

MENUS

Menus listed below are for the week of Aug. 26. Menus are subject to change without notice. All meals are served with milk.

**Yankton Elementary Schools**

Monday — French Toast Sticks  
Tuesday — Taco In A Bag  
Wednesday — Chicken Burger  
Thursday — Corn dog  
Friday — Pizza Dippers

**Yankton Middle School**

Monday — Hamburger  
Tuesday — Turkey Tenders  
Wednesday — Dunker Pizza  
Thursday — Spaghetti  
Friday — Chicken Strips Wrap

**YHS A Line Menu**

Monday — Club Sandwich  
Tuesday — Chicken Tenders  
Wednesday — Italian Dunker  
Thursday — Roast Turkey  
Friday — Meatball Sub

**YHS B Line Menu**

Monday — Alfredo Pizza  
Tuesday — Goulash Casserole  
Wednesday — Egg Roll  
Thursday — Grilled Cheez/Soup  
Friday — Ham Salad Sandwich

**YHS C Line Menu**

Monday — Hamburger  
Tuesday — Walking Taco  
Wednesday — Corn dog  
Thursday — Round Pizza  
Friday — Chicken Breast Sand.

**Sacred Heart Schools**

Monday — Chicken Leg  
Tuesday — Taco In A Bag  
Wednesday — Ham  
Thursday — Turkey & Gravy  
Friday — Pepperoni Pizza

**The Center/Yankton**

Monday — Salisbury Steak  
Tuesday — Pork Roast  
Wednesday — Spaghetti  
Thursday — Beef Tips  
Friday — Hamburger or Brat

**Tabor Senior Citizens Center**

Monday — N/A  
Tuesday — Baked Ham  
Wednesday — Cook's Choice  
Thursday — Roast Beef  
Friday — N/A

# Don't Drive Yourself Crazy Over Fuel Choices

BY TOM AND RAY MAGLIOZZI

King Features Syndicate, Inc.

**Dear Tom and Ray:**

We bought a brand-new Mini Cooper S. Nobody told us what grade of gas to run it on. Stupidly, we did not look in the manual. We ran it on 87 regular for a little more than a year. When we brought it in for service recently, the dealer told us to run it on 91. Did we ruin the car? The dealer told us we most likely have valve carbon build up. There was no knocking or stalling. I am freaking out that we put a hole in a piston! It is my wife's car, and she loves it. Please help! Thanks for your advice. — **Howard**

**TOM:** Howard, have you ever considered switching to decal?

**RAY:** You can stop freaking out. You didn't put a hole in a piston. If you had, you would have noticed immediately that the car sounds and shakes like one of my brother's cars.

**TOM:** Your car's engine-management system actually adjusts for the grade of gasoline you put in it.

**RAY:** In the old days, if your car needed 91 and you used 87, you would have caused the engine to "knock" on hard acceleration, on hills or in high heat. That knocking was the sound of pre-ignition, or gasoline igniting when it wasn't supposed to. That could cause



**CAR TALK**

Tom and Ray Magliozzi

damage to the engine over time. Even in the short run, it could harm things by making your engine run hot.

**TOM:** But since engines are now managed by computers, yours has what's called a "knock sensor." Guess what that does? It senses knock! And if it detects a grade of fuel that's lower than what's recommended, it adjusts the car's ignition timing to make up for it and avoid damage.

**RAY:** So, why wouldn't you just use 87 all the time, and save a lot of money on gas? Well, in cars that "recommend" premium fuel, like yours, you can. And I would. Manufacturers say you may notice a small drop in fuel economy and a slight decrease in power, but it's not enough for most people to notice.

**TOM:** On the other hand, some cars say they "require" (rather than "recommend") premium fuel. In those cases, you're stuck. So our advice is to ask for a look at the owner's manual, and check a car's fuel recommendation before you buy it!

**RAY:** But doing what you did, Howard, caused no damage at all. Zip. Nada.

**TOM:** So, for your own mental health, I suggest that you forget this whole incident ever happened. If you have trouble letting it go, I suggest going to see your Mini dealer's in-house hypnotist. He's conveniently stationed next to the cashier at the service department's pick-up window.

Keep your car on the road and out of the repair shop by ordering Tom and Ray's pamphlet "Ten Ways You May Be Ruining Your Car Without Even Knowing It!" Send \$4.75 (check or money order) to Ruin, P.O. Box 536475, Orlando, FL 32853-6475.

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or email them by visiting the Car Talk website at [www.cartalk.com](http://www.cartalk.com).

© 2013 by Tom and Ray Magliozzi and Doug Berman

## Archery Complex Open Labor Day

The NFAA Easton Yankton Archery Complex will be open Labor Day Weekend

- Friday, Aug. 30 — 9 a.m.-9 p.m.;
- Saturday, Aug. 31 — 10 a.m.-7 p.m.;
- Sunday, Sept. 1 — noon-7 p.m.;
- Monday, Sept. 2 — noon-7 p.m.

Unlimited shooting on all three ranges 90 meter air conditioned indoor range, olympic size outdoor range and 3D/field range will be open. Archery equipment is available for use on the indoor range.

## 4-H Exhibit Hall Building Campaign Kickoff Held Sept. 1 During S.D. State Fair

**BROOKINGS** — Efforts to replace the aging 4-H Clover Hall on the South Dakota State Fairgrounds were announced last September and the fundraising campaign continues to gain momentum.

The new 4-H Exhibit Hall will serve as a showplace and event center for 4-H exhibits and activities during the State Fair, while also serving as a location for 4-H activities year-round. A preliminary design calls for a 40,000-square-foot building, with most of it an open exhibit area.

Other proposed components are offices, a demonstration room, a kitchen for special food projects, a new stage for performing arts and public restrooms. The new facility is necessary because the current Clover Hall, which is more than 70 years old, is in deteriorating condition and unsafe for holding events.

The building project is being overseen by the South Dakota State Fair Commission and State Fair Foundation with support from a number of organizations including the South Dakota Department of Agriculture, the 4-H Leader's Association and SDSU Extension.

Jerome Hertel, South Dakota State Fair manager, says he is excited to see all of the organizations coming together. "They are turning a dream into reality with this

building," says Hertel.

State Fair Commissioner Loren Noess has been spearheading the fundraising effort, along with Karen Lambert, an Artesian, resident serving as the South Dakota 4-H Leader's liaison.

The new facility will likely be built on the same site as the current facility on the northwest side of the fairgrounds. In addition to 4-H activities, other events could also be held in the facility throughout the year with revenue generated for the operating budget of the State Fair.

The Building a Showcase for 4-H, Youth Community 4-H Barbecue and S.D. State Fair Foundation Exhibit Hall Capital Campaign Kickoff will be held at 5 p.m. Sept. 1 at Clover Green and 4-H Stage on the State Fairgrounds. A projected \$4 million will need to be raised over the next year to replace Clover Hall with a 40,000 square-foot hall with an open floor plan for 4-H exhibits, portable stage for the Performing Arts participants, three large classrooms and storage space. Plus space for Special Foods to return to the fairgrounds. With this new building will come many new opportunities for 4-H'ers and for the fairgrounds.

Tickets to the 4-H Barbecue are \$2 and go on sale at noon Sept. 1 at the booth on Clover Green.

## McVays

From Page 1

national attention. Ellen was chosen from more than 50 nominees for a 10-person advisory group for persons with early-stage Alzheimer's. She began serving her one-year term in July, and the McVays attended their first meeting last month in Chicago.

The advisory group meets four times a year and holds monthly phone conferences. The McVays will attend the annual public policy forum for Alzheimer's next April in Washington, where they are scheduled to meet with lawmakers.

The McVays have already gained worldwide media attention with a recent interview appearing in the Huffington Post, an news website. The McVays soon learned the power of social media, as the story quickly spread on Facebook and other sources.

At the state level, Michael serves on the Alzheimer's Association of South Dakota board of directors, and Ellen serves on the advisory board. They are also spearheading a team that will take part in the Sept. 14 March for Alzheimer's in Sioux Falls to raise funds and awareness. Similar marches are set for Sept. 21 in Aberdeen and Sept. 28 in Rapid City.

Jane Aspaas, executive director of the Alzheimer's Association of South Dakota, commended the McVays for taking such an active role.

"We could not be more proud of the McVays and can't thank them enough for speaking out about Alzheimer's disease," she

said. "It is people like them that bring the issue to the forefront, take away the stigma and show others that you can live with Alzheimer's, fight back and make a difference!"

Ellen McVay puts a face on Alzheimer's and its increasing incidence among younger persons, Aspaas said.

"We normally think of (Alzheimer's patients) as an older persons in a nursing home, but Ellen represents the face of the Baby Boomer generation," Aspaas said. "We are seeing a 'silver tsunami,' with Baby Boomers reaching 64, 65 and 66 years old. There is a real risk for Alzheimer's numbers to triple by mid-century. It's the health crisis of the century, and it's a very expensive disease."

The entire U.S. population will be affected by Alzheimer's, Aspaas said. More than 5 million Americans are living with Alzheimer's, and as many as 16 million will have the disease by 2050. The cost of caring for those with Alzheimer's and other dementia is estimated to total \$203 billion in 2013, increasing to \$1.2 trillion (in today's dollars) by mid-century.

South Dakota has the second highest Alzheimer's death rate in America, and Alzheimer's is the fifth leading cause of death in South Dakota. The state saw 398 Alzheimer's-related deaths in 2010, a 122 percent increase since 2000.

"People with Alzheimer's have three times the cost of Medicare versus people without Alzheimer's, and a person with Alzheimer's has 19 times more cost for Medicaid, mostly because they are in long-term care facilities," she said. "It affects our

national budget and our Medicare and Medicaid statistics. We have to do something to stop the trajectory of the disease."

On a personal level, Ellen McVay said she has found strength from her religious faith.

"I had such a spiritual moment. There was an awareness, even with this terrible diagnosis, there was a spiritual peace in me that sustains me," she said. "I know that I'm not alone. It gives me a lot of courage and calm."

She also finds support from her family and friends.

"My children live around the country and check on me. Friends go out for lunch or movies with me, and we laugh and tell stories," she said. "Some (friends) don't get real close to me because they are afraid and find it harder to talk about (my Alzheimer's). They don't know what to say."

Michael urges individuals to get tested if they suspect they suffer from Alzheimer's, even though no cure exists for the progressive disease.

"People say, 'What use is it? You can't get treated?'" he said. "But the earlier you learn the diagnosis, the more you can prepare for it and make compromises and decisions in your life. You

can plan legally and financially."

The McVays say they have become closer as a couple, both emotionally and in sharing everyday chores and activities. They pursue a healthy lifestyle, remaining physically active and maintaining a nutritional diet.

In the near future, the McVays plan to form a support group for Alzheimer's patients and families in the Yankton region.

Mostly, Ellen wants to get out the message that life goes on, even with Alzheimer's.

"I can cry or I can choose to be happy, and I choose to be happy," she said. "I am in charge here. I can talk and laugh. I can make fudge. I can enjoy my yard and set up my garden."

"I am enjoying life one day at a time, even a half-day at a time. I don't need to do anything outstanding to be happy."

For more information on Alzheimer's or the Alzheimer's Association of South Dakota, visit online at [alz.org](http://alz.org). You can also contact Aspaas at [jane.aspaas@alz.org](mailto:jane.aspaas@alz.org).

You can follow Randy Dockendorf on Twitter at [twitter.com/RDockendorf](https://twitter.com/RDockendorf)

**CONNECTING ALL OF US!**

Making it possible for deaf, hard of hearing and speech disabled people to communicate via telephone!

**Relay SOUTH DAKOTA**

CONNECTING ALL OF US!

[www.sdrelay.com](http://www.sdrelay.com) • 866.246.5759

**LEWIS & CLARK FAMILY MEDICINE**

605-260-2100  
Lewis & Clark Medical Plaza  
2525 Fox Run, Suite #200  
Yankton, SD

**Monday-Friday 9am-5pm**  
**After Hours Clinic**  
**Saturday 9am-12 noon**  
**By appointment or Walk-ins Welcome**

Jeffrey Johnson, M.D. Brad Adams, PA-C Brandi Pravecek, CNP

**Healthcare for Newborn thru Adult**

- Illness & Injury • Vaccines
- Preventative Care
- Sports & School Physicals
- Women's Health

### 60th Anniversary Celebration



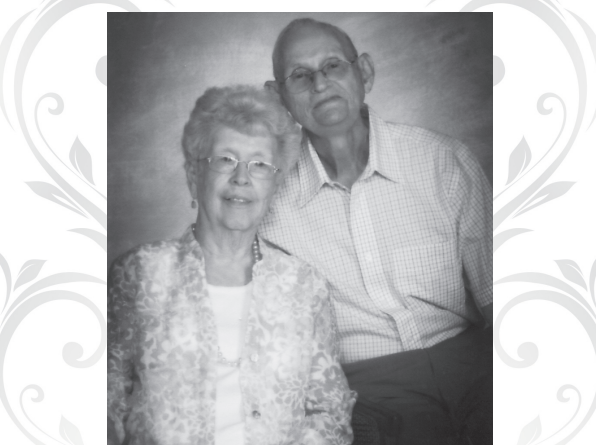
**Mr. & Mrs. Don Herrboldt**

Mr. and Mrs. Don and Frances Herrboldt of Menno, SD, will celebrate their 60th wedding anniversary on September 1, 2013, at Salem Reformed Church in Menno, SD from 2 - 4 p.m.

Don Herrboldt and Frances Tiede were married on September 24, 1953, in Parkston, SD.

They have five children: Cynthia, Debra, Brenda, Mary and Brian. The couple has 13 grandchildren and 10 great-grandchildren. Their family requests a card shower. Greetings may be sent to 552 E. Juniper St., Box 482, Menno, SD 57045.

### 65th Anniversary Celebration



**Mr. & Mrs. David Thompson**

Mr. and Mrs. David and LaVonne Thompson of Yankton, SD, will celebrate their 65th wedding anniversary on August 26, 2013.

They have three children: John Thompson of Kansas City, MO; Jim (Doris) Thompson of New Castle, IN, and Becky (Tracy) Connor of Omaha, NE.

They have five grandchildren: Nick, Jessica and Alexis Thompson and John and Robert Connor.

Their family celebrated over the Fourth of July weekend and requests a card shower. Greetings may be sent to 1809 Mulberry Street, Yankton, SD 57078.



Sioux Falls, SD; Ms. Kimberly Morgan of Valley Springs, SD and Gary and Sharon Lane of Sioux Falls, SD.

The bride-elect graduated from Westwood College and is employed as a Client Specialist at Professional Marketing Services.

The groom-elect graduated from the University of Nebraska-Lincoln and is employed as a Software Engineer at Garmin.

The couple is planning an October 12, 2013, wedding in Sioux Falls, SD.

**Sehr-Lane**

Kayleen Sehr and Adam Lane, both of Mesa, AZ, announce their engagement and upcoming marriage.

Parents of the couple are Kevin and Julie Sehr of