



YankTON Challenge

THROUGH WEEK 6

• **YANKTON CHAMBER OF COMMERCE** (6 participants) — Starting weight: 1,390.3; Current weight: 1,371; %Lost: 1.36%; Total Lost: 19.3
 • **APPLIED ENGINEERING** (35) — Starting weight: 7,226.8; Current weight: 7,142.6; %Lost: 1.17%; Total Lost: 84.2
 • **BALDWIN FILTERS** (15) — Starting weight: 3,062.5; Current weight: 3,000; %Lost: 2.04%; Total Lost: 62.5
 • **FIRST DAKOTA NATIONAL BANK** (16) — Starting weight: 3,074.3; Current weight: 3,022.5; %Lost: 1.68%; Total Lost: 51.8
 • **5 STAR COMMUNICATIONS** (10) — Starting weight: 1,992.8; Current weight: 1,982.6; %Lost: 1.68%; Total Lost: 10.2
 • **AVERA SACRED HEART HOSPITAL** (20) — Starting weight: 3,872; Current weight: 3,824; %Lost: 1.24%; Total Lost: 48
 • **VISHAY** (28) — Starting weight: 5,334.8; Current weight: 5,164.9; %Lost: 3.18%; Total Lost: 169.9
 • **THE CENTER** (5) — Starting weight: 941.25; Current weight: 931; %Lost: 1.09%; Total Lost: 10.25
 • **TRUXEDO, INC.** (33) — Starting weight: 6,347; Current weight: 6,119; %Lost: 3.59%; Total Lost: 228
 • **FIRST NATIONAL BANK OF OMAHA** (44) — Starting weight: 9,304.6; Current weight: 8,985.6; %Lost: 3.4%; Total Lost: 319
 • **RIVERFRONT BROADCASTING, L.L.C.** (11) — Starting weight: 2,251; Current weight: 2,176; %Lost: 3.33%; Total Lost: 75
 • **HY-VEE** (18) — Starting weight: 3,413; Current weight: 3,311; %Lost: 2.99%; Total Lost: 102
 • **SHUR-CO, L.L.C.** (37) — Starting weight: 7,198.2; Current weight: 7,028.8; %Lost: 2.35%; Total Lost: 169.4
 • **SACRED HEART MONASTERY** (19) — Starting weight: 4,172.1; Current weight: 4,043; %Lost: 3.09%; Total Lost: 129.1
 • **BON HOMME/YANKTON ELECTRIC** (7) — Starting weight: 1,302.8; Current weight: 1,261.6; %Lost: 3.16%; Total Lost: 41.2
 • **SOUTH DAKOTA MAGAZINE** (2) — Starting weight: 331.5; Current weight: 320; %Lost: 3.5%; Total Lost: 11.5
 • **SAPA EXTRUSIONS, INC.** (25) — Starting weight: 6,254.9; Current weight: 6,122; %Lost: 2.12%; Total Lost: 132.9
 • **YANKTON MEDICAL CLINIC** (62) — Starting weight: 11,785.2; Current weight: 11,552.2; %Lost: 1.98%; Total Lost: 233
 • **SERVICE CENTER FEDERAL CREDIT UNION** (12) — Starting weight: 2,204.5; Current weight: 2,145; %Lost: 2.7%; Total Lost: 59.5
 • **YANKTON REXALL DRUG CO.** (14) — Starting weight: 2,634.7; Current weight: 2,535.8; %Lost: 3.75%; Total Lost: 98.9
 • **“GOOD NEIGHBOR” ROY WILCOX STATE FARM** (14) — Starting weight: 2,950.5; Current weight: 2,883; %Lost: 1.67%; Total Lost: 49
 • **ABILITY BUILDING SERVICES** (24) — Starting weight: 4,657.44; Current weight: 4,547; %Lost: 2.4%; Total Lost: 110.44
 • **HOME FEDERAL BANK** (6) — Starting weight: 1,149; Current weight: 1,118; %Lost: 2.7%; Total Lost: 31
 • **L&C BEHAVIORAL HEALTH SERVICES** (18) — Starting weight: 3,458.7; Current weight: 3,402.5; %Lost: 1.62%; Total Lost: 56.2
 • **MOUNT MARTY COLLEGE** (16) — Starting weight: 3,030.85; Current weight: 2,977; %Lost: 1.8%; Total Lost: 53.85

GROUP WEIGHT LOSS.....**2,356.14**
 GROUP TOTAL WEIGHT.....**96,966.1**
 TOTAL % LOST**2.37%**

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

MENUS

Menus listed below are for the week of October 15. Menus are subject to change without notice. All meals are served with milk.

Yankton Elementary Schools

Monday — NO SCHOOL
 Tuesday — French Bread Pizza
 Wednesday — Chicken Nuggets
 Thursday — Tavern Peas W/ Cheese
 Friday — Turkey Tenders

Yankton Middle School

Monday — NO SCHOOL
 Tuesday — Chicken Quesadilla
 Wednesday — French Dip
 Thursday — Chicken Strips
 Friday — Footlong Tater Strips

YHS A Line Menu

Monday — NO SCHOOL
 Tuesday — Turkey Tenders
 Wednesday — Nachos W/ Toppings
 Thursday — Philly Cheese Sandwich
 Friday — Popcorn Chicken

YHS B Line Menu

Monday — NO SCHOOL
 Tuesday — Mac And Cheese
 Wednesday — Baked Potato
 Thursday — Cauliflower Soup
 Friday — Wrap

YHS C Line Menu

Monday — NO SCHOOL
 Tuesday — Meatball Sub
 Wednesday — Footlong
 Thursday — Round Pizza
 Friday — Ham & Cheese Croissant

Sacred Heart Schools

Monday — Breaded Chicken Sandwich
 Tuesday — French Toast Sticks
 Wednesday — Chicken Leg
 Thursday — Roast Beef & Swiss Sandwich
 Friday — Sweet & Sour Chicken

The Center — Yankton

Monday — Tater Tot Hot Dish
 Tuesday — Meatloaf
 Wednesday — BBQ Chicken
 Thursday — Pork Chop
 Friday — Potato Crunch Fish

Tabor Senior Citizens Center

NO MENUS AVAILABLE

October Is American Pharmacists Month

For many South Dakotans, October brings about a lot of excitement. Hunters look forward to the opening of pheasant season on the third Saturday of the month. Children look forward to Halloween, during which-observation suggests-they complete to see who can get the most cavities, thereby causing their parents to weep over the consequent dental bills.

But did you know: October is also American Pharmacists Month! It is a time to recognize and appreciate all of the great things pharmacists can do. You may be surprised to know that pharmacists can do much more than simply dispense medications.

- More than 150,000 U.S. pharmacists are trained to give immunizations for flu, pneumonia, shingles, and more.
- Pharmacists can conduct blood pressure, blood glucose, cholesterol, and osteoporosis screenings.
- Pharmacists can answer many of your questions regarding over-the-counter medications.

Pharmacists are one of the most accessible and versatile members of he health care team. Ask your pharmacist about these services today!

From the South Dakota State University chapter of American Pharmacists Association-Academy of Student Pharmacists, thank you for reading.

Sacred Heart Nurses Fall

Social Set

The Sacred Heart Nurses will be having its annual fall gathering on Thursday, Oct. 25. It will be held at the Fry'n Pan beginning at 6:30 p.m.



AM 1450

MORNING COFFEE

WEEKDAYS

7:40 AM

MONDAY

THRU FRIDAY

Yankton's Home Team!

Spout In Gas Tank Can Be Left Alone

BY TOM AND RAY MAGLIOZZI

King Features Syndicate

Dear Tom and Ray:

I have a 1964 Mercedes 230 SL. While I was adding gas, the detachable plastic spout from a five-gallon gas can fell into my car's gas tank. I asked our mechanic how to find and remove the spout; he said I'd have to empty the tank and he'd have to remove the entire tank from the car. This option seems expensive and like overkill to me. Do you know of some kind of grabber with a camera or light that can be used to find the spout and remove it? Or do you have any other suggestions? Thank you for any help you can give.

—Cathy

TOM: Yes. My suggestion would be to forget all about it. I don't think it's going to hurt anything.

RAY: I agree. It's obviously not going to dissolve in the tank. How do we know that? It used to be part of a gas can.

TOM: It's probably just going to float around in there, so it won't block anything.



CAR TALK

Tom and Ray Magliozzi

After all, it's open at both ends, so any gasoline that gets into one end will flow out the other.

RAY: And it's unlikely to interfere with the pickup at the bottom of the tank where the gasoline gets pumped out. So I'd pretend it never happened.

TOM: And if it does create a problem someday, deal with it then. By that time, if that day ever comes, you may have already traded up for a '65.

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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4-H Teens As Teachers Program Being Offered

BROOKINGS — An SDSU Extension, 4-H Youth Development program offers scholarship funds for students interested in participating in the Strong Bodies, Strong Futures program. The program was launched during the 2011-2012 school year, using a 4-H Teens as Teachers Platform. This program is part of the SDSU Extension Teens Educating through Advocacy and Mentorship program (T.E.A.M.). In its first year 10 South Dakota school districts participated in the program.

The program received strong support and positive feedback on its success, says Suzanne Geppert, SDSU Extension 4-H Youth Partnerships Field Specialist and 4-H Teens as Teachers Coordinator. And, thanks to a partnership between the S.D. 4-H Foundation and SDSU Extension the program is again able to provide each teen completing the experience with a \$500 scholarship.

"It is with sincere pleasure that we would once again like to offer South Dakota school dis-

tricts and after school programs the opportunity to participate in the program. Our efforts have partnered us with many South Dakota agencies and their support is greatly appreciated," said Geppert.

The first round of 4-H Teens as Teachers will once again utilize the Harvest of the Month Healthy Living Program offered by the S.D. Discovery Center.

Teens will be expected to utilize that resource as well as other resources provided to teach lessons to elementary youth. S.D. 4-H Youth Advisors will work with school/after school personnel to monitor the program and take on necessary leadership roles for its completion. School applications are to be postmarked and returned back to Suzanne Geppert at the Pierre Regional Extension Office, 412 W. Missouri, Pierre, S.D. 57501, no later than Oct. 22.

"We all want to live our lives to the best of our ability; leading by example. Striving to make that a reality for our youth is no exception to the rule. Creating op-

portunities for youth to develop and build upon healthy lifestyle practices is crucial to their positive youth development," said Geppert.

This SDSU Extension 4-H program will again partner youth with community leaders and state agencies to create learning communities that allow youth the opportunity to experience greatness by making a difference within their communities and schools. It allows youth to problem solve and plan by developing and carrying out lesson plans for grades 2 to 5 that are relevant to the S.D. Health Education Standards.

The program will incorporate teen and advisor training sessions. Teens will attend one of the sessions and take their training back to their local 2nd-5th grade youth.

Teens will design and carry out lessons in conjunction with local 4-H program advisors and teachers. They will write newsletters, plan activities, and submit a 5 to 10 minute reflection video

upon completion as well as various evaluations.

Teens will receive a \$500 scholarship upon completion of the program that will be established in an educational account at the South Dakota 4-H Foundation. The scholarship will be directed toward the post-secondary institution of the teen volunteer's choice, upon payment of fees to that institution.

For more information on the 4-H T.E.A.M. program Tier 2: Teens as Teachers, contact Suzy Geppert, SDSU Extension 4-H Youth Partnerships Field Specialist at 605-773-8120, suzanne.geppert@sdstate.edu, Audrey Rider, SDSU Extension 4-H Youth Leadership Field Specialist at 605-882-5140, audrey.rider@sdstate.edu, Karelyn Farrand, SDSU Extension 4-H Character Education Field Specialist at (605)626-2870, karelyn.farrand@sdstate.edu, or Andrea Klein, SDSU Extension 4-H Youth Healthy Living Field Specialist at 605-773-8120, andrea.klein@sdstate.edu.

Should Teenagers Be Allowed To Trick Or Treat?

BY LEANNE ITALIE

Associated Press

NEW YORK — Patti Woods-LaVoie loves Halloween and all things candy, but she has a hard and fast rule when it comes to teens and trick-or-treating.

Show up at her door in Trumbull, Conn., with a costume — and she means something more than a baseball hat and jersey — and her candy bowl is your candy bowl.

Ring her bell in street clothes and you'll get teabags, ramen noodles, shampoo samples or some other discard from her pantry or closets.

"Some come in cars," she said. "They park and go from neighborhood to neighborhood. My husband is just waiting for the day our house gets egged by someone who got a teabag."

When it comes to big kids

with pillow cases begging for candy on Halloween, there seem to be three camps.

The sure, why nots say they overbuy and are happy to let teens scarf up the leftovers so they don't eat it all themselves. The No's find it overly cynical when older kids aren't in costumes that took some planning. And the middle-grounders believe teens aren't in it just for the loot and still truly enjoy the ritual of dressing up and going door-to-door.

So how old is too old for trick or treating?

"I'm cutting mine off at 14, but if teens show up at my door and are polite I'll give them candy," said Betsy Tant in Knoxville, Tenn., mom to a 13-year-old daughter and two younger kids.

Last year, when her daughter was 12, "someone said they felt it was inappropriate for her to be

trick or treating, even though she was with her 4-year-old sister," Tant said. "They assumed she was a teen because she's tall. They were mad. I had to intervene and it was very uncomfortable."

Other candy givers who are also parents said it feels more like extortion than good fun when the older teens show up, especially hulk-sized boys mowing over toddlers to get to the door.

"I also think it's about adults not trusting older kids," Tant said. "With teens, Halloween can be more about tricks. Teens tend to be more impulsive and less

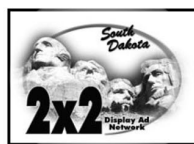
concerned with consequences."

Laurie A. Couture's 18-year-old son, Brycen, said he went trick-or-treating with his mom until he was 15. He wanted to enjoy the holiday with her after his adoption at age 11.

"I wanted to have that experience with my mom. I've always loved the idea of dressing up in funky costumes," he said.

Couture, in the Boston area, said they never had a candy refusal. "Once or twice an older person would say, 'Aren't you a little old to be trick-or-treating?'"

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Card of Thanks

Gone but never forgotten. The family of Cliff (Rook) Powers would like to thank all of our family and friends for the cards, phone calls, beautiful flowers, kind words, prayers, food and money donations during our time of loss when Cliff's courageous battle with pancreatic cancer ended on August 14, 2012. He was a loving husband, father, grandfather, great-grandfather, brother, uncle and friend and will be greatly missed.

Special thanks to:

Dr. Bubak, nurses, and all the staff at Wagner Community Memorial Hospital for the wonderful care he received.

His Hospice Care Team, Marlis, Rena, Dr. Beth M., Social Worker Tammy M., and Pastor Mary H., and any others that we may have missed, for all of your visits to see Cliff, he did come to look forward to your visits.

Wagner Nursing Home staff for all of the tender, loving care that you gave to Cliff, and for finding the most perfect room for him.

Father Richard, Father David, Dante Altar Society, Wagner Altar Society, altar servers, and Julia Jaeger and her beautiful voice for singing and playing the music for the service.

Crosby-Jaeger Funeral Home: Jim & Julia Jaeger for all of your kind help, and Pastor Ken Johnson for assisting with the service.

VFW Post 7319 and Greer Post 11 for the graveside service, the flag and the Bible. They will be treasured.

Thanks again for the gracious acts of kindness and may God bless you all.



Jackie Peters & special friend Terry Andersher
 Janet & Stan Nedved and family
 Jim & Jeanne Powers and family
 Angela & Bryan Nagel and family
 Jerome & Heidi Powers and family
 Lori & Michael Hollis and family

Share your best work by submitting your recipe to us!

Holiday Party Food Recipes

We Need Your
 Holiday Party Food Ideas—
 finger foods, snack mixes,
 appetizers, mini desserts etc.
 Anything portable & pint size!

For our upcoming Nov./Dec. HerVoice Magazine **Deadline: October 16th**

Send Recipes To: Press & Dakotan HerVoice Recipes
 Attn: Cathy Sudbeck
 319 Walnut, Yankton SD 57078
 or email to: cathy.sudbeck@yankton.net

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