

MENUS

Menus listed below are for the week of May 11, 2015. Menus are subject to change without notice. All meals are served with milk.

YANKTON ELEMENTARY SCHOOL

Monday- Nachos
Tuesday- Beef Slick
Wednesday- Pizza Burger
Thursday- Pepperoni Pizza
Friday- Sack Lunch

YANKTON MIDDLE SCHOOL

Monday- Hot Dog
Tuesday- Chicken Tenders
Wednesday- BBQ Rib
Thursday- Cheese Pizza
Friday- Turkey Hoagie

YHS A LINE MENU

Monday- Spaghetti
Tuesday- Turkey Tenders
Wednesday- Italian Dunker
Thursday- French Toast
Friday- Chicken O's

YHS C LINE MENU

Monday- Variety Pizza
Tuesday- Variety casseroles
Wednesday- Egg Roll
Thursday- Variety Soup
Friday- Pulled Pork Sandwich

YHS C LINE MENU

Monday- Chicken Littles
Tuesday- Tavern
Wednesday- Corndog
Thursday- Turkey Hoagie
Friday- Pizza

SACRED HEART SCHOOLS

Monday- Taverns
Tuesday- Chicken Nuggets
Wednesday- Sub Sandwich
Thursday- Pulled Pork Sand.
Friday- Sweet-n-Sour Chicken

THE CENTER/ YANKTON

Monday- BBQ Chicken Breast
Tuesday- Beef Stroganoff
Wednesday- Pork Roast
Thursday- Beef Tips, Gravy
Friday- Pork Outlet

TABOR SENIOR CITIZENS CENTER

Monday- Chicken Fried Steak
Tuesday- Tater Tot Casserole
Wednesday- Swedish Meatballs
Thursday- Swiss Steak
Friday- Beef Stew

Car Talk

Lazy Wipers Need A New Motor

BY RAY MAGLIOZZI
King Features Syndicate, Inc.

Dear Car Talk:
I have a 1996 Chevy Caprice Classic. The windshield wipers work fine on the intermittent and low speeds. But when I turn the wipers on high, they sink to the bottom of the windshield and only go up and down about 4 inches. Also, when I turn the wipers off, they are supposed to sink under the edge of the hood, but the wipers stop in whatever position they are in. I was wondering if the wiper motor has gone bad or if it could be a solenoid or other electrical component that has gone bad. Please help diagnose my wipers.

- Brad

What's the matter, Brad? Getting hard to squint through that 4-inch



Ray MAGLIOZZI

opening at the bottom of the windshield while driving in pouring rain? You need a wiper motor, buddy. All of the circuitry that controls the travel of the wiper arms, including when they "park" down in the windshield cowl, is packed inside that motor housing. Replace the motor, and your wipers should once again smear the entire windshield at high speed, just like they used to.

You can buy a new one for less than \$100. Or you probably can find one in a junkyard for \$20. Just be careful that

the junk man doesn't try to capture this car while you're out back shopping.

Wait! Don't buy another car without the mechanic's checklist that's included in Click and Clack's pamphlet "How to Buy a Great Used Car: Secrets Only Your Mechanic Knows." It will help you get a good used car and avoid the clunkers. Send \$4.75 (check or money order) to Used Car, P.O. Box 536475, Orlando, FL 32853-6475.

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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Crofton Principal Voted Nebraska Council Of School Administrators Region 3 Distinguished Principal

Congratulations is extended to Mr. Todd Strom, Crofton High School Principal and newly hired South Sioux City Schools Asst. Superintendent. Mr. Strom has been voted by his colleagues as the Nebraska Council of School Administrators Region 3 Distinguished Principal for 2014-15. Region 3 voting members include the school administrators of the following counties: Antelope, Boone, Boyd, Brown, Cedar, Colfax, Cumming, Dakota, Dixon, Holt, Keya Paha, Knox, Madison, Pierce, Platte, Rock, Stanton, Thurston and Wayne.

Steve Borer, Columbus LakeView HS Principal, states, "This award usually goes to an educational leader who is older and in the twilight of their career because it takes time to accomplish the goals that Todd has reached in a short time. Not the case with this talented leader, Todd has done so much in his 14 years at Crofton and he is just getting started. We anticipate great things to result from his leadership within South Sioux City Community Schools."

Dr. Bob Uhing, ESU#1 Administrator, states, "Mr. Strom models a positive leadership style based on honesty, integrity and high standards of performance and conduct. He has the skills and political acumen to work with a variety of community groups and represents his school and community in the most professional manner. He has been recognized by Governor



SUBMITTED PHOTO

Todd Strom, Crofton High School Principal and newly hired South Sioux City Schools Asst. Superintendent has been voted by his colleagues as the Nebraska Council of School Administrators Region 3 Distinguished Principal for 2014-15.

Heineman for his school's consistent performance as the best in the state in Math, Reading, Science and Career/Tech achievement. He is quick to praise and reminds us constantly that these achievements are only possible because of his dynamic teaching staff at Crofton High School. Todd Strom is highly respected in the region and state as one of the best practicing school leaders."

Tom Allen, CHS computer science teacher and coach states, "Mr. Strom's passion to be the best leader for our

district is second to none. He is continuously learning and developing professionally, shows intense compassion for staff and students, puts in long hours and makes himself available to staff, students, parents and community members at all times of day or night."

Stephanie Mann, CHS Ag Ed instructor and FFA advisor states, "Mr. Strom is a staunch proponent of Career and Technical Education. Mr. Strom is by far the most outstanding principal I have worked with. He has gained

the respect of his staff and students by setting high expectations and leading by example. He has created and sustained a positive school environment. Mr. Strom often seizes "teaching moments" to speak to students about life lessons, college preparedness, work and their life goals. His office is a common stop for alumni on return visits."

Roxie Pier, CHS English Instructor, states, "In my opinion, the quality of Mr. Strom's leadership far exceeds that of other principals. Teachers feel trusted, respected and appreciated. Our school's test scores have risen to the highest in the state. We are very aware of the strong reputation that our district has built the past 14 years under Mr. Strom's leadership. The quote painted on his office wall defines his actions and he leads us all to follow it, "Do What is Right, Do the Best You Can, Treat Others As You Wish To Be Treated."

Jennifer Wubben, CHS Administrative Asst, states, "It has been my blessing to work for CHS as an office assistant to Mr. Strom since December 2006. Mr. Strom's professionalism in the office creates a positive work environment. Even in stressful situations, Mr. Strom remains calm, is able to assess the facts and make appropriate, decisive decisions. Students, parents and staff trust Mr. Strom with their children and the responsibilities of Crofton High School.

It's Transient Vendor Season In South Dakota

PIERRE — Many transient vendors begin selling products and services in South Dakota starting in the spring.

While many of these vendors are legitimate, the South Dakota Department of Revenue and the Attorney General's Consumer Protection Office advise people to take common-sense steps to ensure vendors are reputable, before doing business with them.

"Every single spring the Attorney General's Consumer Protection Division receives numerous complaints against transient vendors," said Attorney General Marty Jackley. "The main goal is to trick consumers into making hasty decisions in purchasing an inferior product, generally at an inflated price. Catching the consumer or business off guard is their most effective tactic."

"A goal for some bad acting transient vendors can be to take advantage of consumers, and we want to help shield South Dakota citizens from that effort. It is also our responsibility to ensure fair taxes are paid by these traveling businesses," Doug Schinkel, director of the Department of Revenue's business tax division said. "If a vendor is unwilling to provide business licenses, consider choosing another vendor. If concerns or questions arise, contact the Department of Revenue."

If you are considering hiring a person to provide repair or construction services, please be advised to:

- Ask for a price quote, in advance, in writing.
- Question the contractor about a permanent address and telephone number, and do not assume that if the information they provide is local, they are a local business. Transient vendors often have business cards printed with local mailing services or motel addresses and telephone numbers.
- Ask for a list of local references and check them before making a decision.
- Ask if the contractor has worker's compensation and general liability insurance. If vendors are not properly insured, homeowners may be liable for accidents that occur on their property.
- Be careful about paying for work in advance; before making final payments, make sure transient vendors have paid their local suppliers or you may be held liable for unpaid materials.
- Make sure you are

completely satisfied with the work before paying the bill, and do not pay more for the job than originally quoted unless you have given written approval for the additional work or cost.

• Ask the contractor for an excise tax license.

Out-of-state vendors often travel to South Dakota to sell items like fruit, seafood, meat packages, paintings, magazine subscriptions, rugs, T-shirts, sunglasses, household cleaners, furniture, stuffed animals and asphaltting and roofing services. Asking the right questions when approached by those vendors can help you avoid making a purchase you may regret.

• Question the salesperson about the product, warranties, guarantees, etc.

• Get something in writing with the company's name, address and phone number.

• Ask to see their current South Dakota tax license. State law requires everyone selling products or services to have a current South Dakota sales or contractor's excise tax license. To verify if the license is valid, call the Department's toll-free helpline at (800) 829-9188.

All sellers must provide you with a contract or receipt at the time of sale showing the date, the merchant's name and address, and a statement informing you of your right to cancel the contract within three days. After proper cancellation, the seller has 10 days to refund your money.

If you have doubts about the vendor or think you may have been the victim of a scam, call your local police department or county sheriff's office immediately. You can also contact the Attorney General's Consumer Protection Office at (800) 300-1986 or by email at consumerhelp@state.sd.us. Be prepared to give as much information as you can about the vendor, including the name of the company and salesperson; company address and telephone number; and make, model and license number (if possible) of the vehicle the vendor was driving. Without tips from the public, law enforcement officials may not be able to catch illegal vendors before they move on to the next community.

For more information on transient vendors, contact the South Dakota Department of Revenue's toll-free helpline at (800) 829-9188, press "1" for the Business Tax Division.

South Dakota Celebrates The Beef Industry

BROOKINGS — South Dakota celebrates its beef industry throughout the month of May.

"This tradition began more than 40 years ago and recognizes beef production as one of South Dakota's largest economic sectors," explained Holly Swee, the Director of Nutrition & Consumer Information for the South Dakota Beef Industry Council.

Because beef is so important to the state's well-being, Swee said South Dakota cattlemen and women take great care in their production practices. "Cattle producers are constantly finding ways to improve beef production and sustainability practices to help ensure a safe, wholesome and nutritious product now and well into the future," she said.

The South Dakota Beef Industry Council utilizes checkoff dollars paid in by South Dakota beef producers from the sale of beef cattle to fund research. "This research supports the fact that animal

protein, like lean beef, provides a complete, high-quality protein which contains all the essential amino acids the body needs for optimal health," Swee said.

She added that new research indicates many consumers may benefit by spreading their protein intake evenly throughout the day to achieve health and wellness goals.

"Unfortunately, people tend to consume about 65 percent or roughly two-thirds of their daily protein needs at dinnertime," Swee said. "This doesn't leave much room for spreading protein intake throughout the day during other meals and snacks."

By distributing protein more evenly throughout the day, Swee said people have a tendency to feel more satisfied, which helps reduce mindless eating. "Additionally, meals and snacks with high-quality protein also help to build muscle and reduce body fat, which helps to boost your metabolism," she said.

CELEBRATE WITH A 30-DAY PROTEIN CHALLENGE

Recently the Beef Checkoff Program developed the 30 Day Protein Challenge across the country. This health challenge is a step-by-step way to get an optimal amount of protein throughout the day.

"This designed to help consumers better balance their protein consumption within their calorie limits," Swee explained.

Swee said if you are looking for a way to kick-start your overall health and wellness goals, this 30 day challenge may just be for you. "Once you sign up, this free online resource will provide you with helpful tools and a quick email every day for 30 days that includes tips, advice and inspiration to keep you dialed in for the duration of the challenge," she said.

For more information and beef recipe ideas, contact at 605-224-4722 or visit www.sdbef.org.

Vermillion Fire Department Rewards Student Readers

VERMILLION — The Vermillion Fire Department understands how important reading is in the early grades and decided to reward the student who reads the most. The Burning Desire to Read program started with the beginning of the school year and has all of our area students very excited.

With participation of each of our three elementary schools and support of the Vermillion school district we are ready to recognize three very hard working students, one from each of the schools. Our schools have been tracking the students reading hours and have selected the winners.

On Monday, May 11, at 8 a.m. the three winners will receive their awards: a fire department backpack. The three winners will then get a ride to school in a Vermillion fire truck.

Be first in line for kindergarten & sports physicals.



Be first in line to book your child's sports and kindergarten physical and enjoy your summer with peace of mind. Schedule now to work around family vacations, reunions, and work schedules.

Sports physical forms need to be completed by a parent or guardian prior to the appointment.

Call NOW to book your appointment.
605-665-7841

1104 West 8th Street • Yankton, SD 57078
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