

MENUS

Menus listed below are for the week of April 20, 2015. Menus are subject to change without notice. All meals are served with milk.

**YANKTON ELEMMENTARY SCHOOL**

Monday- French Bread Pizza  
Tuesday- Hamburger  
Wednesday- Fish Sticks  
Thursday- Lasagna  
Friday- Sack Lunch

**YANKTON MIDDLE SCHOOL**

Monday- French Toast  
Tuesday- Chicken Fajita  
Wednesday- Hamburger  
Thursday- Chicken Tenders  
Friday- Pepperoni Pizza

**YHS A LINE MENU**

Monday- Beef Sticks  
Tuesday- Italian Dunkers  
Wednesday- Chicken Bites  
Thursday- Philly Cheese Sand.  
Friday- Chili

**YHS B LINE MENU**

Monday- Alfredo Pizza  
Tuesday- Goulash  
Wednesday- Baked Potato Bar  
Thursday- Variety Soups  
Friday- Breakfast Bar

**YHS C LINE MENU**

Monday- BBQ Rib  
Tuesday- Bacon Cheeseburger  
Wednesday- Walking Taco  
Thursday- Hot Ham & Cheese  
Friday- Chicken Littles

**SACRED HEART SCHOOLS**

Monday- Chicken Nuggets  
Tuesday- French Toast Sticks  
Wednesday- Swedish Meatballs  
Thursday- Turkey  
Friday- Pepperoni Pizza

**THE CENTER/ YANKTON**

Monday- Beef Tips  
Tuesday- Liver & Onions  
Wednesday- Chicken Enchilada  
Thursday- Ham Loaf  
Friday- French Dip Sand.

**TABOR SENIOR CITIZENS CENTER**

Monday- N/A  
Tuesday- Roast Beef  
Wednesday- Chicken Steak  
Thursday- Chicken Veggie Soup  
Friday- N/A

## Theology Institute At Sacred Hear Monastery Slated April 25

The April 25 Theology Institute at Sacred Heart Monastery continues a three-year focus on topics related to the fiftieth anniversary of the Catholic Church's Second Vatican Council. Even as the council unfolded, it was clear that its impact reached beyond Catholics to all Christian churches. That far-reaching impact will also be evident in Dr. Massimo Faggioli's presentation, "The Liturgical Reform and the Church of Vatican II." According to Faggioli, viewing Vatican II's document on liturgical reform as merely rearranging external elements of Catholic worship misses a much larger point. He proposes that the 1963 Constitution on the Sacred Liturgy set the agenda for the council's subsequent reflection on the nature of the church, thus influencing both subsequent documents and attempts at reform to the present.

Dr. Faggioli will clarify how Vatican II used the principles of a return to earliest Christian sources and an emphasis on reconciliation and unity. The return to sources sought not to simply repeat the ancient past, but to release its energy in new ways. One of those ways involved seeking dialogue and reconciliation among all Christians. These operating principles shaped the document on Catholic worship, but also led to Vatican II's re-imagining the church as "the people of God," a community embracing all who are baptized into Christian faith.

A native of Italy, Dr. Faggioli spent 12 years at the John XXIII Foundation in Bologna, Europe's leading



Faggioli

school for training church historians. His research led him into numerous archives in several European

countries, as well as the Vatican, including archives limited to a small number of scholars. "For scholars, the archives are treasures," states Faggioli. "If you want the whole picture, you must go there." The historian of modern Catholicism and Vatican II earned his PhD at the University of Turin in 2002. Post-doctoral research fellowships at Laval University in Quebec and Boston College's Jesuit Institute brought him to North America. Since 2009, he has served at the University of St. Thomas in St. Paul, MN, where he is an associate professor of theology.

"The monastery is very fortunate to have Dr. Faggioli as a speaker," noted Sr. Marielle Frigge. "Our earlier presenter, retired Bishop Remi Do Roo, who participated in Vatican II, told us 'If you ever want someone to speak on the council's views on liturgy and church, Massimo Faggioli is your best source.'"

Sacred Heart Monastery will host "The Liturgical Reform and the Church of Vatican II" from 9:00 a.m. to noon on Saturday, April 25. There is no charge, but pre-registration is requested for planning purposes. Call 605-668-600 or e-mail Sister Marielle Frigge at mfrigge@mtmc.edu by April 22.

## Sky Warn Spotters Ready For Weather

Yankton County's Sky Warn Spotters are ready for this year's severe weather season. The group of local volunteers who keep their eyes on the clouds, wind, and rain when storms threaten recently held its annual organizational meeting.

Yankton County Office of Emergency Management (YCOEM) Director, Paul Scherschligt says the meeting was attended by 25 returning spotters and four new members, who will spend this season riding with the trained spotters as they prepare to become part of the team.

Each of the spotters has undergone specialized training to give him or her the ability to identify severe threats by visually monitoring cloud formations, wind and other weather phenomena. They are deployed throughout the region when storms are possible and remain in contact with the main base at the county Emergency Operations Center (EOC) by radio. From there, the weather information is disseminated to the public and to the National Weather Service.

Scherschligt says the Sky Warn team has long been the first line of defense for local residents, and he says they are all very dedicated local volunteers.

Anyone interested in learning more about severe weather during the upcoming South Dakota Severe Weather Awareness Week, April 20-24, can attend the National Weather Service's Annual Severe Weather Class at 7 p.m. Thursday, April 23, at Yankton Fire Station Two.

All of the Sky Warn spotters will be attending the session, according to Scherschligt.



**Southwest Sioux Falls, SD**  
**Wed-Fri, April 22-24, 8:00 am-9:00 pm**  
**Sat, April 25, 8:00 am-5:00 pm**

THE DAYS AND HOURS INDIVIDUAL SALES ARE OPEN WILL VARY. MORE DETAILS AND A LISTING OF PARTICIPATING SALES WILL BE AVAILABLE AT [www.kingswoodrummage.com](http://www.kingswoodrummage.com) ON APRIL 17.

**Primary Kingswood area: Between I-29 on the East, Sertoma Ave. on the West, Coughran Ct on the North and 41st St on the South.**

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# How To Safely Get Dormant RV Up And Running Once Again

BY RAY MAGLIOZZI

King Features Syndicate, Inc.

### Dear Car Talk:

I have a V-10 engine in an RV that has not been started in four years. Can I start it, and what type of oil would I use to put on top of the pistons to overcome any rust that might have formed in the cylinder walls?

— Jack

I've always been partial to McEvoy Ranch Extra Virgin Olive Oil, Jack.

Just kidding. You're going to use regular old motor oil. But your first task — and it might not be an easy one — is to get the spark plugs out. If they've been sitting there for four years, they might need some serious convincing. But be very careful not to break one off in the cylinder head. That'll add six extra steps, an extra day or two, and at least \$500 to this project.

Start by trying to remove the spark plugs. If you can get them out, then squirt a quarter of an ounce or so of oil into each spark-plug hole (you can use a plastic syringe, extended with a piece of rubber or plastic hose if need be), and then throw those old spark plugs away.

Next, disable the ignition system. You need to unplug all of the coils, not just from the spark plugs — you



Ray  
**MAGLIOZZI**

looking to upgrade this rig.

Next, you're going to crank the engine. With the spark plugs removed, the engine won't start, obviously. But by using the starter motor to crank it, you're turning the engine at 100 rpm instead of the 2,000 or more rpm it turns at once the engine starts.

That should allow the piston rings to more gently scrape off any rust that may have built up on the cylinder walls. It also gives the oil pump a chance to build up pressure around the bearings before the engine runs at speed.

Keep in mind that cranking the engine is going to make a mess. The oil that you squirted into those cylinders is going to come flying out like a Texas oil well. So protect anything nearby that

you don't want Jackson Pollocked.

Once you've cranked the engine for 30 seconds or so, put in your new spark plugs, reconnect the ignition system and, if there's room in the tank, put in a few gallons of fresh gasoline. Of course, I wouldn't invest in too much gasoline upfront, just in case, Jack.

And then start it up. It'll belch blue smoke until that oil you squirted in there is all burned up, but that should clear up in a matter of minutes.

And if it turns out you can't remove the spark plugs, then just cross your fingers, skip steps 1 through 8, and just start the thing. It might be fine. Good luck, Jack.

*Don't get stuck with a lemon. Be an informed shopper. Read Click and Clack's guide "How to Buy a Great Used Car: Secrets Only Your Mechanic Knows." Send \$4.75 (check or money order) to Used Car, P.O. Box 536475, Orlando, FL 32853-6475.*

*Got a question about cars? Write to Car Talk in care of this newspaper, or email by visiting the Car Talk website at [www.cartalk.com](http://www.cartalk.com).*

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AND DOUG BERMAN

## Vermillion Man Wins First Ever McGovern South Dakota Hunger Ambassador Award

MITCHELL — John Lushbough, of Vermillion, was named this year's McGovern South Dakota Hunger Ambassador Award-winner.

This is the first year that the Dakota Wesleyan University McGovern Center has awarded the honor and was bestowed based on nominations.

Lushbough is the founder and coordinator of Vermillion Welcome Table, a free weekly meal for underprivileged, and the head of the Vermillion Weekend Backpack Program, a program that provides easy-to-prepare meals for area youth. He has been serving his community for 25 years.

His nomination reads, "He has engaged literally hundreds of people in this service program (Welcome Table). Treating everyone who comes in the door with dignity is at the center of the program. John does all of this work with a smile."

The McGovern South Dakota Hunger Ambassador Award was created this year to be given to a South Dakotan who goes above and beyond to provide food security to the people of South Dakota.



SUBMITTED PHOTO

Lushbough, of Vermillion, was named this year's McGovern South Dakota Hunger Ambassador Award-winner.

"We were looking for those unsung heroes in local communities — the people who provide comfort and service without any hope or desire of recognition," said Dr. Alisha Vincent, director

of the McGovern Center. "The people most deserving of these awards are generally the shyest about accepting them, but we hope this gives their passions the attention they deserve, as well.

Lushbough is a shining example of what the every-day person can accomplish in his or her community. What he has done in Vermillion is inspiring and the McGovern Center thanks him."

## Conference Focuses On improving Veterans' Care And Family Support

Improving the care of combat veterans and their families is the focus of a one-day conference to be held in Yankton, April 24, at the Avera Professional Pavilion. The conference begins at 9 a.m. and runs until approximately 3:30 p.m.

Psychologists, counselors — school, drug and alcohol, marriage and family, therapists, social workers, clergy, and health professions students are just some of the professionals encouraged to attend. Two featured speakers along with others bring extensive knowledge to this event which includes topics such as support programs, community partners, and improving services to veterans and their families in rural America.

Bob Goodale, former Harris Teeter CEO and North Carolina Deputy Secretary of Commerce, is Director of the Citizen Soldier Support Program (CSSP), a congressionally authorized, formerly DoD funded program administered through the Odum Institute for Research and Social Science at the University of North Carolina, Chapel Hill. CSSP is a capacity-building initiative designed to strengthen community support for Service Members and their families focusing on increasing geographic and financial access to deployment and post-deployment related behavioral health services, especially for those in rural, frontier and underserved areas. To learn more visit: [www.citizensolidersupport.org](http://www.citizensolidersupport.org). Goodale served in the

U.S. Army after receiving a BS degree from Iowa State University. He also received an MBA from the University of Kansas.

Dennis Mohatt, is the Vice President for Behavioral Health for the Western Interstate Commission for Higher Education (WICHE). He serves as the Director of the Mental Health Program and the WICHE Center for Rural Behavioral Health Research. Founded in 1955, the WICHE Mental Health Program is a collaborative interstate venture with 15 western states. The program's mission is twofold: to assist the states in the improvement of systems of care for persons with mental illness and their families; and to advance the preparation of a qualified mental health workforce in the West.

Mohatt served as Deputy Director for the Nebraska Department of Health and Human Services from 1996 to 1999.

Sponsors of this event are: the Sioux Falls VA Health Care System, Northeast South Dakota Area Health Education Center (AHEC), Northern Nebraska AHEC and Yankton Rural AHEC.

For more information go to [www.yrahec.org](http://www.yrahec.org) or call Yankton Rural AHEC at 605-655-1400. Those interested in attending are encouraged to register as soon as possible since limited seating is available. Attendance at this event may qualify as continued education for some professionals.

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