

What to know about infant formula, botulism

Submitted Article

Parents want to feed their children the very best, and for those who rely on formula for their infants, the number of choices on store shelves can be overwhelming. But no matter the brand, protein source or nutritional content, parents and caregivers need to be mindful of alerts and recalls related to botulism outbreaks. Botulism is caused by toxins produced by the spore-forming bacteria called *Clostridium botulinum*. Food items, such as canned foods and infant formula, become contaminated when they come into contact with the spores and then are improperly stored. While botulism is a relatively rare illness, but it can be very

serious and cause long-term nerve damage, which in turn can lead to weakness and paralysis. Infant botulism occurs in babies younger than 6 months. It develops when *C. botulinum* spores are eaten by a baby and the bacteria grow in the intestines, making toxins within the gut. Sources of the spores can be environmental, such dust and dirt. They may also be present in food manufacturing facilities, contaminating food and formula as it is packaged for distribution. Honey is also a source of botulism in infants; the American Academy of Pediatrics recommends that parents and caregivers not give honey to children younger than 12 months. Symptoms of infant

botulism may range from mild to severe, and can include constipation; a weakened cry; loss of facial expression; reduced gag reflex; slow feeding; and overall weakness or floppiness. If your infant is showing any of those symptoms, especially constipation or difficulty feeding, seek emergency care immediately. Nearly all children with botulism require hospitalization. Antibiotics are not an effective treatment for botulism, and there is no preventative vaccine. Infants and children who are seriously ill may require a ventilator to help them breathe and feeding tubes to deliver food and nutrients intravenously. With early treatment and supportive care, most

children recover from botulism, although it can take several weeks to months. For parents and caregivers who rely on formula, pay close attention to news and alerts from the Centers for Disease Control and Prevention regarding recalls of formula due to contamination. Alerts will include the production date and the lot number, both of which can be found on the bottom of the can. If you purchased a formula that has been recalled, refer to the manufacturer’s website for more information. If you have additional questions about formulas, talk to your child’s pediatrician.

CRAB

Continued from A1

In a public notice, the city emphasized that this is not the first time non-flushable items have created problems in the system. Officials said letters have been sent out repeatedly outlining what can and cannot be flushed, and noted that clothing remains one of the most damaging items they encounter. City leaders stressed that the sewer system is designed only for toilet paper and human waste. Items such as wipes, hygiene products, paper towels, and especially clothing can clog equipment, hinder water flow, and cause costly breakdowns. “This kind of damage puts a major strain on the system and on customers,” the city wrote in its statement. “Replacing pumps is extremely expensive, and continued misuse could ultimately increase sewer costs for residents.” The city is asking all households to dispose of non-flushable items through regular trash collection rather than toilets to help prevent further issues. For more information or guidance on proper disposal, residents can contact Crab Orchard City Hall.

CAREGIVER

Continued from A1

patient in the face while working as their caregiver. Investigators said Whitaker initially denied harming the individual. Court documents state that Whitaker later acknowledged the abuse after being informed that law enforcement had obtained multiple videos. She allegedly admitted to striking the patient “at

least six times” over the past year. Deputies reported that the victim had bruising on their face and arms. Whitaker has been charged with six counts of knowingly abusing or neglecting an adult. She was booked into the Casey County Detention Center on a \$25,000 bond. She entered a not-guilty plea Monday and is scheduled for a preliminary hearing on Nov. 24.

LINCOLN

Continued from A1

- Adding a new 400-student elementary school
- Adding language regarding site acquisition
- Considering use of discretionary project space or locally identified program space for additional classrooms

The motion passed and will now return to the District Facility Plan committee. While the committee is not required to adopt the board’s suggestions, officials said such recommendations typically receive significant consideration. Several board members expressed hope that the district will use newly available financial capacity to

pursue thoughtful long-term facility improvements.

KINGS MOUNTAIN PROJECT CLOSEOUT AND LCHS UPDATES

The board approved final paperwork and payments tied to the Kings Mountain Elementary demolition project. A \$150,193 pay application was approved, with \$8,000 withheld until grass is sown on the site.

Renovation work at Lincoln County High School also moved forward with approval of several pay applications, including \$4,661.78 for roofing and more than \$650,000 in renovation work and direct purchase orders.

ADDITIONAL ACTIONS

Other items approved Thursday included:

- A new laundry services agreement

with Springfield Laundry

- A memorandum of agreement with New Vista to expand mental health support for students
- Acceptance of a \$32,324 KETS technology assistance offer, which will be escrowed for future use
- Acceptance of bids for two surplus district trucks
- Approval of the 2025–26 bell schedules
- First reading of updates to the district’s public participation procedure, extending comment time from 2 minutes to 4
- Hiring Clotfelter and Samokar Architects to assist with property acquisition (approved 4–1, with board member Gloria Sneed voting no)
- An amended Access to Algebra agreement adjusting student eli-

gibility after PSAT scheduling issues

- A new contract with eSolutions by Cornerstone for transcript management services due to system transitions

The board also heard a reading of district procedure 08.135 AP.2 regarding moral instruction. Superintendent Smith noted that one applicant is currently awaiting approval to provide instruction under that policy.

NEXT STEPS

The next board meeting will include a public comment period under the newly expanded four-minute rule. District leaders said the adjustment aims to strengthen communication and improve trust between the community and the school system.

Pet of the Week

Staff Report

This week’s Pet of the Week is Frida, a resilient, globe-trotting pup belonging to Sara Coppler.

Frida was born in Ecuador shortly after the 2016 Pacific coast earthquake and was rescued from a difficult situation as a young dog. Her first year was spent living nearly feral along the shoreline, racing beaches, swimming through shrimp ponds and chasing iguanas. No matter how wild her daytime adventures became, she always returned at sunset to stretch out on the pillows of Coppler’s bed. After a year on the

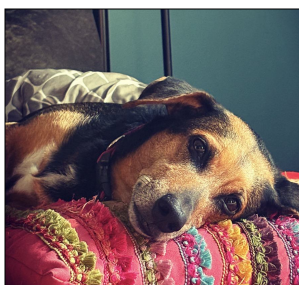


PHOTO SUBMITTED

Frida

coast, Frida relocated to the Andes Mountains and later made the journey to the United States. Now settled in Kentucky, she has adjusted well to her new surroundings — though she remains unsure about snow. What hasn’t changed is her love of soft pillows, a comfort she’s kept since her earliest days.

Your COMMUNITY Your CALENDAR

THURSDAY, NOVEMBER 20
JCEF Thursday Night Bingo: 6:30-9 p.m.
JCS Annex, 847 Wilmore Rd. \$20.00.

FRIDAY, NOVEMBER 21
Marty Stuart at the Norton Center for the Arts: 7:30 p.m.Norton Center for the Arts, 600 W Walnut St., nortoncenter.com

SATURDAY, NOVEMBER 22
2nd Annual Community of Broughtontown Thanksgiving Dinner: 5-8 p.m.
Broughtontown Community Center, 8305 KY-1781. \$5.00 - \$15.00. www.facebook.com

MONDAY, NOVEMBER 24
4th Monday Book Club at Lincoln County Public Library: 1:30 p.m.Lincoln County Public Library, 201 Lancaster Street. Free.

WEDNESDAY, NOVEMBER 26
Homeschool Art Club: 1-2:30 p.m.
Art Studio, 409 W Main St. \$165.00. go.artcenterky.org

THURSDAY, NOVEMBER 27
Happy Thanksgiving!
JCEF Thursday Night Bingo: 6:30-9 p.m.
JCS Annex, 847 Wilmore Rd. \$20.00.

TUESDAY, DECEMBER 2
Young at Heart Band at Boyle County Performing Arts Center: 12-1 p.m. Boyle County Performing Arts Center, 325 Cunningham Drive. \$10.00. artcenterky.org

WEDNESDAY, DECEMBER 3
Homeschool Art Club: 1-2:30 p.m.
Art Studio, 409 W Main St. \$165.00. go.artcenterky.org

THURSDAY, DECEMBER 4
JCEF Thursday Night Bingo: 6:30-9 p.m.
JCS Annex, 847 Wilmore Rd. \$20.00.

SATURDAY, DECEMBER 6
5th Annual Christmas Bazaar: 8 a.m.-4 p.m. Broughtontown Community Center,

8305 KY-1781. Free. www.facebook.com

Celtic Christmas at the Norton Center for the Arts: 7:30 p.m.Norton Center for the Arts, 600 W Walnut St., nortoncenter.com

WEDNESDAY, DECEMBER 10
Homeschool Art Club: 1-2:30 p.m.
Art Studio, 409 W Main St. \$165.00. go.artcenterky.org

THURSDAY, DECEMBER 11
JCEF Thursday Night Bingo: 6:30-9 p.m.
JCS Annex, 847 Wilmore Rd. \$20.00.

FRIDAY, DECEMBER 12
The Nutcracker - Nouveau!: 7-8:30 p.m.
Boyle County Performing Arts Center, 315 Cunningham Way. \$16.00 - \$31.00. www.thebcpac.com

SATURDAY, DECEMBER 13
The Nutcracker - Nouveau!: 3-4:30 p.m.
Boyle County Performing Arts Center, 315 Cunningham Way. \$16.00 - \$31.00. www.

thebcpac.com

The Nutcracker - Nouveau!: 7-8:30 p.m.
Boyle County Performing Arts Center, 315 Cunningham Way. \$16.00 - \$31.00. www.thebcpac.com

TUESDAY, DECEMBER 16
Voctave: It Feels Like Christmas: 7:30-9 p.m. Boyle County Performing Arts Center, 315 Cunningham Way. \$26.00 - \$36.00. www.thebcpac.com

THURSDAY, DECEMBER 18
JCEF Thursday Night Bingo: 6:30-9 p.m.
JCS Annex, 847 Wilmore Rd. \$20.00.

MONDAY, DECEMBER 22
4th Monday Book Club at Lincoln County Public Library: 1:30 p.m.Lincoln County Public Library, 201 Lancaster Street. Free.

THURSDAY, DECEMBER 25
JCEF Thursday Night Bingo: 6:30-9 p.m.
JCS Annex, 847 Wilmore Rd. \$20.00.

Church Event? School Event? Retirement party?

It's FREE!

Please go to our website www.theinteriorjournal.com and click ‘Calendar’, there you can click on ‘Add Event’ for free inclusion in this section of our newspaper and online calendar.