

MENUS

Menus listed below are for the week of Oct. 26-30, 2015. Menus are subject to change without notice. All meals are served with milk.

**YANKTON ELEMENTARY SCHOOL**

**Monday:** Hotdog  
**Tuesday:** Shrimp Poppers  
**Wednesday:** Chicken Burger  
**Thursday:** Pepperoni Pizza  
**Friday:** Sack Lunch

**YANKTON MIDDLE SCHOOL**

**Monday:** Popcorn Chicken  
**Tuesday:** Ham & Cheese Croissant  
**Wednesday:** Tavern  
**Thursday:** Turkey Tenders  
**Friday:** French Bread Pizza

**YHS R LINE MENU**

**Monday:** French Toast Sticks  
**Tuesday:** Chicken Strips  
**Wednesday:** Nachos  
**Thursday:** Chicken O's  
**Friday:** Chili

**YHS W LINE MENU**

**Monday:** Hawaiian Pizza  
**Tuesday:** Tator Tot Casserole  
**Wednesday:** Yogurt Bar  
**Thursday:** Wisconsin Cheese Soup  
**Friday:** Chicken N' Swiss

**YHS B LINE MENU**

**Monday:** Chicken Fajita  
**Tuesday:** Hamburger  
**Wednesday:** Mini Corndogs  
**Thursday:** Pepperoni Pizza  
**Friday:** Ham & Cheese Sandwich

**SACRED HEART SCHOOLS**

**Monday:** Waffle Sticks  
**Tuesday:** Sweet/Sour Chicken  
**Wednesday:** Chili Cheese Dog  
**Thursday:** Spaghetti  
**Friday:** Pepperoni Pizza

**THE CENTER/ YANKTON**

**Monday:** Mandarin Chicken  
**Tuesday:** Hot Beef Sandwich  
**Wednesday:** Ham Loaf  
**Thursday:** Chicken/Dressing  
**Friday:** Pork Cutlet

**TABOR SENIOR CITIZENS CENTER**

**Monday:** N/A  
**Tuesday:** Roast Beef  
**Wednesday:** Shepherds Pie  
**Thursday:** Swiss Steak  
**Friday:** N/A

# Preparing Your Horses For Winter

BY JAKE GEIS, DVM  
Tyndall

As the fall chill begins to temper the baking heat of summer, we once again have to remind ourselves that winter is coming. This makes now a great time to prepare for the ice and snow. Aside from finding our ice scrapers, this is also the opportune moment to get horses ready for the coldest months. With this in mind, here are a few tips to make sure your horse is ready to brave the snows of the Northern Plains.

The first part of winter prep for horses is to make sure they are in the ideal body condition. This is imperative for keeping warm because horses have to have the energy to burn to produce heat. If a horse is underweight going into winter, they won't have the fat reserves utilize for energy. It is much easier to put this weight on when it is warmer, like in the early fall, than in the dead of winter.

Before the cold comes, horses should be brought to a body condition that is a little heavy, but not overweight. If you are familiar with the Body Conditioning Score (BCS) system, this would be a score of 5 ½ to 6 out of 9. This gives them the extra energy necessary for bitter cold weather, without being overweight. In addition, this level of conditioning provides a nominal layer of fat cover that also helps insulate the horse.

During the winter, horses should be fed a diet with a little energy supplement and high quality forage. The biggest mistake that is made for horse winter care is to feed low quality forage, like CRP or ditch hay, with the thought this will maintain their body condition. A horse can simply not eat enough low energy hay to meet their needs and supplementing corn does not fill the gap. If you have questions about the quality of your hay source, there are multiple labs that can test your hay to determine if it will be adequate for winter horse feed.

Once body condition

and feed have been addressed, the next step is to address the environment. Horses can withstand below freezing temperatures quite well as long as they are dry. However, a wet horse can quickly become a cold horse. During heavy, wet snow or rain that becomes snow it is best if horses have an area they can get out of the damp weather.

If they do get wet and the temperature drops, drying them off before turning them back out in the cold will help them weather the storm. The next component in providing a good winter environment for a horse is dealing with the wind. Like humans, horses feel the effects of wind chill. Having windbreaks will not only protect your horse, it will also reduce your feed cost because the horse won't be eating as much hay to stay warm.

If you have multiple horses, make sure the wind break is big enough so they can all fit behind it. This may be more room than you might think, especially if there is a dominant horse that likes to push others away from the group.

Some horses have the privilege of an inside stall during the wintertime. Indoor areas are ideal to protect a horse from the wind and have the added advantage of keeping the snow from building up on their coats. One point to remember with indoor shelters is air quality can be an issue. If there is not good ventilation, the stagnant air can have built up ammonia from manure. By cleaning the manure from the stall regularly and keeping ventilation open, the indoor shelter can be a comfortable way for a horse to spend the winter.

South Dakota winters can be rough on horses, but with some proper prep work they will do just fine. If you keep in mind nutrition, body condition, and shelter, the next time an arctic blast rolls through your horses will be ready.

*Jake Geis, DVM, works out of the Tyndall Veterinary Clinic.*



The family of Doug Ganschow would like to thank everyone for the love and support we have received the last three months due to Doug's illness and loss of life. Family, friends, and surrounding communities have shown overwhelming support by helping prune Doug's new grove, lawn work, bringing food to the house, phone calls, visits, cards, prayers, gifts and remodel projects to help keep Doug at home. Thanks to all who participated in the combine bee to bring our crops in and to the ladies who prepared and served a meal to the workers. Your valuable time and equipment during this time of the year is humbling and heart warming. Thank you to the Wakonda American Legion for the use of their hall for the benefit and for the lunch after the funeral. Thank you to Girard Auction and the amazing benefit committee that hosted the phenomenal benefit on Doug's behalf on October 10th. Thank you to all those who donated auction items and food, monetary donations, set up, worked at, cleaned up, and all the bidders who bought the items. We would also like to thank the St. Patrick's Church for sharing their church and Father McMahon Center to accommodate the visitation and funeral services. Doug was an amazing husband, father, grandfather, son, father-in-law, brother-in-law, uncle, nephew, cousin, and friend to many and will be missed beyond words. His time was too short on earth and he fought hard, but he is in a better place and will no longer suffer. Everything that has been done on his behalf is a testament to what a wonderful man he was. We apologize if we missed anyone; please know how much we appreciate everything that has been done in his memory. Doug will always be remembered for his positive attitude, warm smile, and love for his family and friends. God bless you all.

Love,  
Pam, Staci, Daniel, Abby, Molly, Keeley, Nathan, Rob, and Boeden

Car Talk

# There's No Harm In Filling The Tank From The Opposite Side As The Pump

BY RAY MAGLIOZZI  
King Features Syndicate, Inc.

**Dear Car Talk:**  
Please settle an argument between my housemate and I: Should you fill your tank from the side opposite the pump – i.e., stretch the pump hose across your car? I say you should not do this.

—Michael  
Well, to settle the first argument, it should be “my housemate and me,” Mike. Unfortunately, you lost the second argument, too. If the hose reaches the fuel filler neck and “seats” in there well enough to allow you to activate the fuel pump, you can pump away. Many modern gas pumps still use a rubber bellows around the filler nozzle that seals the filler hole and captures



Ray  
**MAGLIOZZI**

any gas. But if your car is narrow enough, and you park close enough to a pump that you can reach the hose across your trunk and

gasoline vapors, rather than letting them escape into the atmosphere. Those rubber bellows are being phased out, but there are still a lot of them around.

On those pumps, if that seal is not formed, the pump won't activate – and you'll be standing there listening to the handle go “click, click” without pump-

fit it comfortably in the filler neck, you have our blessing, and the blessing of the petroleum industrial complex, Michael.

Used cars can be a great bargain, and reliable, too! Find out why by ordering Click and Clack's pamphlet “How to Buy a Great Used Car: Secrets Only Your Mechanic Knows.” Send \$4.75 (check or money order) to Car Talk/Used Car, 628 Virginia Drive, Orlando, FL 32803.

*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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AND DOUG BERMAN

# Manufacturing & Technology Solutions Helps Busy Company Save Thousands Of Dollars

South Dakota Manufacturing & Technology Solutions has launched a new training program that already has helped one company save tens of thousands of dollars.

Applied Engineering, Inc., of Yankton is a 49-year-old manufacturing company that employs 165 people. The company makes highly precise, aluminum components for the aerospace industry and other business sectors.

Last year, when delays in production were pushing delivery costs to unacceptably high levels, Applied Engineering contacted South Dakota MTS, which is an office within the South Dakota Small Business Development Center network. MTS and Applied Engineering had worked together in the past to improve workflow processes and reduce waste at the plant.

Representatives of the company and agency met again in December 2014, and MTS launched a pilot training program in January 2015 that focused on streamlining office-related processes. “Within the first 90 to 100 days, we were able to save thousands of dollars,” said Richard Stark, customer service manager at Applied Engineering. “Most of that was in expedited shipping costs.”

Shipping expenses for the first two-thirds of 2015 were half of what they were for the first two-thirds of 2014, the privately owned company reports. Shipping costs were \$27,139 for the first eight months of 2015 compared with \$54,587 for the same period the prior year. The company's shipping costs totaled about \$150,000 in 2014 and now are running at an annualized rate of half that amount, or \$75,000.

Lean for Office and Administrative Processes training is the new offering from MTS that is helping Applied Engineering. MTS previously has offered Lean for Manufacturing Processes. Lean training is rooted in efficiency principles popularized by Toyota and other Japanese companies. MTS gears the training to help small and midsize companies.

Preparing products for delivery at Applied Engineering can involve 20 to 25 steps, so short delays can accumulate. Before the company and MTS explored the issue, delays had



SUBMITTED PHOTO  
**A production line at Applied Engineering Inc., which is entering its 50th year of making machined components for aerospace, military, medical and archery applications.**

reached the point that to meet customer deadlines, the company was having to ship too many products at short-term, high-cost rates. Getting products ready for delivery faster has enabled the company to take advantage of customers' willingness to pay for regular transportation costs.

“Business has increased steadily the last five years for Applied Engineering. We look for ways to supply our customers without adding to costs. This is our way to reconfigure processes,” Stark said.

Operations at Applied Engineering still are being fine-tuned, but implementation of most of the latest round of changes was finished in February. Lean office training involved a close review of procedures, followed by experiments with alternative approaches. The result was a mix of big and small changes, Stark said. Some work stations were altered to create new efficiencies, for example,

and emerging products that needed to be handled as a priority were more clearly identified.

Joyce Vlahakis and Donna Peterson, who work in customer service at the company, said the in-depth review seemed strange at first, but that benefits became evident. “It made you think of things differently. It actually was an improvement,” Vlahakis said.

Keith Deibert, a business advisor for South Dakota MTS, said Applied Engineering served as a test site for Lean office training. “They helped us develop it; we helped them drive improvements in their processes,” he said.

Manufacturers tend to pay close attention to industrial processes, which is their specialty, Deibert said. But they don't pay as much attention to office-related functions, which can account for more than half of their operations. “Most companies have hard-working, caring people. They just haven't sat back and looked at

their processes. That's where we can help them,” Deibert said.

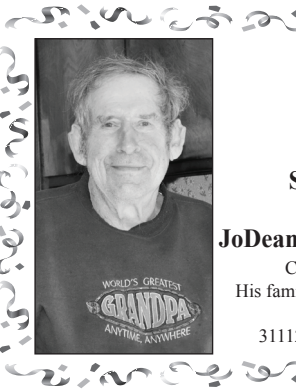
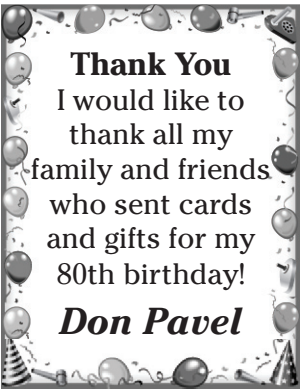
In addition to experienced and certified trainers, MTS has access to public and private resources to help manufacturers prosper and grow, which is the agency's mission.

“MTS is another tool in the tool box to help companies better themselves in skills training, whether it be on the floor or in the office. They're providing a skill to make the company better and more profitable,” said Josh Svatos, president and chief operating officer of RTEC Inc. RTEC is a nonprofit, technical training center in Yankton. It is a training partner of Applied Engineering and a business partner of MTS.

The South Dakota SBDC is the umbrella organization for MTS and several other statewide programs geared to helping businesses. The state office of the SBDC is hosted by the University of South Dakota in Vermillion. Regional offices are located in Aberdeen, Pierre, Rapid City, Sioux Falls, Watertown and Yankton. Brookings and Mitchell have satellite offices.

In addition to MTS, programs in the network include South Dakota Procurement Technical Assistance Centers, International Trade Center and Small Business Innovation Research program. South Dakota SBDC training programs are available at a reduced rate; other assistance generally is free.

For more information about Applied Engineering, see www.appliedeng.com. For more information about MTS, see www.sdmanufacturing.com. For more about the South Dakota SBDC and its affiliated offices, see www.sdbusinesshelp.com.



**Jim Gall**  
**85th birthday**

October 29, 2015

**Open house**

**Saturday, October 31**

**1pm - 4pm**

**JoDeans, 2809 Broadway, Yankton**

Coffee and cake will be served.

His family requests a card shower. Greetings may be sent to:

31112 445th Ave • Yankton, SD 57078

**Yankton Medical Clinic, P.C. is pleased to announce the association of**

# April K. Willman

**MD, FAAP, Board Certified Pediatrician**

Dr. Willman completed her residency in pediatrics at the University of Missouri in Columbia and received her medical degree from the Sanford School of Medicine at the University of South Dakota. She completed her undergraduate work at Augustana College in Sioux Falls. Dr. Willman joined Yankton Medical Clinic, P.C. September 22, 2015. She specializes in pediatric care for newborns and children up to 18 years and has expertise in caring for premature babies, providing support for parents and children to develop healthy lifestyles, and cares for acute and chronic illnesses in children. Part of her practice is the evaluation and care for physical and emotional development, including ADHD.

She is a Fellow of the American Academy of Pediatrics.

Dr. Willman and her husband, Dave, are the parents of two children and reside in Yankton.

Dr. Willman began seeing patients at the Yankton Medical Clinic, P.C. September 22, 2015.



 **YANKTON MEDICAL CLINIC, P.C.**

**605-665-5538**

*Please call today to schedule an appointment.*