

## SCHOOL LUNCH MENU'S

Menus listed below are for November 4 - November 10. Menus are subject to change without notice.

### Vermillion Schools

#### Breakfast

Available everyday: Breakfast entrée or choice of cereals with toast. Fruit or Fruit Juice, Milk choices  
**Wednesday** - Ultimate Breakfast Round, B. Cereal Choices and Toast, Apple Wedges, Juice Choices, Milk Choices  
**Thursday** - A. Breakfast Pizza, B. Cereal Choices and Toast, Applesauce, Juice Choices, Milk Choices  
**Friday** - A. Fresh Baked Cinnamon Roll, B. Cereal Choices and Toast, Sliced Peaches, Juice Choices, Milk Choices  
**Monday** - A. Breakfast Sliders, B. Cereal Choices and Toast, Sliced Pears, Juice Choices, Milk Choices  
**Tuesday** - A. Iced Long John, B. Cereal Choices and Toast, Mixed Fruit, Juice Choices, Milk Choices

### Vermillion Elementary Schools

#### Lunch

**Wednesday** - A. Breaded Beef Patty, B. Crispy Chicken Nuggets, Mashed Potatoes with Gravy  
**Thursday** - A. Home-style Chicken Ranch Pasta and Bread Stick, B. Mini Corn Dogs, Green Beans, Sugar Cookie  
**Friday** - A. Sloppy Joe, B. Pizza, BBQ Beans  
**Monday** - A. Cheeseburger, B. Home-style Chicken Stew over Fresh Baked Biscuit, C. Yogurt (Jolley), Mixed Vegetables  
**Tuesday** - A. Hot Dog, B. Home-style Buffalo Chicken Pasta, Golden Corn, Chocolate Chip Cookie  
**Vermillion High & Middle School**

#### Lunch

**Wednesday** - A. Breaded Beef Patty, B. Crispy Chicken Nuggets, Mashed Potatoes with Gravy  
**Thursday** - A. Home-style Chicken Ranch Pasta and Bread Stick, B. Mini Corn Dogs, Green Beans, Sugar

#### Cookie

**Friday** - A. Sloppy Joe, B. Pizza, BBQ Beans  
**Monday** - A. Home-style Chicken Stew over Fresh Baked Biscuit, B. Cheeseburger, Mixed Vegetables  
**Tuesday** - A. Buffalo Chicken Pasta, B. Hot Dog, Golden Corn, Chocolate Chip Cookie  
**Elk Point-Jefferson**

#### Breakfast

**Wednesday** - A. Ultimate Breakfast Round, B. Cereal Choices and Toast, Apple Wedges, Juice Choices, Milk Choices  
**Thursday** - A. Breakfast Pizza, B. Cereal Choices and Toast, Applesauce, Juice Choices, Milk Choices  
**Friday** - A. Fresh Baked Cinnamon Roll, B. Cereal Choices and Toast, Sliced Peaches, Juice Choices, Milk Choices  
**Monday** - A. Breakfast Sliders, B. Cereal Choices and Toast, Sliced Pears, Juice Choices, Milk Choices  
**Tuesday** - A. Iced Long John, B. Cereal Choices and Toast, Mixed Fruit, Juice

#### Choices, Milk Choices

**Elk Point - Jefferson Elementary School**  
**Lunch**  
**Wednesday** - A. Breaded Beef Patty, B. Crispy Chicken Nuggets, Mashed Potatoes with Gravy  
**Thursday** - A. Home-style Chicken Ranch Pasta and Bread Stick, B. Mini Corn Dogs, Green Beans, Sugar Cookie  
**Friday** - A. Sloppy Joe, B. Pizza, BBQ Beans  
**Monday** - A. Cheeseburger, B. Home-style Chicken Stew over Fresh Baked Biscuit, Mixed Vegetables  
**Tuesday** - A. Hot Dog, B. Home-style Buffalo Chicken Pasta, Golden Corn, Chocolate Chip Cookie  
**Elk Point-Jefferson High & Middle School**  
**Lunch**  
**Wednesday** - A. Breaded Beef Patty, B. Crispy Chicken Nuggets, Mashed Potatoes with Gravy  
**Thursday** - A. Home-style Chicken Ranch Pasta and Bread Stick, B. Mini Corn

Dogs, Green Beans, Sugar Cookie  
**Friday** - A. Sloppy Joe, B. Pizza, BBQ Beans  
**Monday** - A. Home-style Chicken Stew over Fresh Baked Biscuit, B. Cheeseburger, Mixed Vegetables  
**Tuesday** - A. Buffalo Chicken Pasta, B. Hot Dog, Golden Corn, Chocolate Chip Cookie  
**Irene-Wakonda School**  
**Breakfast**  
 Available every day: Breakfast entrée or Choice of cereals w/toast, Fruit, Milk Choices  
**Wednesday** - Pancakes, Fruit, Milk Choices  
**Thursday** - Breakfast Pizza, Fruit, Milk Choices  
**Friday** - N/A  
**Monday** - Long John Donut, Fruit, Milk Choices  
**Tuesday** - Sausage Pancake Stick, Fruit, Milk Choices  
**Irene-Wakonda Elementary School**  
**Lunch**  
**Wednesday** - A. Sloppy Joe, B. Hot Dog on a Bun,

#### French Fries

**Thursday** - A. Spaghetti with Meat Sauce and Breadstick, B. Chicken Wrap, Green Beans  
**Friday** - N/A  
**Monday** - A. Tater Tot Hot dish with Bread, B. Cheese Pizza, Peas  
**Tuesday** - A. BBQ Beef Sandwich, B. Breaded Pork Fritter with Bread, Mashed Potatoes with Gravy  
**Irene-Wakonda High & Middle School**  
**Lunch**  
**Wednesday** - A. Sloppy Joe, B. Hot Dog on a Bun, C. Italian Sub, French Fries  
**Thursday** - A. Spaghetti with Meat Sauce and Breadstick, B. Chicken Wrap, C. Ham & Cheese Sub, Green Beans  
**Friday** - N/A  
**Monday** - A. Tater Tot Hot dish with Bread, B. Cheese Pizza, C. Ham & Cheese Sub, Peas  
**Tuesday** - A. BBQ Beef Sandwich, B. Breaded Pork Fritter with Bread, C. Cold Cut Sub, Mashed Potatoes with Gravy

## Dakota Senior Meals

Served at The Main Street Center & Town Square, "Meals on Wheels"

Please call before 9:00am to schedule or cancel a meal at 624-7868.

Menus listed below are

Nov. 4 - Nov. 10. Menus are subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise noted.

**Wednesday** - Spinach Lasagna, Tossed Vegetable Salad, Seasoned Green Beans, Tangerine  
**Thursday** - No Meals: Brown Bag Lunch Available - Call by November 3rd to Receive a Lunch  
**Friday** - Friday - Swedish Meatballs, Noodles, Peas, Creamy Coleslaw, Mandarin Oranges  
**Monday** - Potato Soup, Egg Salad Sandwich, Pears with Jello, Apple  
**Tuesday** - Liver and Onions, Baked Potato, Green Beans Amandine, Crunchy Cranberry Salad

## Men's Senior Golf Fun League

Nineteen seniors competed in a best-ball match at 1 p.m. Tuesday, Oct. 27. It was a pleasant day at The Bluffs with mild temperatures and a slight breeze.

The team of Don Ticknor, Shorty Hanson, Dave Zimmer and the Button brothers had the best score. Hanson made a 20 foot birdie putt on #2 and Zimmer made two birdie putts: a 52 foot putt on #4 and a 12 foot putt on #8. Parring the other six holes gave them a score of 33.

Tony Glass, Bob Solomon, Louie

Postvedt and Cleland Cook shot a 35 and were placed second on a tiebreaker. Postvedt made a 9 foot birdie putt on #2 and Solomon made an 11 foot putt on #8.

Harlan Schott, Gene Iverson, Ken Beringer, Kevin Krall and Vern Holter scored the other 35. The team of Ross King, Max Anderson, Alan Clem, Gary Prasek and Don Baer shot a 36.

Join us at The Bluffs on Tuesday at 1:00 p.m., if the weather permits.

## You Only Teach By Example

BY RICHARD P. HOLM, MD

This ancient wisdom rings so true, "You only teach by example."

We all have mentors in our lives; people who serve as examples; those whose patterns of living teach us how to face challenges. Of course most of us start out with our parents as mentors, and then look to other relatives, teachers, partners, and heroes in stories worth imitating.

Even before my medical training I watched our family physician, Dr. Bob Bell, from DeSmet. I remember how his interests outside of medicine were very broad, including hunting and fishing, water skiing, sailing, playing cards, singing in the choir, enjoying art, and the list goes on. Dr. Bell and his wife Phyllis gave me the sense of how a superb physician family can enjoy and savor every moment of life.

I watched Dr. Karl Wegner a Pathologist, lecturer, and the first dean of our South Dakota Medical School whose method of teaching

was with empathy. I remember how he made every one of his students feel like he was speaking directly to him or her. Dr. Wegner gave me a sense of how a superb physician values the other guy.

I watched Dr. Joe Hardison, an Internist at the VA hospital in Decatur, Georgia, whose diagnostic acumen and skills were famous among residents. I remember how he cleverly examined and listened to subtle clues to make the diagnosis. Dr. Hardison gave me a sense of how a superb physician uses her or his senses and brain to make a diagnosis.

I watched Dr. Keller, a cancer specialist at Emory Hospital in Atlanta whose caring way remarkably helped cancer patients deal and cope with very ominous conditions. I remember how he confidently listened and spoke with consoling words and eyes to those with widely spread cancer. Dr. Keller gave me a sense of how a superb physician with compassion for suffering patients gives relief, and exemplifies medical ethics in

action.

And I am still watching Dr. Bob Talley, a Cardiologist and former Dean of USD Sanford School of Medicine, whose concern for students and Residents elevated our Med School into the highest level of training in this country. A specific example is how he helped mold a new method of integrated training in South Dakota about which Harvard has copied, and into which the rest of the country is evolving. Dr. Talley gives me a sense of how a superb physician who concentrates with all his soul on helping young physicians learn, can result in repercussions of caring; caring provided by his students for countless numbers of people throughout the world.

We only learn from and teach by example.

## VHS Volleyball Blanked By Dakota Valley

A tough matchup saw the Region 4 leaders Dakota Valley sweep the Vermillion High School volleyball team in three sets (11-25, 16-25, 6-25) last Friday night at Dakota Valley.

"We struggled to play with confidence," said Vermillion head coach Gabi Jarchow. "The girls' gave good effort, but were very hesitant in their moves."

Kaci Madsen led Vermillion's attack with four kills and Amanda Finnegan added three. Junior setter Kyleigh Moran posted six assists.

On defense, sophomore libero Emily Bye had 10 digs.

Even with the lopsided scores, Jarchow saw some positives to take away from the match.

"The girls did a good job of communicating to each other on the court," she said. Vermillion has one match remaining in the season scheduled for Thursday night against Flandreau Indian in Elk Point beginning at 5 p.m.

Tell them you saw it in the Broadcaster!



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## COWMAN LAND AUCTION

258.47 +/- acres near Gayville, SD

To be sold in FOUR parcels

Tuesday, November 10, 2015 @ 10:00am

Auction held at Minerva's, Yankton, SD

These beautiful pieces of land will be sold in four parcels, each located east of Gayville. Parcel 1 and Parcel 2 are located from SD Highway 50, two miles north on 452nd Ave and one mile east on 309th Street. Parcel 3 and Parcel 4 are located from SD Highway 50 approximately 1/5th mile north on 452nd Ave and approximately 1/2 mile southeast on 311th St. These parcels are great producers and each offer a nice flat topography for farming.

View the complete listing, legal description and terms at [www.newharvestland.com](http://www.newharvestland.com)

Don't miss the chance to add one or more of these parcels to your operation!

#### Legal Descriptions

**Parcel 1:** North Half of the Southwest Quarter (N2SW4), Section 32, Township 94 North, Range 53 West, Clay County, SD. 80.78 +/- acres.

**Parcel 2:** South Half of the Southwest Quarter (S2SW4), Section 32, Township 94 North, Range 53 West, Clay County SD. 80.79 +/- acres.

**Parcel 3:** Southwest Quarter of the Southeast Quarter (SW4SE4), Section 7, Township 93 North, Range 53 West, Clay County SD, 40.65 +/- acres.

**Parcel 4:** Northeast Quarter NRR (NE4NRR), Section 18, Township 93 North, Range 53 West, Clay County, SD. 56.25 +/- acres.

#### TERMS:

- A 4% Buyers Premium and sales tax will apply
- The following non-refundable down payments from the winning bidder(s) are due the day of the auction:  
 Parcel 1: \$100,000 Parcel 2: \$100,000  
 Parcel 3: \$50,000 Parcel 4: \$75,000
- The winning bidder(s) will be required to sign agreements to purchase the day of the sale.
- Real Estate Taxes are current. 2015 Real Estate taxes due in 2016 will be the responsibility of the Seller.
- An Owners Title Insurance Policy and closing fees will be split 50/50
- Closing will take place at Yankton Title Company in Yankton, SD on or before December 31, 2015
- Possession will be given at closing, subject to the rights of the current tenant.
- The Parcels will be sold separately and not combined
- New Harvest Land Brokers, LLC are representing and working on behalf of the sellers.
- Information herein believed to be accurate but not warranted. All announcements made on the day of the sale take precedence over any printed material.
- This auction is open to the public.



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