am I going to end up being one of those people stranded on the side of the highway watching their car go up in flames? Please help! My boyfriend insists that this is serious. But for me, it's really easy to ignore the problem (if it IS a problem), because it's working fine again now. —Judy

TOM: Well, just to be on the safe side, I wouldn't wear any flammable fabrics for a while. And avoid using hairspray before getting into the car.

RAY: It's potentially dangerous, Judy. The smoke is coming from your multifunction switch, which is the switch operated by your turn-signal stalk. It often controls several things, like the windshield wipers and, in some



CAR TALK

Tom and Ray Magliozzi

cars, the headlights and high beams, too.

TOM: Yours is arcing. When the two metal contacts of the switch no longer make firm contact — because they're corroded or they're worn down — the electricity will "jump" across the connection in the form of a spark.

RAY: And we all know that where there's spark, there's — uh, sometimes fire, eventually.

Discovery Of Bacteria Should Not Worry For Milk Drinkers

BROOKINGS — The South Dakota Department of Agriculture recently reported the discovery of campylobacter bacteria in a sampling of raw, unpasteurized milk from Black Hills Milk in Belle Fourche.

The South Dakota Department of Agriculture (SDDA) advises consumers that raw milk recently purchased from this business may contain harmful bacteria that can lead to campylobacter infection. Symptoms of this infection include diarrhea, nausea and vomiting, and can sometimes progress to more serious illness, such as kidney failure and other complications.

At this time, there has not been an outbreak, the bacteria was discovered during a routine testing of the raw milk that is being marketed for human consumption, explains Joan Hegerfeld-Baker, SDSU Extension Food Safety Specialist.

"When campylobacter was identified by the SDDA a news release was sent out to warn those who consume raw milk," Hegerfeld-Baker said.

She emphasizes the fact that this foodborne illness is only a concern to consumers of raw milk. Alvaro Garcia, SDSU Extension Dairy Specialist agrees.

"Milk is rarely in the news as a food that causes public health concerns thanks to pasteurization technology," Garcia said. "The main reason for this has been the strict health control points from farm to table and the pasteurization of fluid milk and dairy products."

He adds that for almost a century, producers and processors

have understood that milk is a potential source for the growth of microorganisms, and therefore, could cause health problems if not handled properly.

"Regulations and policies were created to protect the consumers' health from diseases that can be transmitted by drinking raw milk," Garcia said. "This fact has created a partnership of trust among producers, industry, and consumers."

Many generations have passed since milk was responsible for a great part of the foodborne illnesses in the population. "In 1938 raw milk was responsible for 25 percent of all food borne outbreaks in the U.S.," he said. "After pasteurization - between 1973 and 1992 - the number of raw milk originated outbreaks was only 46 or 2.4 per year."

Garcia explains that the 1987 FDA ban of interstate raw milk sales probably helped accomplish this.

"The legality of selling raw milk was left to each state's government; by 1995, 28 states legalized it. Over the last 20 years, the consumption of raw milk products has increased. The risk of foodborne disease has increased - between 1993 and 2006 the outbreaks associated with raw milk more than doubled compared to those of the 1973-1992 period with 68 cases or 5.2 per year," he said.

Advocates promoting the consumption of raw milk have been extremely active in spite of an increase in the numbers of outbreaks. Those who drink raw milk say it is healthier because it hasn't lost enzymes and nutrients during

pasteurization.

"Research has not been able to prove these claims," Garcia said. "In fact, recent research has proven that aside from 10 percent loss in vitamin C, the rest of the vitamins were not affected. In the same trial the main milk enzymes lactoferrin, lacto-peroxidase, and lysozyme maintained highly significant activity after pasteurization."

Research from the Centers for Disease Control shows the rate of outbreaks caused by raw milk and products made from it was 150 times greater than those linked to pasteurized milk. This past January, Kansas experienced its third raw milk-borne outbreak since 2007 with 18 people ill with Campylobacter infection.

In 2007, Kansas had two Campylobacter outbreaks one involved cheese made with raw milk that sickened 68; another one with milk from a dairy that infected 25. February of 2012 saw one of the largest raw milk-originated outbreaks of recent times.

This latest Campylobacter outbreak originated in Pennsylvania and affected individuals in four states: Pennsylvania with 70 illnesses, Maryland with five illnesses, West Virginia with three illnesses, and New Jersey with two illnesses. The 80 cases reported resulted in nine hospitalizations.

How prevalent is Campylobacter in dairy farms? Garcia points to a recent National Animal Health Monitoring System which showed that 92.6 percent of the dairies had Campylobacter-positive cows, with 33.7 percent of all cows in the survey infected. Only cows outwardly

healthy at the time of collection were tested. Campylobacter is the most common intestinal pathogen in Minnesota, with a yearly median of 903 cases between 2001 and 2008.

Because many consumers have a desire to purchase milk directly from a dairy, Garcia recommends that if they purchase raw milk, they take steps to reduce the likelihood of foodborne illness by pasteurizing the milk at home.

"You can pasteurize milk at home by heating it briefly on the stove-top to 161 degrees Fahrenheit for approximately 20 seconds, and cool quickly. And, in-home pasteurization machines can be purchased," said Joan Hegerfeld-Baker, SDSU Extension Food Safety Specialist.

Garcia adds that modern, best management practices applied in today's dairies greatly reduce the risk of milk-borne illnesses compared to the past.

"In addition, milk pasteurization further protects the end consumer from any microorganism that may have haphazardly reached the food chain. This combination of processes has resulted in dairy food products with well-deserved reputation for wholesomeness and safety," Garcia said. "Raw milk sales and its resulting outbreaks challenge this reputation and may in the long run undermine the confidence placed in one of the pillars of a highly nutritious diet."

Resources about the risks associated with the consumption of raw milk can be found under 'Links' at <http://www.iGrow.org>

YOU'RE INVITED!

October, 2012 marks our 50th Anniversary serving the Yankton area and we'd like to invite YOU to the festivities!

Monday, Oct. 22 – Cinnamon Rolls & Coffee

Join us from 9:00-1:00am to start your day off right!

Tuesday, Oct. 23 – Candy Bars & Chamber Dollars

Twenty of the numerous candy bars we'll be handing out are instant winners! (And chocolate is a great consolation prize!)

Wednesday, Oct. 24 – What's a Birthday without Cake?

Celebrate with us. Join us for cupcakes, coffee or punch!

Thursday, Oct. 25 – Celebrating 50 each 50...

Win \$25 Yankton Chamber Dollars! One winner announced on the 50 minutes mark of every hour starting at 9:50 a.m.!

Friday, Oct. 26 – It's a Party!

A day at the bank the kids will remember! Visit us from 3:00-5:00 to giggle with the clown and enjoy popcorn and soda. Don't forget to take a balloon animal home as a souvenir!

Wait! There's more!

COLOR & WIN: Two lucky kids will color their way to a deposit of \$50 into their First Savers Account.

WHERE'S the BEEF? Sign up to win 1/4 processed beef!

SIGN & GIVE: For every signature on our GIANT Anniversary Card, we'll donate \$1.00 to the Contact Center up to \$500!

REGISTER FOR PRIZES EVERYDAY!



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