

MENUS

Menus listed below are for the week of July 27-31 2015. Menus are subject to change without notice. All meals are served with milk.

THE CENTER/ YANKTON
Monday: Cider Braised Pork Chops
Tuesday: Baked Steak
Wednesday: Upside Down Pizza
Thursday: Roast Pork
Friday: Mandarin Chicken Breast

SUMMER FOOD SERVICE PROGRAM
Monday: Pizza
Tuesday: Chicken O's
Wednesday: Shrimp Poppers
Thursday: Chicken Burger
Friday: Hoagie Sandwich

TABOR SENIOR CITIZENS CENTER
Monday: N/A
Tuesday: French Dip
Wednesday: Ham
Thursday: Birthday Dinner
Friday: N/A

Tips For Taking Your Pets Camping

BY JAKE GEIS, DVM
Tyndall

Nothing says summertime like a weekend getaway to a campground. Relaxing by the lake with a line in the water and your favorite chilled beverage sounds fantastic. Oftentimes we like to take our pets with us to enjoy the camping experience. However, before you pack up your pooch and head out consider a few of these tips to make your trip go smoothly.

First, it is critical to make sure the campground you are heading to allows pets. Most do, but require them to be confined on a leash or in a camper at all times. If you plan on using a leash and your pet is not used to being leashed, consider using a body harness instead of a collar to hold the leash to your pet. The stress of the collar pulling on the dog's neck when they reach the end of the leash can cause damage. A body harness spreads that stress over the torso, causing less harm.

Once you are sure your destination campground allows pets, the next step is to confirm your pet is in good health. You wouldn't want to go camping if you were sick and neither does your pet. Taking them to your vet for a yearly wellness exam would be the best way to determine this. Your vet can also make sure they are up-to-date on yearly vaccinations and heartworm preventative to keep them from getting sick while camping.

Pets can get sick while camping from causes other than infectious diseases. Bring along their regular dog or cat food, as camping food like hot dogs and potato chips are a perfect recipe for causing an upset stomach. In addition, if your pet is on any regular medications, such as insulin for diabetes, they still need to receive this medicine at the regular time while camping.

One of the most common health issues pets will have while camping is heat stress. This is due to a perfect storm of events: the weather is often warm and humid, the environment is new which makes pets excited, and as owners we are easily distracted by all the activity involved with camping. Pets can quickly go from being a bit warm to quite toasty if precautionary steps are not taken.

While camping, make sure

your pets have constant access to ample fresh, clean water. Giving them a shaded spot to rest is necessary, but that spot also needs

to have good air flow. A pet carrier that blocks the air flow will be uncomfortable for your pet; instead try a large tree that the wind can blow under. Most importantly, pets cannot stay inside a vehicle, or camper that is not running the air conditioning. Even with the windows open these places will heat up very quickly and can lead to heat stroke for your pet.

Even if not inside a vehicle, pets can experience heat stroke if conditions are right. The early signs of heat stroke are difficult breathing, thick saliva, and vomiting. If the situation is not addressed rapidly, pets will go into shock. In shock, the gums and lips turn gray. Pets become wobbly, then collapse and possibly seizure. If you notice any of these signs, immediately move your pet to a cool location and begin to cool them down slowly. This can be done by running cool, but not ice cold, water over their body.

In cases of emergencies like this, it is quite handy to have a veterinarian's phone number on hand. If you are camping close to home, your regular vet would be best. However, if you take a trip several hours from home, look up a clinic in the near vicinity that takes emergency calls just in case. Don't wait until an emergency happens to look a vet's number up on your phone, as many campgrounds do not have cell coverage.

The good news is adverse events like an emergency are uncommon while camping with pets. By taking precautions to prevent problems from occurring, a trip to the campground with your furry friend can be a safe and fun filled event.

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

Car Talk

How Much Damage Does Starting An Already-Running Car Do?

BY RAY MAGLIOZZI
King Features Syndicate, Inc.

Dear Car Talk:
How much damage to the starter and other parts is done if you mistakenly try to start the car when it is already running?
— Joe

How often do you do it, Joe? Is this a daily event? If so, I'm going to recommend that you look into Miracle Ear.

Actually, it's rarely the starter that gets damaged. It's more often the flywheel — which is the larger gear that the starter gear meshes with.

They're both pretty tough, and accidentally starting the car when it's already running once in a blue moon probably will not do any damage. If it's done repeatedly, though, you can wear down or break a tooth on the flywheel.

And if you have a flat spot on the flywheel, where a tooth or two is missing, the starter gear will spin but won't be able to turn the flywheel, which is what moves the pistons up and down and starts the car.

Even when that happens, by trying



Ray MAGLIOZZI

flywheel.

Replacing the flywheel usually involves removing the engine, the transmission or both. That's why we mechanics refer to that horrible grinding noise as "the sound of money." So it's best not to make a habit of restarting a running car.

By the way, many of the newer cars with "start/stop" buttons instead of keyed ignition switches won't even let you restart the car if it's already running. They're smart enough to know when the engine is already running, so

to start the car several times, you often can move the flywheel just enough to get it to the next tooth and allow the starter to catch.

But at some point, the car won't start — or will start so unreliably that you can't take it anymore. Then you have to replace the

if you push the button a second time, the car assumes you changed your mind about going to work, and it shuts off the engine.

So we're expecting to be replacing fewer flywheels as the years go by. That's good for you, and bad for us. We'll all be trading down to smaller boats.

Bumps and potholes do more than merely annoy drivers. Find out what, and how you can ease the pain, by ordering Click and Clack's pamphlet "Ten Ways You May Be Ruining Your Car Without Even Knowing It!" Send \$4.75 (check or money order) to Car Talk/Ruin, 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.

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Yankton's July Yards Of The Month

Yankton Town & Country Garden Club announce their picks for July Yards of the Month:

JARED AND MELISSA BRIM, 2506 VALLEY ROAD

Pristine is the word for this yard, grass is green and trimmed to perfection. As you approach the front door, your eyes can feast on the hanging basket loaded with begonias, a loveseat to rest on, and a small miniature garden at your feet as you knock on the front door. Tall square bronze-colored pots filled with more begonias adorn the porch and dress up the area by the garage door. White hydrangea form a backdrop for the random shaped planting area in the front yard. Ground level has an aspen, purple bronze corabells and various other

plantings, white gravel for dressing. Raised planter has yellow daisies, purple salvias, more begonias and ivy. Small area next to the sidewalk features hostas and red impatiens.

KYLE AND SUSAN REPP, 2505 VALLEY ROAD

Three hanging baskets overflowing with petunias, begonias and sweet potato vines, draw your eyes to the white railing enclosing the front porch. White furniture invites you to sit and rest awhile. Black wrought iron tables hold pots and a moss basket, displayed are petunias, lobelia, impatiens, purple oxalis and Diamond Frost. The entry wall has a hanging bag absolutely overflowing with various colored impatiens. A wonderful red

pot filled with yellow zinnas and purple lobelia rests atop an iron bench. Planting area in front of the porch contains various small shrubs and day lilies. Various pots of petunias add color to front of garage. Copper fountain to the right is just the right touch. Mailbox post is surrounded with marigolds.. Delightful!

DICK AND ELLEN SLOWEY, 1509 WEST ST.

Three blue potted planters in the front of the garage are filled with spikes, lantanas, pink flora bunda petunias, coleus, creeping jenny, asparagus ferns, sweet potato vines, impatiens and pink geraniums. There is a beautiful corner rock garden which is accented with roses, metal sculptures,

toads of every size (Ellen is a collector), a blue bird bath and a blue potted planter filled with many colorful annuals which the pollinators love.

A white wicker window box filled with ivy geraniums adds color to the front porch along with boston ferns and a white coffee pot filled with blue lobelia. Many hostas accompany the retaining wall along with a lily of India potted planter.

Large rocks, from their son-in-law's grandparents' homestead, adds interest to the yard. Moss roses and a caster bean plant surround the mail box. There is a hackberry tree nearby with many colorful flowers planted around the tree.

MEETINGS

TOASTMASTER CLUB 6217

Toastmaster Kary Beltz welcomed Brad Link, Jesse Bailey's guest, to Avera Sacred Heart Hospital Toastmasters Club 6217 at their noon meeting in Pavilion Room 2 on July 16, 2015. Toastmaster Beltz led the pledge following Bailey's invocation, a quote from Maya Angelou.

General Evaluator Chelsi Hames named her evaluation team with S. Eileen O'Connor counting the unneeded "ahs and ums," Jen Hovland timing the speakers, and Eric Taylor presenting the word of the day "winded".

Mandy Green's speech, "Managing Chaos" gave a "5 by 50 formula" for refreshing the body, managing the work load, and still having time

and energy for the family. Her evaluator, Joyce Stevens, complimented Green on using a strong, emotional voice.

Melissa Christianson's "ice breaker" speech was entitled "What Is the Meaning Behind the Name?" Christianson intertwined her family's names with her life story of being born in IA, growing up in SD, working in MT, moving to NY and CA, to finally joining us here at Club 6217 in Yankton. Christianson's evaluator was Muriel Stach, who enjoyed hearing how each of Christianson's family names had a background story that was interwoven with her life experiences.

Announcements came from Stevens, who invited Club 6217 to their cabin for the annual summer potluck picnic

and Induction Ceremony Aug. 13 and President Stach, with a reminder of the training offered in Sioux Falls Aug. 1 for club officers and members and that the Club won the "President's Distinguished" Award for 2015-2016.

YANKTON COMMUNITY FORUM

Yankton Community Forum, a group composed of people 50 years old and older, met the first three Tuesdays in July at the Hillcrest Country Club. Coffee and rolls were served at 8:30 a.m. and the programs began at 9 a.m.

The interesting programs that were presented were:
• July 7 — Tony Erickson, Executive Director of Senior Services, Avera Sacred Heart:

Shared information on the Majestic Bluffs Senior Community Vision and Strategic Plan.

• July 14 — Dr. Vicki Geiser, Assistant Professor of Biology and Director of Medical Laboratory Sciences at Mount Marty College: Discussed her research in investigating how Epstein-Barr Virus causes cancer.

• July 21 — Josh Svatos, President and CEO of RTEC: Spoke of their focus on workforce development and technical education offerings in schools for 7th grade and up.

We will meet again on the first three Tuesdays in August. You may contact President Joan Neubauer at 260-9564 or Rose Mather at 665-4615 for more information.

SD Graduate Outcomes System Released

PIERRE — The South Dakota Department of Labor and Regulation (DLR) has released the South Dakota Postsecondary Graduate Employment and Wage Outcomes system at http://dlr.sd.gov/graduate_outcomes.

The graduate outcomes system will provide students, job seekers, career counselors, educators and policy makers with a better understanding about the connections between postsecondary education choices and employment outcomes.

"The graduate outcomes system is one

more resource to make informed career decisions," said state Labor and Regulation Secretary Marcia Hultman. "Making this data match is also an essential step in creating the most effective workforce development strategies."

This system can help answer questions users might have, including:

- What percent of graduates are employed in South Dakota?
- How much are those graduates earning in South Dakota?
- In what industries are graduates

employed in South Dakota?

"Our department will also use this system to create internal reports for workforce program completers and other related grants," said Secretary Hultman.

Providing this information is possible through a joint collaboration between the DLR, Board of Regents, and Department of Education. Additional labor market information, employment projections, wage information and career resources are available at <http://www.sdjobs.org/lmic/>.

A big thank-you to our children Michele and Marc and granddaughter KenZi for hosting our wonderful Open House and family reunion for our 50th Anniversary. Thanks also to all who helped them, and to those who attended or sent greetings. It was a fabulous weekend.

Tom and Dorothea Merrill

The family of Edward Petrik would like to express our sincere appreciation for the many acts of kindness we received through the final months of Ed's life. Thank you to the staff at the Good Samaritan Home for their compassionate care to Ed during his time in hospice care and to the care extended to our family. We thank the Crosby-Jaeger Funeral Home for their help during this difficult time, the St. Vincent Altar Society for the wonderful meal, and the organist and soloists for the lovely music. Thank you to all who helped on the day of the funeral to make Ed's service meaningful. Thank you to Father Joe Forcelle and to Father Robert Herman for the celebration of Ed's life. We thank the Dwight Post - American Legion for their participation in Ed's service. We are truly blessed to live in a community, and surrounded by great family, friends and neighbors, who supported us. God's blessing on each and everyone.

Wilma Petrik
Diane and Gene Nelson & Family
Peggy and Todd Koan & Family
Jeff and Sally Petrik
Mary and Blane Beilke & Family

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85th Birthday

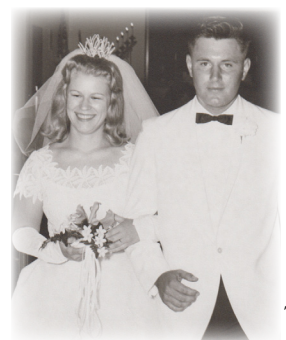
Don Jorgensen will be celebrating his 85th birthday on July 31, 2015. His family requests a card shower.

Greetings can be sent to:
Don Jorgensen
PO Box 368
Viborg, SD 57070

Thank you to everyone who acknowledged our 50th anniversary. Thank you especially to Father Thury for offering our anniversary Mass and the anniversary blessing bestowed upon us. Thank you to all who came to help us celebrate at the Mass and the gathering. We treasure each one of you.
Thank you to our children, grandchildren and other relatives for their part in it all.
Thank you for the many cards, gifts, and best wishes. They are all greatly appreciated.
May God bless each of our friends and relatives.

David and Ione Cap

50th Anniversary Celebration



Larry and LaDawn Remington of Yankton will celebrate their 50th wedding anniversary on July 31, 2015. LaDawn Johnson and Larry Dean Remington were married on July 31, 1965 at St. John's Lutheran Church in Yankton. They have two children - Chad (Amy) Remington of Sioux Falls, SD and Amy (Todd) Haberman of Crofton, NE.

The family requests a card shower. Greetings may be sent to:
815 Burleigh Street
Yankton, SD 57078

Mr. and Mrs. Remington

40th Anniversary Celebration



Mr. and Mrs. White

Warren and Mary White were married July 26, 1975 at the Izaak Walton Grounds near Lewis and Clark Lake. They have two sons, Wayne and Mark, and two grandchildren, Maddy and Keegan. Cards may be mailed to: 1804 Summit Street, Yankton, SD 57078.