

### Lifto Amundson Lecture, Ceremony At USD

VERMILLION — Alpha Chapter of South Dakota, Phi Beta Kappa, will host its 2013 initiation ceremony at 6:30 p.m. on Thursday, March 14, on the campus of the University of South Dakota.

A celebratory banquet to honor all new members is at 5 p.m. in the Freedom Forum Conference Room at the Al Neuharth Media Center followed by the initiation ceremony and a presentation of the James M. Doyle Humanities Teaching Award by Matthew C. Moen, dean of the College of Arts & Sciences, in the law school courtroom.

Following the award presentation, Dr. Dereck Daschke, professor and chair of Philosophy and Religious Studies at Truman State University, will present the 2013 Phi Beta Kappa Lifto Amundson Lecture, "Religious Studies, Liberal Arts, and the Educated Citizen." The award presentation and lecture are free and open to the public.

Daschke joined the Truman State faculty in 2000 where his academic interests include apocalypticism, the psychology of religion, new religious movements, religion and health, and ancient and modern Judaism. He is secretary of the Delta Chapter of Phi Beta Kappa at Truman State and the former chair of the psychology and biblical studies section of the Society of Biblical Literature. Daschke received a master's and a doctorate degree in divinity from The University of Chicago Divinity School, specializing in the area of psychology and sociology of religion. He also received a bachelor's degree in psychology and bachelor's degree in religious studies from the University of North Carolina.

The Lifto Amundson Lecture was established by Marjorie Lifto Amundson and her son, Dr. Loren Amundson of Sioux Falls. She was a member of USD's Alpha Chapter of Phi Beta Kappa and her son was also elected to membership in the chapter. The annual lecture is sponsored by the South Dakota Alpha Chapter of Phi Beta Kappa and is made possible by an endowment through the USD Foundation. The Alpha Chapter, chartered in 1926, is the only Phi Beta Kappa chapter in South Dakota and is sponsored by the College of Arts & Sciences.

### YHS Class Of 1978 To Plan 30th Reunion

The Yankton High School Class of 1978 will be meeting at 7 p.m. Thursday, March 14, at Rounding 3rd in downtown Yankton to plan its 35th class reunion.

For more information contact Kim (Huntley) Eide at 661-6614.

### James River Board Slated To Meet

HURON — The James River Water Development District Board of Directors will be holding their regular meeting at 9 a.m. Thursday, March 14, at the City Hall in Huron.

Items on the agenda are:

- Update from the Corps on upstream reservoirs and 2013 releases;
- Funding request from Beadle County to repair three bridge sites with eroded banks;
- Funding request from Putney Township and Brown County to install four culverts in Brown County;
- Funding request from the City of Ashton to replace the underground cistern for the city of Ashton in Spink County;
- Funding request from a landowner in Hutchinson County for a dam repair project;
- Update on TMDL activities on the James River;
- Any other business that may come before the Board.

### Germans From Russia Historical Society Meeting

KAYLOR — The next meeting of the Germans from Russia Historical Society will be held Sunday, March 17 at the church building in Kaylor, beginning at 2:30 p.m.

Members are asked to bring renewals, or mail them if unable to attend. Following the business meeting, entertainment will be presented by four members of the "Bumble Bees" band.

All members and guests are asked to bring a dish to share for a potluck to follow, which will be held in the newly refurbished lower level.

Everyone is welcome.

### Sioux Falls Lawn And Garden Show March 15-17

SIoux FALLS — Sioux Falls Area Lawn and Garden Show is March 15-17 at the Sioux Falls Convention Center.

Minnehaha Master Gardeners, Sioux Falls Garden Club, Mary Jo Wegner Arboretum, and others will conduct seminars, demonstrations, and information booths such as how to build raised beds, conserving butterfly habitat, lawn care, xeriscaping your yard, and container gardening.

For more information, visit www.minnehahamastergardeners.org.

### MENUS

Menus listed below are for the week of March 11. Menus are subject to change without notice. All meals are served with milk.

#### Yankton Elementary Schools

Monday — French Bread Pizza  
Tuesday — Chicken Noodle Soup  
Wednesday — Corn Dog  
Thursday — Chicken Nuggets  
Friday — Waffle Sticks

#### YHS C Line Menu

Monday — Mini Beef Sliders  
Tuesday — Chicken Burger  
Wednesday — Chicken Fajita  
Thursday — BBQ Ribs  
Friday — Footlong

#### Yankton Middle School

Monday — Corn Dog  
Tuesday — Walking Taco  
Wednesday — Hamburger  
Thursday — Chicken Nuggets  
Friday — Stuffed Crust Pizza Dipper

#### Sacred Heart Schools

Monday — Hot Turkey Sandwich  
Tuesday — Sweet & Sour Chicken  
Wednesday — Sub Sandwich  
Thursday — Breaded Chicken Sandwich  
Friday — Breaded Shrimp

#### YHS A Line Menu

Monday — Stuffed Crust Pizza Dipper  
Tuesday — Beef Sticks  
Wednesday — Lasagna  
Thursday — Chicken O's  
Friday — Shrimp Poppers

#### The Center — Yankton

Monday — Salisbury Steak In Gravy  
Tuesday — French Dip Sandwich  
Wednesday — Tater Tot Casserole  
Thursday — BBQ Chicken  
Friday — Corned Beef or Fish

#### YHS B Line Menu

Monday — Chicken Alfredo Pizza  
Tuesday — Turkey Ala King  
Wednesday — Yogurt Bar  
Thursday — Chicken Gumbo Soup  
Friday — Taco Bites

#### Tabor Senior Citizens Center

Monday —  
Tuesday — Baked Chicken  
Wednesday — Beef Stew  
Thursday — Chili  
Friday —

# The Math Doesn't Add Up

BY TOM AND RAY MAGLIOZZI  
King Features Syndicate

Dear Tom and Ray:

My husband's latest great idea is to convert our 2001 Ford F-150 truck from gas to diesel. I would very much like to know if this is worth the time and money to do. The truck currently has more than 100,000 miles and is driven maybe a few times a month, but he is convinced that this is a good idea. I can only imagine what it would cost to pay a mechanic to do the work. Can you help by providing me with some straightforward and unbiased advice? I'm counting on you to help burst the bubble. — Laura

**RAY:** It's actually very easy to drop a diesel engine into a Ford F-150, Laura — if you happen to be a Ford factory!

**TOM:** For the rest of us, it's much more of a project. So perhaps doing the math will make your decision easier.

**RAY:** If he's going to buy a new diesel engine for this truck, he's looking at a \$10,000 expense to get started. Then he'll need a matching transmission to go with it.

**TOM:** So let's say he buys a used diesel engine/transmission combination. That'll run him about \$6 grand. Plus shipping. Add another



### CAR TALK

Tom and Ray Magliozzi

\$4,000 in labor and other parts, and let's say it's a \$10,000 project.

**RAY:** But then you have to look at all the money you'll save once you have the diesel truck. The cost of fuel obviously varies, but these days, diesel costs about 50 cents more per gallon than gasoline. And let's say — for this calculation — you get 20 percent better mileage with a diesel.

**TOM:** So, instead of the 15 miles per gallon

you get now, you'll be getting 18. You say you drive the truck only a couple of times a month. So I'm going to guess you drive this thing 300 miles a month, or 3,600 miles a year.

**RAY:** If gasoline costs \$3.50 a gallon and diesel costs \$4 a gallon, your annual fuel cost for the gasoline truck is \$840.

**TOM:** And for the diesel, it's \$800. So your annual savings will be \$40.

**RAY:** That means you'll recoup your original \$10,000 investment in only ... 250 years.

**TOM:** So it's a close call, Laura. I wish you guys luck as you struggle over this very difficult decision!

If you buy a used car, will you just be inheriting the previous owner's problem? Tom and Ray dispel this and other myths about used cars in their pamphlet "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.

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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# As You Spring Forward, Avoid A Sleep Setback

BY LANDON HALL

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It might take you a couple days to adjust to daylight saving time on Sunday, when at 2 a.m., time will "spring ahead" to 3 a.m., but you will indeed get used to that hour of light being swiped from the morning and transported to the evening.

If you have difficulty sleeping the rest of the year too, there are ways you can help yourself. The most important one might be: Take a walk.

A poll released this week by the National Sleep Foundation found that people who exercise, even a little, enjoyed more restful sleep than people who got no exercise at all.

"I don't think we can say, on the basis of this poll, that exercise improves sleep, but people who exercise regularly are less likely to report sleep disturbance," said Dr. Barbara Phillips, the medical director of the sleep lab at the University of Kentucky's College of Medicine. She also helped put together questions for the poll, taken of 1,000 adults ages 23 to 60.

The most active people reported the fewest problems: Among the respondents who described themselves as vigorous exercisers, 83 percent said their sleep quality had been "very good" or "fairly good" in the previous two weeks. But there wasn't much drop-off for those who exercised less: 77 percent of moderate exercisers had very or

**"We shouldn't give people an excuse to not exercise. What we're saying now, loud and clear, is that unless your doctor tells you otherwise, exercise anywhere, anytime you can if you want to improve your sleep."**

DR. BARBARA PHILLIPS

fairly good sleep, and 76 percent of light exercisers said that. In the group that engaged in no physical activity, only 56 percent said they got enough sleep.

The time of day the exercise took place didn't seem to matter. Many experts have long urged people to avoid working out right before bed, arguing that sleep comes more quickly when the body is cooled down and not over-stimulated. Among the respondents who exercised within four hours of bedtime, 55 percent said their sleep improved on exercise days; among those who exercised further away from bedtime, 54 percent said their sleep was better on those days.

The Sleep Foundation has now amended its guidelines to encourage sleepers to exercise, regardless of the hour, as long as it doesn't come at the expense of sleep.

"If you're a typical American and you have a day job, that only leaves so much time for exercise," Phillips said. "We shouldn't give people an excuse to not exercise. What we're saying now, loud and clear, is that unless your doctor tells you otherwise, exercise anywhere, anytime you

can if you want to improve your sleep."

The poll also makes a strong connection between a lack of exercise and obstructive sleep apnea, a serious disorder in which the airway is blocked, often by the tongue or other soft tissue inside the mouth or throat. This causes the sleeper to wake up during the night, sometimes dozens of times an hour, and the result can be anything from sleepiness during the day to an increased risk of diabetes, depression and heart attacks.

Being overweight vastly increases the odds of developing sleep apnea, since fatty tissue reduces the airway space. Men with a neck size of 17, and women of 16, are at greater risk of apnea. The poll said that 44 percent of nonexercisers had a moderate risk of sleep apnea, compared with a 26 percent risk for light exercisers.

Sleepers whose problems persist, and especially those who snore at night, should get checked out by a sleep specialist.

These dangers don't mean that we should disregard the temporary disruptions that come with the arrival of daylight saving

time. Weird things happen in the hours after we set our clocks forward, which we should do Saturday night (it officially takes effect at 2 a.m. Sunday local time). Sleep-deprived drivers, especially Monday morning, are a real problem: A 1996 study showed that the vehicle-accident rate on that first workday went up 8 percent, compared with one week later. And last year, a University of Alabama at Birmingham study showed that the time change was associated with a 10 percent increase in heart attacks on the following Monday and Tuesday.

It's only an hour. Anyone flying from John Wayne to Denver would notice the same result, a mini-jet lag. "People do that every day and we don't make too much of it," Phillips said. "But on Saturday night, we'll all do it at once. Because everybody suffers a small problem, cumulatively it can add up to a big problem."

Most people recover from the switch in a day or two. To make the transition smoother, consider these tips:

—Go to sleep a little earlier Saturday. If you really want to prepare, make the bedtime earlier a little bit each night leading up to the switch.

—Get plenty of sunlight in the morning, as early as you can.

—Avoid bright lights in the evening, including the use of electronic gadgets that emit LED light.

—Even if you're tired, don't take a nap.

### SCHOLARSHIPS

#### FIRSTCHOICE SCHOLARSHIP

First Dakota National Bank announces the 2013-2014 FirstChoice Scholarship applications are available. Sixteen \$1000 Scholarships are awarded annually to high school seniors or college students attending a post-secondary accredited American college, vocational technical school or university. Applicants are judged on leadership, school and civic involvement, satisfactory scholastic progress and demonstrated financial responsibility.

Previous FirstChoice scholarship winners encourage you to apply. Kayla Gerlach, 2009 recipient says, "First Dakota does a

great job investing in their young customers. It's nice to know I had help financially." Jayna Specht, 2010 recipient, encourages students to apply. "The FirstChoice scholarship was a blessing for me. It lifted some of the burden of paying for college."

All applicants must have a FirstChoice Checking account to qualify. Applications need to be postmarked by March 11. Contact any First Dakota location for an application or download at firstdakota.com.

First Dakota was founded in 1872 and holds the first bank charter issued in all of Dakota Territory. It has 14 full-service banking locations in 10 South Dakota cities. It also has five loan

production offices throughout South Dakota and Nebraska.

#### SOUTH DAKOTA ANGUS

The South Dakota Angus Auxiliary will be awarding scholarships for the 2013-2014 school year. To be eligible for the scholarship, the following requirements must be met.

- Must be a member of the S.D. Junior Angus Association;
- Must be a member of the National Junior Angus Association;
- Must be actively involved with Angus cattle;
- Must attend a S.D. univer-

sity, college or vocational school for the 2013-2014 school term;

• Must submit an essay of at least 500 words on the topic "Why Angus cattle are important to me";

- Must list school, church, and community involvement;
- Must submit a recent photo;
- Can only win a scholarship once;

For a scholarship application, contact Shally Rogen at 48274 258th St., Brandon, SD 57005 or email her at rogenangus@alliancecom.net. All completed scholarship applications are due by March 15.

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