



YankTON Challenge

THROUGH WEEK 10

- **YANKTON CHAMBER OF COMMERCE** (6 participants) — Starting weight: 1,390.3; Current weight: 1,353; %Lost: 2.68%; Total Lost: 37.3
- **APPLIED ENGINEERING** (35) — Starting weight: 7,226.8; Current weight: 7,111.3; %Lost: 1.60%; Total Lost: 1115.5
- **BALDWIN FILTERS** (15) — Starting weight: 3,062.5; Current weight: 2,979; %Lost: 2.73; Total Lost: 83.5
- **FIRST DAKOTA NATIONAL BANK** (16) — Starting weight: 3,074.3; Current weight: 3,002.2; %Lost: 2.35%; Total Lost: 72.1
- **5 STAR COMMUNICATIONS** (10) — Starting weight: 1,992.8; Current weight: 1,986.2; %Lost: 0.33%; Total Lost: 6.6
- **AVERA SACRED HEART HOSPITAL** (20) — Starting weight: 3,872; Current weight: 3,812; %Lost: 1.55%; Total Lost: 60
- **VISHAY** (28) — Starting weight: 5,334.8; Current weight: 5,119.5; %Lost: 4.04%; Total Lost: 215.3
- **THE CENTER** (5) — Starting weight: 941.25; Current weight: 927; %Lost: 1.51%; Total Lost: 14.25
- **TRUXEDO, INC.** (33) — Starting weight: 6,347; Current weight: 6,085; %Lost: 4.13%; Total Lost: 262
- **FIRST NATIONAL BANK OF OMAHA** (44) — Starting weight: 9,304.6; Current weight: 9,023.9; %Lost: 3.0%; Total Lost: 280.7
- **RIVERFRONT BROADCASTING, L.L.C.** (11) — Starting weight: 2,251; Current weight: 2,170; %Lost: 3.60%; Total Lost: 81
- **HY-VEE** (18) — Starting weight: 3,413; Current weight: 3,282; %Lost: 3.84%; Total Lost: 131
- **SHUR-CO, L.L.C.** (37) — Starting weight: 7,198.2; Current weight: 7,008.8; %Lost: 2.63%; Total Lost: 189.4
- **SACRED HEART MONASTERY** (19) — Starting weight: 4,172.1; Current weight: 4,000.8; %Lost: 4.20%; Total Lost: 175.3
- **BON HOMME/YANKTON ELECTRIC** (7) — Starting weight: 1,302.8; Current weight: 1,249.8; %Lost: 4.07%; Total Lost: 53
- **SOUTH DAKOTA MAGAZINE** (2) — Starting weight: 331.5; Current weight: 317; %Lost: 4.40%; Total Lost: 14.5
- **SAPA EXTRUSIONS, INC.** (25) — Starting weight: 6,254.9; Current weight: 6,091; %Lost: 2.62%; Total Lost: 163.9
- **YANKTON MEDICAL CLINIC** (62) — Starting weight: 11,785.2; Current weight: 11,517.7; %Lost: 2.27%; Total Lost: 267.5
- **SERVICE CENTER FEDERAL CREDIT UNION** (12) — Starting weight: 2,204.5; Current weight: 2,157; %Lost: 2.20%; Total Lost: 47.5
- **YANKTON REXALL DRUG CO.** (14) — Starting weight: 2,634.7; Current weight: 2,506.9; %Lost: 4.85%; Total Lost: 127.8
- **GOOD NEIGHBOR ROY WILCOX STATE FARM** (14) — Starting weight: 2,950.5; Current weight: 2,888; %Lost: 1.50%; Total Lost: 62.5
- **ABILITY BUILDING SERVICES** (24) — Starting weight: 4,657.44; Current weight: 4,523.6; %Lost: 2.90%; Total Lost: 133.84
- **HOME FEDERAL BANK** (6) — Starting weight: 1,149; Current weight: 1,113; %Lost: 3.13%; Total Lost: 36
- **L&C BEHAVIORAL HEALTH SERVICES** (18) — Starting weight: 3,458.7; Current weight: 3,403.2; %Lost: 1.60%; Total Lost: 55.5
- **MOUNT MARTY COLLEGE** (16) — Starting weight: 3,030.85; Current weight: 2,980.7; %Lost: 1.7%; Total Lost: 50.15

GROUP WEIGHT LOSS.....2,717.64
GROUP TOTAL WEIGHT.....96,608.6
TOTAL % LOST2.74%

For more information, visit <http://www.yankton.net/challenge/>

The Right Way To Rotate Tires

BY TOM AND RAY MAGLIOZZI
King Features Syndicate

Dear Tom and Ray:
I just spoke to two different tire shops and got opposite answers to the same question. The right-side tire on my pickup is wearing quicker than the left. I have radial tires. I assumed it was normal, due to the way the differential works. One tire shop told me that I should be rotating in a cross pattern, while the other tire shop said that I should be rotating only front to rear. I was always told that reversing the tire rotation caused tire separation. Which answer is correct? —Eddie

TOM: Well, neither shop gave you the advice you really needed, Eddie. They should have told you that you need a wheel alignment.

RAY: Right. A right-side tire shouldn't be wearing any differently from the one on the left side. So if it is, something's mechanically wrong, and rather than rotate your tires and chew up another (now good) one, you should get that problem diagnosed and addressed first.

TOM: Depending on whether it's the front or rear right tire and what kind of suspension you have, a single tire can go out of alignment because the frame got bent in an accident, or because one or more of the suspension parts got bent or simply wore out. So the first thing



CAR TALK

Tom and Ray Magliozzi

you need is a good, old-fashioned four-wheel alignment — along with whatever repairs are necessary to get the wheels to actually align.

RAY: Then, once your truck is properly aligned, you can absolutely cross the tires. You can cross all of them in an "X" pattern, or you can cross just the two you move to the front. Or cross just the two that you move to the rear. If you have a full-size spare, you can add that into the rotation, cross three of them, put the spare on the right rear and toss the leftover tire in the trunk. Your options are limited only by your talent for origami and your ability to count.

TOM: There are a few exceptions. You can cross the tires only if you have the same size tires on all four wheels. If you have a muscle car, for instance, in which your rear wheels and tires are larger than your fronts, obviously, you can rotate only from side to side.

RAY: And if you have directional tires (some high-performance tires have treads that are designed to go only in one direction), you can rotate only front to back on the same side.

TOM: But for most people, tires can and should be crossed when they're rotated to even out the wear patterns and the pace at which they wear out.

Why do unmitigated cheapskates like Tom continue to buy nothing but old clunkers? Find out by ordering Tom and Ray's guide "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.

© 2012 BY TOM AND RAY MAGLIOZZI AND DOUG BERMAN

Heart Disease Is A Woman's Disease, Too

BY GRACIE BONDS STAPLES
© 2012 The Atlanta Journal-Constitution

ATLANTA — Sarah Batts minded her diet. She exercised regularly. She made sure her waistline never exceeded 35 inches.

She was, in her own estimation, a health nut, and she had reason to be. Both her father and an older sister, who at age 50 had stents placed in her heart, had suffered heart attacks.

And yet, Batts, 41, said she always thought of heart disease "as my father's disease. I didn't think of it as a young woman's disease." In fact, mere mention of a "heart attack" conjures up images of pudgy, middle-aged men clutching their chest. Yet cardiovascular disease is the leading killer of women over age 25.

And while chest pain is considered the hallmark symptom of myocardial infarction, commonly known as a heart attack, women don't always experience that type of pain and so are more likely to die of a heart attack than men, said Dr. Chuck Ballard, an interventional cardiologist with Piedmont Heart Institute.

For instance, in 2008 alone, the last year for which statistics are available, Ballard said that more than 10 times the number of females — 420,000 compared with 40,000 — died from cardiovascular disease than from breast cancer. That same year, 392,210 men died from cardiovascular disease.

"Though no one wants to downplay how serious breast cancer is, in real incidences heart disease is by far more common," Ballard said. "It kills more women than all forms of cancer combined. One in two women die of heart disease, whereas one in nine die of breast cancer."

Just days after the July Fourth holiday, Batts found herself in a fetal position on the floor of her Atlanta living room with excruciating jaw pain, pain she had been ignoring for weeks because she associated the symptom with running.

Even when Batts, director of development for Piedmont Healthcare Foundation, finally went to the hospital emergency room, it was only because a friend insisted, she said recently. She was in Piedmont Atlanta



PHIL SKINNER/ATLANTA JOURNAL CONSTITUTION/MCT
Sarah Batts wears a heart monitor while she works out at Cardiac Rehabilitation at Piedmont Hospital in Atlanta.

Hospital's cardiac observation area when she had a heart attack.

"That's what really saved her," said Ballard, who treated Batts. "Her artery was open within an hour of her heart attack." Know the risk factors? When Batts arrived at the emergency room, her blood pressure and EKG were normal. Her cholesterol was in a good range and so was her weight.

"I wanted to go home, but the doctors insisted I stay," she recalled recently. "They were monitoring me when they realized that I was having a heart attack." Doctors were able to see her coronary (heart) arteries with a dye they injected into her bloodstream. Her right coronary artery was 99 percent blocked.

According to Ballard, "You could have all your heart arteries 80 percent blocked and have a normal EKG until a heart attack occurs." Batts clearly had. In fact, he said, one in three female adults have some form of cardio-

vascular disease, including hypertension, stroke and coronary artery disease.

The reason? Cigarette smoking and an epidemic of obesity, which increases the risk of Type 2 diabetes, a major factor in heart disease — all of which appear to be more significant in the southeastern United States.

Batts didn't fit in either category, but Ballard said, "If we look at the numbers, 59.3 percent of white women over the age of 20 are overweight and obese; 70

percent of black women are in the same category."

While doctors are seeing a rising trend among younger women such as Batts, Ballard said that genetics is clearly the strongest single risk factor for both men and women. Complications during pregnancy such as preeclampsia, gestational diabetes and collagen vascular disease (rheumatoid arthritis, for example) are also important risk factors in a woman's personal history.

Given the vagaries and challenges of diagnosis, he said, it is crucial for women to pay attention to their own bodies and be aware of heart attack symptoms, including chest pain, nausea, shortness of breath and fatigue. "Those should be loud alarm bells," Ballard said.

SIGNS YOU MAY BE HAVING A HEART ATTACK

Men and women:
—Chest pressure or pain that can extend to the left arm, jaw and/or back
—Shortness of breath with exertion

—Nausea
—Sudden sweating
—Jaw pain
Warning signs for women: (in addition to above)
—Significant fatigue, disproportionate to the activity level you are engaged in
—Obvious decrease in functional capacity, i.e. you aren't able to do the things you used to
—Lightheadedness and weakness

Source: Dr. Chuck Ballard of Piedmont Heart Institute

'Parents' Night Out' Set For Yankton Dec. 1

When the ground outside has turned white, and the holiday shopping is a fright, bring the kids to our event. It will be a night for all well spent.

The Yankton Community Library and the Recreation Department are sponsoring a Parents' Night Out on Saturday, Dec. 1, running from 5:30-8:30 p.m. for boys and girls 6-12 years of age, at the Summit Activities Center. Participants will make craft projects, eat pizza, play organized games in the gym, and take a swim in the SAC pool.

Registration forms are available at the Summit Activities Center or the Yankton Community Library. A limited number of scholarships will be available for this program. The registration deadline is Monday, Nov. 26. Registration forms and payment should be turned in at the Library.

For additional information, call (605) 668-5275, (605) 668-5234 or stop by the Yankton Library at 515 Walnut Street or Summit Activities Center at 1801 Summit Street.

MENUS

Menus listed below are for the week of November 12. Menus are subject to change without notice. All meals are served with milk.

Yankton Elementary Schools
Monday — NO SCHOOL
Tuesday — Corn Dog
Wednesday — Macaroni & Cheese
Thursday — Chicken O's
Friday — Chili

Yankton Middle School
Monday — NO SCHOOL
Tuesday — BBQ Chicken Breast Sandwich
Wednesday — Chili W/ Cheese
Thursday — Chicken O's
Friday — Ham & Cheese Croissant

YHS A Line Menu
Monday — NO SCHOOL
Tuesday — Beef Sticks
Wednesday — Orange Chicken
Thursday — Lasagna
Friday — Popcorn Chicken

YHS B Line Menu
Monday — NO SCHOOL
Tuesday — Meatball Stroganoff
Wednesday — Pretzel W/ Cheese Cup
Thursday — Broccoli Soup
Friday — Taco Bites

YHS C Line Menu
Monday — NO SCHOOL
Tuesday — BBQ Chicken Breast Sandwich
Wednesday — Mini Burger Sliders
Thursday — Nacho Dog
Friday — Stuffed Crust Pizza

Sacred Heart Schools
Monday — NO SCHOOL
Tuesday — Sub Sandwich
Wednesday — Breaded Chicken Sandwich
Thursday — Chili Cheese Dog
Friday — Chicken Noodle Soup

The Center — Yankton
Monday — CLOSED
Tuesday — Lasagna
Wednesday — Grilled Hamburger
Thursday — Oven Fried Chicken
Friday — Swiss Steak W/ Carrots

Tabors Senior Citizens Center
Monday —
Tuesday — Meatloaf
Wednesday — Pizza Party
Thursday — Pork Chops
Friday —

Donating A Jar Of Peanut Butter Can Make A Big Difference

The Sack Pack program is a sack of food that goes home at the end of the week for kids in need for food for the weekend.

The Sack Pack puts together a larger pack before the holidays. One of the items that go into the pack is a jar of peanut butter. If anyone would like to donate a jar of peanut butter for the Sack Pack Program, they can leave it at the following places: Ability Building Services at 909 West 23rd. or Wells Fargo at 200 Cedar St.

The Sack Pack would use it in the packs before Thanksgiving and Christmas.

If you have questions about the Sack Pack peanut butter donation, call Sandi Kramer at 605-660-5430

Advertise statewide in S.D. newspapers



South Dakota
Statewide
Classifieds



Contact your local newspaper or S.D. Newspaper Assoc. for details.

1-800-658-3697 | www.sdna.com/advertise

10% OFF Your Project

Blackburn Basement Systems
Waterproofing & Repair

Basement & Foundation Specialists™

Wet Basement? Basement Wall Bowing? Foundation Settling?

• FREE Estimates • Financing Available

Toll Free 1-800-392-3389

www.blackburnbasementrepair.com

(Cannot be combined with any other offers)

Let Our Design Team Inspire You... join us for...
slumberland's **Design Solutions**

Thursday, November 15th • 6:30pm
FREE! — 90 minute demo — **FREE!**
First 20 participants to receive special discounts & prizes!
Sign Up Today!
PLUS grand prize drawing!
Enjoy Treats & Coffee!

slumberland
furniture that lives the way you do
920 Broadway, Yankton • 665-3719