

## MENUS

Menus listed below are for the week of August 24-28, 2015. Menus are subject to change without notice. All meals are served with milk.

## YANKTON ELEMENTARY SCHOOL

**Monday:** Chicken Bites  
**Tuesday:** Taco In A Bag  
**Wednesday:** Turkey Sandwich  
**Thursday:** Hamburger  
**Friday:** Shrimp Poppers

## YANKTON MIDDLE SCHOOL

**Monday:** Spaghetti  
**Tuesday:** Turkey Tenders  
**Wednesday:** Walking Taco  
**Thursday:** Chicken Nuggets  
**Friday:** Corn dog

## YHS R LINE MENU

**Monday:** Nachos  
**Tuesday:** Turkey Tenders  
**Wednesday:** Italian Dunker  
**Thursday:** Shrimp Poppers  
**Friday:** Meatball Sub

## YHS W LINE MENU

**Monday:** Chicken Garlic Pizza  
**Tuesday:** Macaroni & Cheese  
**Wednesday:** Yogurt Bar  
**Thursday:** Chicken Noodle Soup  
**Friday:** Ham Salad On A Croissant

## YHS B LINE MENU

**Monday:** Hot Ham N Cheese  
**Tuesday:** Tavern  
**Wednesday:** Chicken Fajita  
**Thursday:** Footlong  
**Friday:** Turkey Hoagie

## SACRED HEART SCHOOLS

**Monday:** Corn Dogs  
**Tuesday:** Baked Ham  
**Wednesday:** Fish Sticks  
**Thursday:** Scrambled Eggs  
**Friday:** Taverns OR Chef Salad

## My Pet Has A Lump, What Should I Do?

BY JAKE GEIS, DVM

Tyndall

There is a word that starts with "C" that everyone is afraid of.

Whether it is afflicting our family or our furry friends, cancer is a heartbreaking diagnosis. So if you find a lump on your pet, it is natural to feel concerned. However, before you run to the internet to look for a diagnosis, talk to your veterinarian. There are many different causes of lumps on pets and most are not cancer. And unlike the internet, your vet can do usually do something about the lump to fix it.

The one of the most common lumps that concerns owners are lipomas. A lipoma is a benign mass that is made up of fat cells. They usually are first noticed on middle aged to older pets. Lipomas feel soft, are freely movable and generally are not painful. Often veterinarians will not remove lipomas if they are small and do not cause your pet discomfort.

Skin tags are another skin issue that look concerning, but are not a major medical problem. Skin tags look similar to warts and are often seen on older, small breed dogs. The most common complication with skin tags is bleeding from a skin tag that was broke open while running or playing. They can be removed, but if they are not changing in size or shape skin tags often can be left alone.

Since the cardinal rule with a lump is to have it checked out if it changes in size or shape, a cyst is a type of lump that may make pet owners worried about cancer. Unlike most cancers, which feel firm and do not move freely, cysts are soft and squishy. This is because a cyst is not a solid mass, but rather a pocket of sterile fluid. These can occur due to a number of reasons, so often the primary cause needs to be addressed in order for

the cyst to heal. Once the primary cause has been identified, cysts can be surgically removed if they do not respond to medical therapy.

Another fluid pocket that is less clean than a cyst is an abscess. An abscess is a pocket of pus that is walled off from the rest of the body. They are usually painful and cause the skin around them to become red. Abscesses should be drained by your veterinarian, as your pet's body cannot resorb the pus on its own. However, abscesses should not be squeezed at home "pop" the contents out. Inappropriate pressure can cause the fluid material to push farther into your pet's body, leading to a bacterial infection in those tissues. It is better to have them addressed by your veterinarian.

While these issues are all non-cancerous, it is important to remember that occasionally lumps on your pet could be a type of cancer. Commonly found lumps that are cancerous are malignant mammary tumors, lymphomas, mast cell tumors, and many other types. Each type usually has a signature location and look.

The most conclusive way to determine on whether a lump is cancerous or not can only be obtained by removing the lump and sending it into a laboratory. However, for several types of tumors, in particular mammary tumors, lumps that feel hard and do not move are typically cancerous, while those that are soft and freely movable are frequently benign.

While there are many more possible causes for skin abnormalities, this list includes some of the most commonly seen problems. As you can see, most lumps are not cancer, but since there is a possibility the lump could cause a problem it is best to have your veterinarian check it out. Unlike an internet search, a veterinarian can make an accurate diagnosis and provide the appropriate treatment to keep your pet feeling great.

*Jake Geis, DVM, works out of the Tyndall Veterinary Clinic.*

## DENR Requests Water Quality Data

PIERRE — The South Dakota Department of Environment and Natural Resources requests water quality data as part of its process to complete a biennial assessment of South Dakota's lakes and streams.

The 2016 Integrated Report must be completed and submitted to the U.S. Environmental Protection Agency by April 1, 2016. The report provides an assessment of the quality of South Dakota's surface water resources and identifies the impaired waters that require a total maximum daily load (TMDL).

A total maximum daily load calculates the amount of pollution a water body can receive and still meet water quality standards along with supporting assigned beneficial uses. Once TMDLs are determined,

local, state and federal activities can be directed toward improving the quality of the waterbody.

The department's 248-page 2014 Integrated Report can be viewed online at <http://denr.sd.gov/documents/14irfinal.pdf>.

To develop a comprehensive list, the department is soliciting water quality data to help determine the quality of South Dakota's waters. Chemical, physical and biological data will be considered. Beach closure information, including date, duration and water quality results is also requested.

Persons or organizations having water quality data should contact Shannon Minerich at 1-800-438-3367 or by email [Shannon.Minerich@state.sd.us](mailto:Shannon.Minerich@state.sd.us) by Sept. 1.

# Dual Tailpipes On New Cars Are Just For Show

BY RAY MAGLIOZZI

King Features Syndicate, Inc.

## Dear Car Talk:

When I was a kid back in the late 1940s/early '50s, you had to have a dual exhaust system. I think most of the new cars that have two tailpipes use the "cat back" system, running the dual exhaust only from the catalytic converter back. My question is: Does the "cat back" system give any improvement in performance, or is it just to look cool? Also, do any production cars have a true dual exhaust system? I expect that a true dual exhaust would require two catalytic converters and would not be cost-effective.

— John

Gee, I'm not aware of any true dual exhaust systems on production cars these days, John. At least, I haven't seen any in the shop since the Nixon administration.

The vast majority of cars you see with two tailpipes out back have what I'd call "faux dual exhaust." That does nothing to improve the car's performance. It improves the car's appearance, but doesn't make the car go any faster.



Ray  
MAGLIOZZI

That's why engines with four, and even five, valves per cylinder are popular. With more valves, you can get more stuff in and out of a cylinder quickly.

Similarly, if you have two real exhaust pipes running all the way from the engine to the tailpipe (one each dedicated to one-bank cylinders), you can clear your exhaust more quickly, get your fresh charge in more quickly and get more power out of the engine.

But it is expensive. You need a complete second exhaust system, with its own a muffler, catalytic converter (or converters, in many cases) and every thing else. And it adds weight, which

The theory behind real dual exhaust systems is sound: You send gasoline and air into a cylinder, it detonates, then you have to clear the exhaust gasses out of the cylinder. The faster you can get the exhaust out, the faster you can get a fresh charge of fuel and air in.

cuts into fuel economy.

That's why most manufacturers just go the cheaper and lighter way, splitting the tailpipe after the catalytic converter and muffler, and sending two tailpipes out the back of the car.

That does give the impression of performance. You see a car with two tailpipes, and subconsciously, you say to yourself, "Wow, that car must have a lot of power." But all it really has is five extra feet of tailpipe.

Car Talk shares secrets on how you can save tens of thousands of dollars on your cars over the next 20 years in the pamphlet "Should I Buy, Lease, or Steal My Next Car?" Send \$4.75 (check or money order) to Car Talk/Next Car, 628 Virginia Drive, Orlando, FL 32803.

*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).*

© 2015 BY RAY MAGLIOZZI AND DOUG BERMAN

## Area Senior Companions Recognized For Service

Senior Companions of Eastern South Dakota celebrated 37 of years of service recognizing the Senior Companions that serve in Bon Homme, Charles Mix, Lincoln, McCook, Minnehaha, Turner, Union and Yankton counties. "The Magic of Giving" celebration was held at Our Savior's Lutheran Church on Tuesday, August 11th in Sioux Falls. Along with lunch the Senior Companions and guests were entertained with a magic show from Ryan McCormick of McCormick Magic.

The Senior Companions from Yankton that were recognized were: Jean Stull (9 months), Gloria Lippert (1 year), Betty Adam (2 year), Jeanette Novak (6 years), Fernande Bistos (7 years) and Helen Patterson (18 years).

Senior Companions provide in-home services to older persons and other adults in need. They assist others with grocery shopping, meal preparation, light housekeeping, transportation to doctor appointments, and various daily tasks necessary to maintaining independence. This service is provided free of charge. Without the help of Senior Companions, many



SUBMITTED PHOTO

Senior Companions serving Yankton pictured (from left to right): Betty Adam, Jean Stull, and Jeanette Novak (not pictured Fernande Bistos, Gloria Lippert, and Helen Patterson).

older adults would not be able to continue living in their own home and might require placement in a nursing home or assisted living facility. In 2014, 107 Senior Companions

throughout South Dakota provided 64,479 hours of companionship for their 441 clients. These Senior Companions are the foundation of one of South Dakota's most positive

programs. Their dedication to the clients they serve is a blessing to the clients, their families and communities.

Our Companions LOVE what they do and are not shy about telling people how much this Program not only affects the clients they serve but them as well. Our Companions often remark that they feel they are really making a difference in their clients' lives and are rewarded in many ways, making this a truly enjoyable volunteer experience.

Senior Companions enjoy many benefits, including: an hourly tax-free stipend, mileage reimbursement, meal allowance, paid training, accident insurance, friendship with peers and the satisfaction of helping others. If you are 55 or older and enjoy helping others and looking for a way to impact the lives of the senior population in your community, become a SENIOR COMPANION!

If you are interested in learning more about Senior Companions of SD, call 1-888-239-1210 or visit the website at: <http://www.good-sam.com/scpsd/>.

## Highway Use Tax Return Due Soon

WASHINGTON — The Internal Revenue Service today reminded truckers and other owners of heavy highway vehicles that in most cases their next federal highway use tax return is due Monday, Aug. 31, 2015.

The deadline generally applies to Form 2290 and the accompanying tax payment for the tax year that begins July 1, 2015, and ends June 30, 2016. Returns must be filed and tax payments made by Aug. 31 for vehicles used on the road during July. For vehicles first used after July, the deadline is the last day of the month following the month of first use.

Though some taxpayers have the option of filing Form 2290 on paper, the IRS encourages all taxpayers to take advantage of the speed and convenience of filing this form electronically and paying any tax due electronically. Taxpayers reporting 25 or more vehicles must e-file. A list of IRS-approved e-file providers can be found on IRS.gov. The highway use tax

applies to highway motor vehicles with a taxable gross weight of 55,000 pounds or more. This generally includes trucks, truck tractors and buses. Ordinarily, vans, pick-ups and panel trucks are not taxable because they fall below the 55,000-pound threshold. The tax of up to \$550 per vehicle is based on weight, and a variety of special rules apply, explained in the instructions to Form 2290.

For more information, visit the Trucking Tax Center.

### THANK YOU

Thank you to all family and friends for the card shower for my 60th birthday! It was great to remembered! A special thank you to my family for all the surprises.

Sharon Egge

## 50th Anniversary Celebration



### Mr. & Mrs. Wayne Hespe

Drop a line, text, or post on their facebook. It's their 50th wedding anniversary. From their marriage came two daughters who love them very much.

Love, Nancy & Mary

## CorTrust Mortgage welcomes Joleen Woods



*"I can help put your dream home within reach."*

Contact me today!

605.668.0800

[jwoods@cortrustmortgage.com](mailto:jwoods@cortrustmortgage.com)

NMLS# 1404157



CorTrust Mortgage

Raise your expectations.

FDIC ID 458038

[cortrustmortgage.com](http://cortrustmortgage.com)

What is lurking in your air ducts?

Improve the air quality in your home with a professional duct system cleaning!

**INTEK** CLEANING & RESTORATION

605.660.5705  
605.689.2220  
3312 W. 8th  
Yankton, SD

- Fire & Smoke Damage Restoration
- Water Damage Restoration
- Carpet & Upholstery Cleaning

Brianna Knoll

Brianna would have turned 30 today  
8-22-85 - 4-9-11  
On her mothers birthday, 8/22/??  
Love, Mom & Dad