

SCHOOL LUNCH MENU'S

Menus listed below are for **September 2 - September 8**. Menus are subject to change without notice.

Vermillion Schools Lunch

Wednesday - A. Italian Dunkers with Marinara Sauce, B. BBQ Rib Sandwich, Candied Carrots
Thursday - A. Home-style Tater Hot Dish and Fresh Baked Dinner Roll, B. Hot Dog, Mixed Vegetables, Fresh Baked Chocolate Chip Cookie
Friday - A. Pizza, B. Cowboy Beans over a Fresh Baked Biscuit, Golden Corn
Monday - Labor Day - No School
Tuesday - A. Soft Shell Tacos, B. Hot Ham & Cheese Sandwich, Chili Lime Corn, Fresh Baked Carnival Cookie
Elk Point-Jefferson Breakfast
Wednesday - Yogurt with Goldfish Grahams, Orange Wedges, 100% Fruit Juices, Milk Choices
Thursday - Pancake Sausage Stick, Mixed Fruit, 100% Fruit Juices, Milk Choices
Friday - Fresh Baked Cinnamon Roll, Diced Pears, 100% Fruit Juices, Milk Choices
Monday - Labor Day - No School
Tuesday - Home-style Sausage Gravy over a Fresh Baked Biscuit, Pineapple, 100% Fruit Juices, Milk Choices

Vermillion High & Middle School Lunch

Wednesday - A. Italian Dunkers with Marinara Sauce, B. BBQ Rib Sandwich, Candied Carrots
Thursday - A. Home-style Tater Hot Dish and Fresh Baked Dinner Roll, B. Hot Dog, Mixed Vegetables, Fresh Baked Chocolate Chip Cookie
Friday - A. Pizza, B. Cowboy Beans over a Fresh Baked Biscuit, Golden Corn
Monday - Labor Day - No School
Tuesday - A. Soft Shell Tacos, B. Hot Ham & Cheese Sandwich, Chili Lime Corn, Fresh Baked Carnival Cookie
Elk Point-Jefferson Breakfast
Wednesday - Yogurt with Goldfish Grahams, Orange Wedges, 100% Fruit Juices, Milk Choices
Thursday - Pancake Sausage Stick, Mixed Fruit, 100% Fruit Juices, Milk Choices
Friday - Fresh Baked Cinnamon Roll, Diced Pears, 100% Fruit Juices, Milk Choices
Monday - Labor Day - No School
Tuesday - Home-style Sausage Gravy over a Fresh Baked Biscuit, Pineapple, 100% Fruit Juices, Milk Choices

Hot Dog, Mixed Vegetables, Fresh Baked Chocolate Chip Cookie

Friday - A. Pizza, B. Cowboy Beans over a Fresh Baked Biscuit, Golden Corn
Monday - Labor Day - No School
Tuesday - A. Soft Shell Tacos, B. Hot Ham & Cheese Sandwich, Chili Lime Corn, Fresh Baked Carnival Cookie

Elk Point-Jefferson Breakfast

Wednesday - Yogurt with Goldfish Grahams, Orange Wedges, 100% Fruit Juices, Milk Choices
Thursday - Pancake Sausage Stick, Mixed Fruit, 100% Fruit Juices, Milk Choices
Friday - Fresh Baked Cinnamon Roll, Diced Pears, 100% Fruit Juices, Milk Choices
Monday - Labor Day - No School
Tuesday - Home-style Sausage Gravy over a Fresh Baked Biscuit, Pineapple, 100% Fruit Juices, Milk Choices

Elk Point - Jefferson Elementary School Lunch

Wednesday - A. Italian Dunkers with Marinara Sauce, B. BBQ Rib Sandwich, Steamed Carrots
Thursday - A. Tater Tot Hot Dish, Whole Grain Roll, B. Hot Dog, Mixed Vegetables, Fresh Baked Sugar Cookie
Friday - A. Pizza, B. Cowboy Beans over a Fresh Baked Biscuit, Golden Corn
Monday - Labor Day - No School
Tuesday - A. Soft Shell Tacos, B. Hot Ham & Cheese Sandwich, Golden Corn, Fresh Baked Carnival Cookie
Elk Point-Jefferson High & Middle School Lunch
Wednesday - A. Italian Dunkers with Marinara Sauce, B. BBQ Rib Sandwich, C. Sub Sandwich, Steamed Carrots
Thursday - A. Tater Tot Hot Dish, Whole Grain Roll, B. Hot Dog, C. Sub Sand-

wich, Mixed Vegetables, Fresh Baked Sugar Cookie
Friday - A. Pizza, B. Cowboy Beans over a Fresh Baked Biscuit, C. Sub Sandwich, Golden Corn
Monday - Labor Day - No School
Tuesday - A. Soft Shell Tacos, B. Hot Ham & Cheese Sandwich, C. Sub Sandwich, Golden Corn, Fresh Baked Carnival Cookie

Irene-Wakonda School Breakfast

Available every day:
Breakfast entrée or Choice of cereals w/toast, Fruit, Milk Choices
Wednesday - Long John Donut, Fruit, Milk Choices
Thursday - French Toast Sticks, Fruit, Milk Choices
Friday - N/A
Monday - Labor Day - No School
Tuesday - Breakfast Sliders, Fruit, Milk Choices
Irene-Wakonda Elementary School Lunch
Wednesday - A. Nachos

Grande, B. Meatballs with Gravy, Rice, Green Beans
Thursday - A. Cheesy Chicken Casserole, B. Cheeseburger, Carrots
Friday - N/A
Monday - Labor Day - No School
Tuesday - A. Goulash with Bread, B. Mini Corn Dogs, Peas
Irene-Wakonda High & Middle School Lunch
Wednesday - A. Nachos Grande, Rice, B. Meatballs with Gravy, Rice, C. Italian Sub, Green Beans
Thursday - A. Cheesy Chicken Casserole, B. Cheeseburger, C. Roast Beef & Swiss Sub, Carrots
Friday - N/A
Monday - Labor Day - No School
Tuesday - A. Goulash with Bread, B. Mini Corn Dogs, C. Cold Cut Sub, Peas

When The Honeymoon Is Over

BY DARIS HOWARD

My wife, Donna, grew up in Los Angeles, and I was afraid my rural upbringing would scare her off. But she was one of the few girls I met who was not afraid to try new things. I was also always willing to try new things, and I found myself stepping out of my comfort zone many times as we visited her family.

Donna and I both learned a lot from each other, and as time went on, we married. There were things about city life that were tough for me, but it was Donna who ended up with the biggest challenge.

The night after we were married, we had a reception, then we left to spend two weeks on our honeymoon. We traveled to meet family members who were scattered across the United States. We arrived back at my parent's home on a Thursday evening, with plans to spend Friday setting up for an open house that would be on Saturday.

I was one of the youngest boys of my family, so my father had sold the cows when I left home and rented out the farm. But he still kept about a dozen young heifers.

The night we arrived, he came to talk to me. "Daris," he said, "the heifers were all bred about the same time, and

if my calculations are correct, I think they should be calving anytime. Would you mind checking on them for me tomorrow?"

I told him I would, and the next morning, right after breakfast, I walked out to the pasture. I hadn't gone very far when I came across one of the heifers. She was lying on her side trying to birth a calf, but it was stuck. As I approached her, even in her extreme pain, she rose to her feet and moved to keep her distance from me. I knew that I had to get her in the barn where I could help her, or she would die. I also knew I couldn't herd her there alone, so I asked Donna to help me.

Despite the heifer's belligerence, Donna and I finally had the cow locked in a stall in the barn. Then came the part that was a big learning experience for Donna.

The only part of the calf that showed was one hoof, the nose, and a swollen tongue. I figured the calf was probably dead, but I still needed to work quickly to save the mother.

I tied some twine to the leg that was visible, then I pushed it and the head back in. I asked Donna to hold the cow's tail out of the road, and then I reached in, holding another piece of twine in my hand. When I did, the cow strained against me, crushing my

arm. This was something I had done hundreds of times while I was growing up, but it was new to Donna, and she looked on wide-eyed.

I was finally able to feel the second hoof, and eventually was able to slip a loop of the twine around it. I worked that hoof up with other one, and then I pulled. By that time I was exhausted, but it was exhilarating to see the calf slide out into the straw. And what was more exciting, even though his nose and tongue was so swollen he could hardly breathe, he was still alive.

We put the mother and her baby into a nice, clean pen and went to check on the other heifers. We found three more of them in desperate need of help. To our amazement, all of the calves lived, and soon each cow had a baby nursing at her side. By then it was evening, and we had neither eaten lunch, nor prepared anything for the reception.

After we had finished, had washed, and were sitting down to dinner, I told my dad about our day. He laughed and said, "There's nothing like baptism by fire into ranching life for your wife."

Then her laughter joined his when he turned to her and said, "But it's too late to back out now, because you're already hitched!"

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 Sept. 2 - Sept. 8. Menus are subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise noted.

Wednesday - Hamburger Casserole, Carrots with Parsley, Jello
Thursday - Chef Salad with Turkey, Cheese, Egg, Tomato, Peaches, Oatmeal Blueberry Muffin
Friday - Cream Potato Soup, Egg Salad Sandwich, Lime Jello with Pears, Apple
Monday - Labor Day - No Meals
Tuesday - Hamburger with Ketchup, Mustard, Onion, Sliced Tomato, Lettuce, Baked Beans, Potato Salad, Watermelon

New at USD: Yearlong Registration And Added Majors

VERMILLION, S.D. - University of South Dakota students returned to campus this week knowing not just their class schedule for the fall but also next spring. A yearlong registration implemented in March is among several academic changes taking effect this semester that also include new academic majors and a bookstore loan program.

Jim Moran, USD provost and vice president of academic affairs, said students like the longer registration time frame because they can plan for the entire academic year. It also helps departments know what classes need to be offered to ensure students finish a bachelor's degree in four years, he said.

USD has added several business administration programs focused on entrepreneurship and two other majors to meet demand for paramedics and people skilled in sport marketing & media. Also new this year is a program that allows students to borrow up to \$500 for books until their financial aid or other support comes in, so they don't fall behind, Moran said.

"For our students, with the emphasis on liberal arts education, it's not just preparation for a career but also for life and contributing to the community," he said of USD's goals. "Leadership, judgment, responsibility, engagement and integrity. We're seeing some adaptations in our courses and increasing the opportunity for students to study abroad and for service learning, internships and undergraduate scholarship experience. All of these things that create a distinctive education and provide students with a way of thinking and a way of looking at the world that prepares them for citizenship as well as for a career."

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- Tuesday & Thursday evenings at the Vermillion High School shop
- 2 1/2 hours per class

Advance registration is required. Class size limited to first 10 applicants. To register for the class contact the Vermillion Area Chamber and Development at 605-624-5571 or vcd@vermillionchamber.com | This class is being offered through a partnership of the Vermillion Area Chamber and Development Company, Masaba and the Vermillion School District.

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