



YankTON Challenge

THROUGH WEEK 8

• **YANKTON CHAMBER OF COMMERCE** (6 participants) — Starting weight: 1,390.3; Current weight: 1,358; %Lost: 2.32%; Total Lost: 32.3
 • **APPLIED ENGINEERING** (35) — Starting weight: 7,226.8; Current weight: 7,136.8; %Lost: 1.25%; Total Lost: 90
 • **BALDWIN FILTERS** (15) — Starting weight: 3,062.5; Current weight: 2,977; %Lost: 2.79%; Total Lost: 85.5
 • **FIRST DAKOTA NATIONAL BANK** (16) — Starting weight: 3,074.3; Current weight: 3,013.9; %Lost: 1.96%; Total Lost: 60.4
 • **5 STAR COMMUNICATIONS** (10) — Starting weight: 1,992.8; Current weight: 1,980; %Lost: 0.64%; Total Lost: 12.8
 • **AVERA SACRED HEART HOSPITAL** (20) — Starting weight: 3,872; Current weight: 3,816; %Lost: 1.45%; Total Lost: 56
 • **VISHAY** (28) — Starting weight: 5,334.8; Current weight: 5,141.3; %Lost: 3.63%; Total Lost: 193.5
 • **THE CENTER** (5) — Starting weight: 941.25; Current weight: 929; %Lost: 1.30%; Total Lost: 12.25
 • **TRUXEDO, INC.** (33) — Starting weight: 6,347; Current weight: 6,107; %Lost: 3.78%; Total Lost: 240
 • **FIRST NATIONAL BANK OF OMAHA** (44) — Starting weight: 9,304.6; Current weight: 9,023.9; %Lost: 3.00%; Total Lost: 280.7
 • **RIVERFRONT BROADCASTING, L.L.C.** (11) — Starting weight: 2,251; Current weight: 2,176; %Lost: 3.33%; Total Lost: 75
 • **HY-YEE** (18) — Starting weight: 3,413; Current weight: 3,300; %Lost: 3.31%; Total Lost: 113
 • **SHUR-CO, L.L.C.** (37) — Starting weight: 7,198.2; Current weight: 7,016.8; %Lost: 2.52%; Total Lost: 181.4
 • **SACRED HEART MONASTERY** (19) — Starting weight: 4,172.1; Current weight: 4,016.4; %Lost: 3.73%; Total Lost: 155.7
 • **BON HOMME/YANKTON ELECTRIC** (7) — Starting weight: 1,302.8; Current weight: 1,266.6; %Lost: 2.78%; Total Lost: 36.2
 • **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: 6,113; %Lost: 2.27%; Total Lost: 141.9
 • **YANKTON MEDICAL CLINIC** (62) — Starting weight: 11,785.2; Current weight: 11,532.9; %Lost: 2.14%; Total Lost: 252.3
 • **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: 2,518.3; %Lost: 4.42%; Total Lost: 116.4
 • **"GOOD NEIGHBOR" ROY WILCOX STATE FARM** (14) — Starting weight: 2,950.5; Current weight: 2,881.5; %Lost: 1.72%; Total Lost: 50.5
 • **ABILITY BUILDING SERVICES** (24) — Starting weight: 4,657.44; Current weight: 4,539.2; %Lost: 2.50%; Total Lost: 118.24
 • **HOME FEDERAL BANK** (6) — Starting weight: 1,149; Current weight: 1,114; %Lost: 3.05%; Total Lost: 35
 • **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: 2,982.3; %Lost: 1.60%; Total Lost: 48.55

GROUP WEIGHT LOSS.....2,502.24
 GROUP TOTAL WEIGHT.....96,817.1
 TOTAL % LOST2.52%

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

MENUS

Menus listed below are for the week of October 29. Menus are subject to change without notice. All meals are served with milk.

Yankton Elementary Schools

Monday — Taco Bites
 Tuesday — Chicken Burger
 Wednesday — Pizza Dippers W/ Sauce
 Thursday — Turkey Hoagie
 Friday — Chicken Strips

Yankton Middle School

Monday — Popcorn Chicken
 Tuesday — Round Pizza
 Wednesday — Tavern
 Thursday — Chicken Fajita
 Friday — BBQ Ribs

YHS A Line Menu

Monday — French Toast Sticks
 Tuesday — Italian Dunker W/ Sauce
 Wednesday — Chicken Nuggets
 Thursday — Burrito
 Friday — Turkey Hoagie

YHS B Line Menu

Monday — Chicken Alfredo Pizza
 Tuesday — Cauliflower & Mac and Cheese
 Wednesday — Egg Roll
 Thursday — Tomato Soup
 Friday — Chicken Parmesan Burger

YHS C Line Menu

Monday — BBQ Rib
 Tuesday — Chicken Littles
 Wednesday — Soft Shell Taco
 Thursday — Corn Dog
 Friday — French Bread Pizza

Sacred Heart Schools

Monday — Hot Dog
 Tuesday — Ham
 Wednesday — BBQ Chicken Sandwich
 Thursday — NO MENU AVAILABLE
 Friday — NO MENU AVAILABLE

The Center — Yankton

Monday — Salisbury Steak
 Tuesday — Chicken Breast W/ Gravy
 Wednesday — Beef Tips
 Thursday — Baked Ham
 Friday — Spaghetti W/ Meat Sauce

Tabor Senior Citizens Center

Monday —
 Tuesday — NO MENU AVAILABLE
 Wednesday — NO MENU AVAILABLE
 Thursday — Brats & Kraut
 Friday —

SAC To Offer Free Equipment Demonstrations

The Summit Activities Center will be offering free demonstrations on all weight and fitness equipment for both adult and youth ages 12-14 years. The demonstrations will be conducted by Summit Activities Center weight and fitness staff and are open to all SAC members.

Youth weight and fitness demonstrations will be held at 11 a.m. Saturday, Nov. 3, and 7 p.m. Thursday, Nov. 15. Youth participants, ages 12-14 years, that complete the class will be allowed to use the weight and fitness area at the SAC.

Adult weight and fitness demonstrations will be held at 7 p.m. Thursday, Nov. 8, and 11 a.m. Saturday, Nov. 24. Upon completion of the adult demonstrations, members will receive a free personal training session.

To sign up for the class or request further information, call 668-5234 or stop by the Summit Activities Center at 1801 Summit Street. Remember to follow the Yankton Parks and Recreation Department on Facebook.

40th Anniversary Celebration

Mr. & Mrs. Terry Kuchta

Mr. and Mrs. Terry & Pam Kuchta, Sioux Falls, SD will celebrate their 40th wedding anniversary November 9th, 2012.

The couple will have an open house hosted by their children on November 3rd, 2012 from 1pm to 4pm at Renner American Legion, Renner, SD.

Pam Kirchenmann and Terry Kuchta were married on November 9th, 1972.

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A Speedometer That's Gone Nuts

BY TOM AND RAY MAGLIOZZI
 King Features Syndicate

Dear Tom and Ray:

I've had this 2001 Chevy Cavalier for almost five years. It's been a fantastic car. I take care of it, and it takes care of me. Here's the problem: Every year when the temperature starts to drop, my speedometer goes haywire. The outside temp only has to drop into the 40s for this to start. Morning, afternoon, evening — it doesn't matter. One minute I'm right on the speed limit, the next it's saying I'm doing 110 mph. I can be at a stoplight, and the speedometer still will read somewhere between 20 and 100 mph or higher. Doing the math on the interstate and side roads to calculate my true speed is really starting to irritate me. What could be causing this, and how can I fix it? —**Mary**

TOM: You can fix it with a new instrument cluster, Mary.

RAY: This particular instrument cluster uses little stepper motors for the speedometer and tachometer. And because those two gauges get the most use, they tend to fail first.

TOM: There's no speedometer cable in this car. Information about the car's speed is sent to the speedometer by the vehicle speed sensor, or VSS. But it's very unlikely that a



CAR TALK

Tom and Ray Magliozzi

bad VSS would cause these particular symptoms.

RAY: I'm guessing you're going to have to get your instrument cluster repaired or replaced.

TOM: Getting a new one from your Chevy dealer will cost you hundreds of dollars. But you don't need to buy a new one — after all, the rest of the car is more than a decade old.

RAY: I'd look for a mechanic who's willing to source one for you from a junkyard. Of course, the danger here is that you'll get a

used one with the same problem, since it's a fairly common complaint.

TOM: But your mechanic can at least get a warranty on the part so that if it turns out to be faulty, he can go back and get you another one. You'd still owe him for some additional labor, but not too much, since he'd be able to test the part before putting the car back together.

RAY: And given the age of the car, a used instrument cluster will take this car either into deep old age or until something much more serious breaks. Good luck, Mary.

Tom and Ray share secrets on how you can save tens of thousands of dollars on your cars over the next 20 years in their pamphlet "Should I Buy, Lease, or Steal My Next Car?" Send \$4.75 (check or money order) to Next 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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Dental Tips For Dealing With Halloween Candy



Costumes, candy and cavities

— OH MY! With October being National Dental Hygiene Month and Halloween right around the corner, Ben Jensen Dental of Yankton encourages both parents and children to protect their smile this Halloween. Treats and sugary candy may taste good; however, poor oral health routines lead to toothaches and decay. Research shows that two out of five kids between the ages of 6-8 have never been to the dentist. By this age, 52 percent of children have tooth decay. Tooth decay is also the most common chronic disease in children.

Follow these Halloween hygiene tips to have a safe and healthy night of trick-or-treating.

H — Healthy Supper: a good meal before trick-or-treating leaves less room for sugary sweets

A — Age Appropriate Candy: children under 5 shouldn't have hard candy

L — Limit frequency of candy intake

L — Laugh, show off those

pearly whites!

O — Offer healthy alternatives to trick-or-treaters

W — Water: drink water throughout the day to rinse away sugars

E — Evening brushing before bedtime reduces chances of decay

E — Encourage regular dental check-ups

N — Never go trick-or-treating alone

"Enjoy your Halloween treats but limit how much you eat each day," states Dr. Benjamin Jensen. "Moderation and prevention is the name of the game."

Kids can earn money for themselves and their school with their extra candy at the Halloween Candy Buy-Back at Ben Jensen Dental. They are offering kids \$1 for every pound of candy returned to Ben Jensen Dental at 2703 Fox Run Parkway Nov. 1-2, from 8 a.m.-6 p.m. Thursday, Nov. 1, and 8 a.m.-noon on Friday, Nov. 2.

Annual Veteran's Day Celebration Planned At YMS

The students and staff of Yankton Middle School will be having their 10th annual Veteran's Day Celebration at 9 a.m. Friday, Nov. 9, at the Yankton Middle School old gymnasium, 2000 Mulberry St.

The public is invited to join the students and staff of YMS as they honor our veterans (and their families) with a ceremony that will include patriotic performances by the band, choir and orchestra. The guest speaker will be State Command Sergeant Major Larry D. Zimmerman.

Zimmerman became the Seventh State Command Sergeant Major of the South Dakota Army National Guard on May 2, 2009.

As the State Command Sergeant Major of the South Dakota Army National Guard, CSM Zimmerman serves as the Adjutant General's personal advisor on all enlisted matters, with special emphasis on Soldier issues and

training. He also acts as a representative and advocate for more than 3,400 Soldiers in the state.

The State Command Sergeant Major spends the majority of his time visiting Soldiers, observing training and listening to their concerns. He travels throughout the state, overseas, wherever Soldiers are deployed to ensure Soldiers needs are being met.

CSM Zimmerman attended high school in Belle Fourche. His military education includes 75D, OOR, 71L, 79D, 42L, 00Z, 00F and many other military NCOES schools including the Sergeants Major Academy.

Prior to being selected as the South Dakota State Command Sergeant Major, he served as Postmaster in Spearfish, Pierre and Sturgis. His career in the U.S. Postal Service spanned 35 years and he held many positions in western South Dakota. CSM Zimmerman retired from the Post Office on Feb. 1, 2009.

He will participate in the presenting

Throughout his 25 year career in the South Dakota National Guard his assignments included, Family Program Assistant, Retention NCO, Personnel Sergeant, NCOES and OCS Instructor, Branch Chief, 1SG and Command Sergeant Major.

CSM Zimmerman just completed a tour in Afghanistan (OEF) as the Operations SGM for the nine Northern provinces in that country, and before that was the CSM of 109th RSG in Rapid City.

The Yankton Veteran's of Foreign Wars and American Legion will participate in the presenting

of the colors; a short video tribute will be presented, honoring the veterans of Yankton Middle School Students, followed by TAPS.

Any person, any age, who has ever served in the military, their families and the general public are welcome to attend this event. It is suggested that veterans wear their awarded medals to the program and that everyone wears something red, white and/or blue. Enter the west, middle doors of the school. The program is free to the public and coffee and cookies will be served to our guests.

ESTATE PLANNING & FARM/RANCH TRANSITIONS

November 6, 7, 13, 24 - 10:00-4:00

JoDean's Restaurant - 2809 Broadway Ave. Yankton

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\$75 per person registration fee due October 30.

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**Contact: Kelly Mauer
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Letter to the Editor:

Referred Law 16 deserves a "no" vote.

The destructive ramifications of Referred Law 16 are huge. Beyond the many sensible arguments for voting "no" on this law, it should be noted that government-mandated testing over the past ten years haven't contributed anything to student learning. Research shows a sizeable number of students have been harmed by such testing. Worrisome information comes from parents, teachers, counselors, school nurses, psychologists, and psychiatrists. The data confirms an unprecedented increase in the number of young children being treated for psychiatric illnesses ranging from learning disabilities and attention disorders to anxiety and depression.

This research deserves voter consideration because Law 16 expands standardized testing. This law, as passed, expects that as much as 50% of each teacher's evaluation will be based upon high stakes testing.

Perhaps a different and more thoughtful mix of legislators will be elected in November. We need sensible legislators who will work with educators to provide the best bang for the buck while supporting best possible learning experiences in our schools. The crucial first step for eliminating standardized testing is for voters to dismantle this onerous Law 16 by voting NO. We should also retire the people who foisted this law on our state.

PAID ADVERTISEMENT **Dave L. Wegner, Sioux Falls, SD**