

Delta Dental Mobile Coming To Yankton

The Delta Dental Smile Mobile is coming to Yankton March 18-22.

Lack of access to oral health care is a major problem for many South Dakota children, including here in Yankton. The Delta Dental Smile Mobile program provides comprehensive oral health care to children ages 0-21. If your child has not seen a dentist in two years, the recommended dental care is too costly, or you do not have a dentist, the Smile Mobile dental office will be offering free dental care.

Preregistration is required to participate. Registration forms can be obtained at the Contact Center, County Health Nurse, Clothing Closet, Head Start, and United Way & Volunteer Services. Return completed registration forms to United Way & Volunteer Services' at 610 W 23rd Street, Suite 11, Yankton, by March 8 for scheduling purposes.

For more information, call 605-665-6766.

Donations Being Taken For Rummage Sale

Spring is right around the corner, let Habitat for Humanity of Yankton County assist you with cleaning out those items that you no longer need. We are accepting donations for our Annual Habitat 500 Rummage Sale hosted right here at FUMC on March 22 and 23! Contact Tom and Jane Gilmore at 665-8303 or Julie Dykstra 260-4224 if you need assistance with picking up your donations.

USD Preps For Science Olympiad Tournament

VERMILLION — Seventeen South Dakota middle schools and high schools will compete in the 29th annual South Dakota Science Olympiad State Tournament on Saturday, March 23, at the University of South Dakota.

The schools scheduled to participate are Brookings High School, Dakota Valley Middle School and High School (North Sioux City), Madison Middle School and High School, Mickelson Middle School (Brookings), Missouri Valley Christian Academy (Yankton), Mitchell High School, Sacred Heart Middle School (Yankton), Spearfish Middle School and High School, Todd County High School (Mission), Tri-Valley Middle School and High School (Colton), Vermillion Middle School, and Yankton Middle School and High School. In addition to the ongoing individual challenges and team events, there will be open house activities during the day, including a presentation by Sanford Research.

The state tournament will involve more than 225 middle school and high school students competing in several science events. The top teams from each division will be invited to the 2013 National Science Olympiad Tournament in May. All events for the Science Olympiad are determined at the national level. For the state tournament, faculty, staff and students from USD organize and judge the events.

A schedule of events is available at <http://sites.usd.edu/sd-scienceolympiad/home>. For a brief description of the events, please visit <http://www.soinc.org/>.

Nominations Sought For Health Award

LINCOLN, Neb. — The Behavioral Health Director of the Nebraska Department of Health and Human Services is seeking nominations for an award to recognize extraordinary achievement in recovery among consumers of mental health, substance abuse and gamblers assistance services.

"There are many success stories about recovery that should be celebrated," said Scot L. Adams, director. "They inspire people and encourage them to achieve their own successful recoveries."

Recovery is a process of change whereby individuals work to improve their own health and wellness and to live a meaningful life in the community while striving to achieve their full potential.

Nominations can be for an individual or a team. Nominees should embody some or all of the following criteria:

- Demonstrates wellness, recovery and resiliency
- Demonstrates dignity, respect, and accountability with individuals using behavioral health services
- Provides a high level of quality consumer service and teamwork
- Promotes accessibility, efficiency and quality in the behavioral health system
- Encourages consumer and family wellness
- Works for the betterment of all rather than personal gain.

Nominations are due by March 31. The form can be found online at <http://www.nebraskastateconference.org> or one can be obtained by mail by calling the DHHS Office of Consumer Affairs Helpline at 1-800-836-7660.

MENUS

Menus listed below are for the week of March 4. Menus are subject to change without notice. All meals are served with milk.

Yankton Elementary Schools

Monday — Chicken Strips
 Tuesday — Hamburger
 Wednesday — Taco In A Bag
 Thursday — Turkey Hoagie
 Friday — NO SCHOOL

Yankton Middle School

Monday — French Dip
 Tuesday — Oven Fried Chicken
 Wednesday — Round Pizza
 Thursday — Lasagna
 Friday — NO SCHOOL

YHS A Line Menu

Monday — Nachos
 Tuesday — Chicken Noodle Soup
 Wednesday — Club Sandwich
 Thursday — Chicken Nuggets
 Friday — NO SCHOOL

YHS B Line Menu

Monday — Canadian Bacon Pizza
 Tuesday — Ravioli
 Wednesday — Egg Roll
 Thursday — Caluiflower Soup
 Friday — NO SCHOOL

YHS C Line Menu

Monday — Chicken Littles
 Tuesday — Bacon Cheeseburger
 Wednesday — Pizza Wedge
 Thursday — Corn Dog
 Friday — NO SCHOOL

Sacred Heart Schools

Monday — French Toast Sticks
 Tuesday — Hot Dog
 Wednesday — Spaghetti
 Thursday — Cheeseburger
 Friday — Cheese Pizza

The Center — Yankton

Monday — Pork Chops
 Tuesday — Beef Tips
 Wednesday — Chicken Parmesan
 Thursday — Roast Turkey
 Friday — Ham & Bean Or Tomato Soup

Tabor Senior Citizens Center

Monday —
 Tuesday — Roast Pork
 Wednesday — Poccpine Meatballs
 Thursday — Hot Beef Sandwich
 Friday —




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Pancake Breakfast

Pancakes, Eggs, Bacon, Sausage, or Biscuits & Gravy

\$6.00 All You Can Eat

Children 4-10 \$3.00 • Under 3 free

Sunday, March 3rd • 8-12:30

VFW Post 791

209 Cedar, Yankton • 665-3562

Trying To Ease A Readers Stress

BY TOM AND RAY MAGLIOZZI
 King Features Syndicate

Dear Tom and Ray:

Yesterday I went out to put air in my tires, and I had the same problem I always do — I'm very afraid that the tire will explode while I'm filling it, probably ripping the skin off my face. I end up filling the tire only one or two PSI at a time while looking away, then rechecking the pressure, and so on. Can you give me any advice? Has a tire ever exploded on you? Do you still have your faces? Thanks.

—**Ashley**

TOM: Unfortunately, for those living near us, we DO still have our faces.

RAY: You have tireophobia, Ashley. But you can stop worrying. We've never seen it happen in all the years we've been fixing cars.

TOM: It's virtually impossible to explode a tire while filling it up with air. Even though your tire is designed to run on, say, 30-35 pounds of pressure per square inch (psi), it would take something like 250 psi to cause the rubber to break apart.

RAY: The air compressors in gas stations



CAR TALK

Tom and Ray Magliozzi

and tire shops don't produce anywhere near that much air pressure. So even if you grossly overinflated your tire, it wouldn't explode.

TOM: We occasionally hear about a tire exploding, but it's almost always a truck tire. And it's usually what we think of as a "blow out," when the tire is on the road, traveling at high speed and generating a lot of heat.

RAY: Or it's while the truck tire is being

mounted, and the bead fails. But even those instances are rare.

TOM: So you can stop worrying, Ashley; it's not going to happen. But we know that phobias are not entirely rational. So if it really ruins your day to inflate a tire, find a full-service gas station or a friendly repair shop, and tip some guy to do it for you. Find some guy like my brother, who'll be more than happy to risk his face for a couple of bucks. After all, how much worse could it get?

Bumps and potholes do more than merely annoy drivers. Find out what, and how you can ease the pain, 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.

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Local Food Movement More Popular With Farmers

BY NAOMI NIX
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CHICAGO — Nick Batchelder and his wife moved to Chicago at the start of the economic recession, hoping their years of experience in ecology and construction would land them jobs.

After months of scouring the Internet for openings and pumping their contacts for leads, it was only when the couple responded to a Craigslist ad for two farmhands on an organic vegetable farm that they found steady employment.

"All the other stuff we knew how to do weren't really hiring," Batchelder said. "We were like (we) might as well. ... It wasn't any spinning moment of clarity."

Now Batchelder and his wife, Becky Stark, both 32, are hoping the demand for local food will help them expand their own organic farming business.

For decades, the average age of farm operators has been rising, but experts say the growth of the local food movement is giving a new generation of farmers a foothold in the market.

Nonprofits, meanwhile, have offered a slew of new programs to not only support new farmers but also give Illinoisans more opportunities to buy locally grown food.

"There is growing consumer interest in local foods. People are willing to pay a premium on that," said Chuck Hassebrook, the executive director of the Center for Rural Affairs. "Young people are learning how to do develop and pursue those new markets."

In high school, Curt Elmore never thought he would take over his father's corn and soybean farm in Allerton, Ill. But after his father got sick and had to retire in 2006, Elmore felt the lure of a farmer's lifestyle was calling him home.

"That thrust me into the position of, 'You are on your own,'" Elmore said. "I had to grow up."

Elmore, 34, was the only one of his friends from college and graduate school to pursue farming as a career, he said.

The average age of farmers in the United States is 57. In 1982, 16 percent of head farmers were younger than 35, but by 2007 that number had declined to 5 percent, according to a USDA report released last month.

But behind the aging industry an even larger force is at work: the consolidation of U.S. farmland, experts say.

As universities and extension centers introduced new technol-

ogy in the 20th century, farm operators were able to grow more crops on larger amounts of land with fewer people. Farms had to grow in size to remain competitive in the commodity market.

"We've had fewer and fewer farms but we haven't decreased farmland," said Conner Bailey, a professor of rural sociology at Auburn University in Alabama.

Some farmers sold their land to larger operations, which decreased the number of young people who could inherit a farm. Meanwhile, a farming industry with fewer players but larger territories became even more difficult to break into, experts say.

"We hear from people every day who want to get into farming or ranching," said Virginia Meyer, a rural policy organizer for the Center for Rural Affairs. "I don't think the industry is lacking interest from young people, I think it comes from the lack of opportunity to get into the industry."

Traditional obstacles to getting into farming, such as the price of land and the cost of equipment and materials, have only worsened over the years, experts say.

Between 2011 and 2012, crop land values in Illinois grew 17.2 percent, from \$5,800 an acre to \$6,800, according to a USDA report.

And as farms have consolidated, fewer younger people have been trained in the trade. For those who don't inherit a farm from a family member, the barriers to conventional farming can be insurmountable, experts say.

"I think it would be very tough. The land prices and the initial startup equipment," said Elmore. "You would have to have quite the bankroll. ... There is a lot of money to shovel out."

But industry leaders see hope in the burgeoning local food movement. The capital necessary to run a vegetable or fruit farm is significantly less than it costs to grow commodities such as soybean and No. 2 yellow corn — crops that have long dominated Illinois farmland.

And the market for locally grown produce has room to grow, say experts.

"If we want local food, if we want natural foods then we're going to have to have young farmers," said Hassebrook. "It's not the whole answer, but it's part of it."

"Particularly in the Midwest, there aren't so many older farmers growing vegetables," he added.

But efforts to increase more re-

gional produce farming opportunities have faced criticism. Some argue that local food movement ignores the practical benefits of a specialized food production system, where each region of the country grows the crops that are most suited to its climate.

A food production system that is too localized will not only yield inferior crops, it will make food more expensive, critics say.

"There is (a) reason why we import bananas from Costa Rica," said Pierre Desrochers, a geography professor at the University of Toronto. "There is a reason why you ... export corn and soybeans to other countries. You specialize in what you do best."

Still, the influence of the local food movement has attracted some younger farmers, particularly those without a farming background, to try their hand at produce production, industry leaders say.

Take for example Krista Kane Witzig, 26. The tea-store manager never thought much about where her food came from until she started reading works about the disconnect between community and food production by scholars such as Wendell Berry.

Now she is interested in farming, but "only as much as it's going to help people," she said.

The Chicago resident hopes to start a farm in the city within a year or two that would provide natural food to an underserved community.

"They are the same demographic as the people who are starting new tech companies ... coffee companies, beer companies," said Mike Sands, senior associate of the Liberty Prairie Foundation a sustainability nonprofit that helps beginning farmers. "They just happen to pick farming."

In recent years, nonprofits have capitalized on the local food movement and new federal funding to train fruit and vegetable farmers. The 2008 farm bill authorized funding for a USDA program aimed at increasing training and opportunities for beginning farmers and ranchers.

Illinois organizations have been awarded more than \$2 million for new farmer training programs from the USDA for the 2012 fiscal year, according to the agency. By contrast, the government dished out more than \$438 million in the 2012 fiscal year for

crop insurance premium subsidies for Illinois farmers.

The USDA awarded specialists at the University of Illinois and the Illinois Migrant Council around \$632,000 to put on a year-long workshop for beginning farmers once a month for three years. The program, which started in December, serves about 100 people at three locations in the state, said Richard Weinzierl, the director of the program.

"We need to replace a lot of farmers or all farms are going to continue to get much larger," said Weinzierl. "In Illinois, we made the case that there is a particular need because there is growing demand for local produce."

On a recent Saturday, about two dozen students crowded around their instructor, Bill Shoemaker, as he demonstrated how a folded note card could be used to pour seeds into a container of soil.

"I do a lot of my seeding like that," he told the students. "You don't have to be fancy to be good at some of this stuff."

In 2006, The Liberty Prairie Foundation started The Farm Business Development Center at Prairie Crossing, a program that leases about 30 acres of certified organic farming land inexpensively to beginning farmers to test their business model for up to five years.

Participating farmers can also rent equipment and draw on the expertise of an organic produce farmer who works the land nearby.

For Batchelder and Stark, the three years they have spent in the program have helped them get their business off the ground.

After starting with an acre and a half of land and fewer than two dozen "shareholders," or customers who buy their produce through a subscription, the couple now grows vegetables on about seven acres of land and supplies food for 70 shareholders.

Within the next two years, the couple hopes to purchase or lease land in the Chicago area to grow vegetables for at least 100 shareholders.

"It's not lost on us that organic vegetable farming is kind of a trend," said Stark. "Everybody wants to go start a farm."

But "as a reality, it's way better and way worse than you could ever imagine," she added.

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Soup Kitchen Bazaar

1500 St. Benedict Dr., Yankton (Off West City Limits Road)

Sunday, March 3, 2013 • 11AM-4PM
Snow Date: March 10

Menu: Chicken Noodle, Beef Vegetable, Potato Dumpling, Chili, Taverns, Hotdogs, Pies & Desserts

Grand Raffle • Bake Sale • Kids Games • Bingo

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