

MENUS

Menus listed below are for the week of September 8-11, 2015. Menus are subject to change without notice. All meals are served with milk.

YANKTON ELEMENTARY SCHOOL

Monday: N/A  
 Tuesday: Chicken Strips  
 Wednesday: Tavern  
 Thursday: Mini Corndogs  
 Friday: Nachos

YANKTON MIDDLE SCHOOL

Monday: N/A  
 Tuesday: Footlong  
 Wednesday: Lasagna  
 Thursday: Tavern  
 Friday: BBQ Chicken

YHS R LINE MENU

Monday: N/A  
 Tuesday: Popcorn Chicken  
 Wednesday: Lasagna  
 Thursday: Teriyaki Chicken  
 Friday: Nacho Bar

YHS W LINE MENU

Monday: N/A  
 Tuesday: Tater Tot Casserole  
 Wednesday: Chicken Strip Wrap  
 Thursday: Vegetable Soup  
 Friday: Mini Corndogs

YHS B LINE MENU

Monday: N/A  
 Tuesday: Philly Cheese Sandwich  
 Wednesday: Tavern  
 Thursday: Fiestada Pizza  
 Friday: Meatball Sub

SACRED HEART SCHOOLS

Monday: N/A  
 Tuesday: Spaghetti Bake  
 Wednesday: Chicken Legs  
 Thursday: Hamburger  
 Friday: Chicken Alfredo

THE CENTER/ YANKTON

Monday:  
 Tuesday: BBQ Ribs  
 Wednesday: Liver & Onions  
 Thursday: Anniversary Dinner  
 Friday: Meatloaf

TABOR SENIOR CITIZENS CENTER

Monday: N/A  
 Tuesday: Goulash  
 Wednesday: Salisbury Steak  
 Thursday: Beef Noodle Stroganoff  
 Friday: N/A

Car Talk

# Don't Go Rogue With Transmission Fluid

BY RAY MAGLIOZZI  
 King Features Syndicate, Inc.

**Dear Car Talk:**  
 I have a question about using tractor hydraulic fluid in place of Dextron transmission fluid in my car. Do you have any opinion on whether it is a suitable substitute? Better? Worse? I have heard valid arguments in both directions.

—Marc  
 I'm glad to see you're a guy with time on your hands, Marc. Not everybody has time to dream up such creative ways to void his warranty.

I've never used tractor hydraulic fluid in a transmission. I did use it once in a salad, but that was by accident.

Here are my thoughts on why it's not worth the risk: About four or five decades of research and development have gone into perfecting the molecular design of Dextron transmission fluid, which GM uses and recommends for all of its cars. They've gone from the original Dextron, back in the 1960s, which used sperm whale oil as a lubricant (no joke), to the current-generation fluid, called Dextron VI. It's formulated at what GM engineers consider just the right viscosity to operate the trans-



Ray MAGLIOZZI

mission correctly, control for heat, optimize fuel economy and lubricate the transmission parts to protect them from damage.

And they're the folks who have to warranty your transmission and pay for its replacement if something fails. So I'd lean toward their recom-

mendations.  
 I'm not saying tractor fluid wouldn't work – it is hydraulic fluid. But why would you risk it ... unless you were able to steal the tractor fluid from work? Seriously, you've got a \$3,000 transmission in your car, Marc. Adding 10 quarts of Dextron costs about 30 bucks. And you're only going to change the fluid once or twice during the life of the car. So you're not saving money.

I'm guessing you talked to some guy at a bar who said, "If it's designed for a tractor, it's got to be really tough ... more than good enough for a car. The heavier-duty, the better."  
 But that approach is not necessarily

true. For example, if you put extra-heavy-duty shocks on your car, they might last longer than standard shocks. But the savings wouldn't outweigh the costs of treating the concussions you got from bouncing off the roof every time you hit a bump.

If you decide to ignore my advice and give it a shot, let me know how it turns out. I'd be curious, in the interests of science. But if it's my car, I'd stick with the manufacturer's recommendation, and that's what I'd suggest you do, Marc.

Why do unmitigated cheapskates like Ray continue to buy nothing but old clunkers? Find out by ordering Click and Clack's guide "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](http://www.cartalk.com).

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## Generous Gift



SUBMITTED PHOTO

Pictured from left to right are Guy and Anna Stone, husband and daughter of the late longtime Yankton resident and RN, Peggy Jo Weber Stone, along with Tammy Beintema, Development Manager of the Juvenile Diabetes Research Foundation, at the Sanford Research Facility in Sioux Falls. Thanks to the many generous memorial gifts received by the family from Peggy's friends in Philip and Yankton, Guy and Anna were recently able to present a contribution of \$2000 to the Foundation to be used for research to cure Type 1 Diabetes. They express their gratitude to everyone for making it possible to honor Peggy Jo in the fight to turn Type One into Type None.



SUBMITTED PHOTO

The Avera Sacred Heart Foundation recently donated a golf cart to the Yankton School District. The vehicle will be used to transport water, training supplies and injured athletes at football, soccer, cross country and track events. It replaces a golf cart that has reached the end of its useful life. Pictured are (left to right): Angie O'Connor, community wellness manager at Avera Sacred Heart Hospital; Trevor Woods, Avera athletic trainer for the Yankton School District; Sheila Kuchta, executive director of the Avera Sacred Heart Foundation; Ryan Mors, activities director for the Yankton School District; and Dr. Wayne Kindle, superintendent of the Yankton School District.

## ASH Foundation Donate Golf Cart To Yankton School District

The Avera Sacred Heart Foundation has donated a golf cart to the Yankton School District that will help young athletes remain safe and healthy.

The vehicle will be used to transport water, training supplies and injured athletes at football, soccer, cross country and track events. It replaces a golf cart that has reached the end of its useful life.

"The Yankton School District would like to extend a huge thank you to the Avera Sacred Heart Foundation for the donation of a golf cart to our athletic department," said Ryan Mors, activities director for the Yankton School District. "In just a short period of time since the school year has begun, the golf cart has already been a tremendous asset to our football program, our soccer teams and to our high school physical education classes. It will also greatly benefit our track program in the spring. Not only does the golf cart assist our trainer, Trevor Woods, on a daily basis at practices, but it also directly benefits our athletes and coaches in a variety of ways."

Sheila Kuchta, executive director of the Foundation, said she was excited to provide an important resource to the school district.

"This was an opportunity for the Avera Sacred Heart Foundation to make a positive impact on the lives and health of hundreds of student athletes in the community," said Kuchta. "We are pleased to provide this new golf cart to serve young athletes for years to come."

It was a thrill to help facilitate acquisition of the golf cart

and rewarding to now see it in action, according to Angie O'Connor, community wellness manager at Avera Sacred Heart Hospital.

"It really does play a very important role in the operations of the athletic trainer out in the field," she said.

The donation builds on a long-standing partnership between the Avera Sacred Heart Wellness Center/Avera Sports and the Yankton School District. The Wellness Center employs Trevor Woods, an athletic trainer who serves Yankton High School athletes.

## MNRR Welcomes Fourth Grade Students Through New Park Initiative

Missouri National Recreational River invites all fourth-grade students to visit the park as part of the White House's new Every Kid in a Park program.

Starting Sept. 1, fourth-grade students can now go to [www.everykidinapark.gov](http://www.everykidinapark.gov) to complete an activity and obtain a free annual entry pass to more than 2,000 federal areas including national parks.

"During the National Park Service's Centennial celebration, we want everyone to know their national parks, and we're offering a special invitation to fourth graders and their families to discover everything that national parks offer," said National Park Service Director Jonathan B. Jarvis. "We hope these free passes will introduce fourth graders, their classes, and families to our national treasures, places where they can run and play, explore and learn."

Superintendent Rick Clark elaborated by stating, "As a unit of the National Park Service, Missouri National Recreational River fully embraces the Every Kid in a Park initiative and park staff are looking forward to working with elementary school principals and teachers in implementing the program during the agency's centennial year in 2016 along the recreational river's 100-mile

corridor from Pickstown to Ponca, Nebraska."

The Missouri National Recreational River offers a variety of activities for fourth graders and their families to enjoy. An interactive mobile ranger station, ranger led hikes, fishing and kayak clinics and junior ranger programs. To commemorate the NPS Centennial Celebration, MNRR rangers will introduce a new program titled, River Odyssey for School and Community Outreach and Education, (ROSCOE) which will be presented to area fourth grade students in October. The presentation will focus on the Missouri River and the efforts of the National Park Service to preserve and protect the natural and cultural resources of the river. Components of the program include concepts tied to educational standards for social studies, geography and science.

"Connecting with our fourth graders is part of the agency's centennial goal to create the next generation of visitors, supporters, and advocates of the National Park Service. Establishing an ongoing educational program with the school district gives the MNRR an opportunity to reach that goal," said Dugan Smith, the park's Acting Chief of Interpretation, Outreach and Education Division

To receive their free pass for national parks, fourth graders can visit the Every Kid in a Park website and play a game to access their special Every Kid in a Park pass. Fourth graders and their families can then use this pass for free entry into all areas administered by the National Park Service and other federal public lands and waters across the country from Sept. 1, 2015, through Aug. 31, 2016. The website also includes fun and engaging learning activities aligned to educational standards, trip planning tools, safety and packing tips and other important and helpful information for educators and parents.

In addition to providing every fourth grader in America a free entry pass for national parks and federal lands and waters, fourth grade educators, youth group leaders and their students across the country will participate in the program through field trips and other learning experiences.

Fourth grade students in schools throughout the region from southeast South Dakota and northeast Nebraska will be invited to join the Missouri National Recreational River Junior Ranger Club to be organized next spring. Club meetings will be held through the summer months at which time

members can participate in a variety of activities and learning experiences. As a component of the park's ROSCOE program, the club will provide enrichment learning and serve as an extension of the park's classroom visits during the school year.

Recognizing fourth-grade curriculum typically focuses on American history and heritage, the goal of the Every Kid in a Park program is to connect fourth graders to the great outdoors and inspire them to become future environmental stewards, ready to preserve and protect national parks and other public lands for years to come. The program is an important part of the National Park Service's centennial celebration in 2016 which encourages everyone to Find Your Park.

Every Kid in a Park is a national effort launched by President Obama and supported by eight federal agencies including the National Park Service, the Army Corps of Engineers, Bureau of Land Management, Bureau of Reclamation, Department of Education, Fish and Wildlife Service, Forest Service, and National Oceanic and Atmospheric Administration.

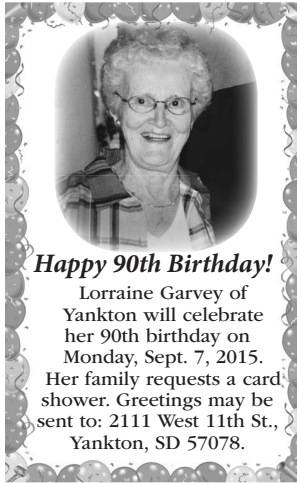
## Our Classifieds Work For You!

Call The P&D At (605) 665-7811

### Thank you

to our extended family and friends for the many cards and gifts received for our 30th wedding anniversary.

Hank and Georgine Suing



### Happy 90th Birthday!

Lorraine Garvey of Yankton will celebrate her 90th birthday on Monday, Sept. 7, 2015. Her family requests a card shower. Greetings may be sent to: 2111 West 11th St., Yankton, SD 57078.

## Thank You!

The family of Sanford Pechous would like to thank the following facilities and their staff for the wonderful care provided to Sanford: Menno-Olivet Care Center, Freeman Regional Hospital, Opsahl-Kostel Funeral Home, American Legion Post #183 and U.S. Navy Funeral Honor Guard for the graveside military honors provided and St. Wenceslaus Altar Society for the superb lunch.

A special thanks to Father Steven Jones for leading us at the wake service, funeral Mass and graveside service and also for helping the family with their grieving process. Additionally, we would like to thank Bob and Loretta Kortan for leading the Rosary.

We would also like to thank all the members of the community for attending the services for Sanford. Also to all that provided food and memorial money. Special thanks to my neighbors for their help and assistance.

Leona Pechous  
 Becky Fryda & family  
 Cindy & Nick Buechler & family  
 Rich & Kris Pechous & family  
 Bob & Nancy Pechous & family

## Clinic closed. Labor Day Sept. 7th



The Yankton Medical Clinic®, P.C. and ConvenientCare will both be closed on Labor Day, Monday, Sept. 7th so that our staff may enjoy the holiday with their families. Regular hours will resume on Tuesday, Sept. 8th.

ConvenientCare®  
 WALK-INS WELCOME:  
 M-F: 5 pm to 9 pm  
 Sat & Sun: Noon to 5 pm

REGULAR CLINIC HOURS:  
 M-F: 8 am to 5:30 pm  
 Sat: 8:30 am to Noon  
 605-665-7841  
 1104 West 8th Street • Yankton, SD 57078  
[www.YanktonMedicalClinic.com](http://www.YanktonMedicalClinic.com)