

AMERICAN LIFE IN POETRY:

Using Rhyme To Offset Depression

BY TED KOOSER
U.S. Poet Laureate

Rhyming has a way of brightening a poem, and a depressing subject can become quite a bit lighter with well-chosen rhymes. Here's a sonnet by Mary Meriam, who lives in Missouri. Are there readers among you who have felt like this?

THE ROMANCE OF MIDDLE AGE

Now that I'm fifty, let me take my showers at night, no light, eyes closed. And let me swim in cover-ups. My skin's tattooed with hours and days and decades, head to foot, and slim is just a faded photograph. It's strange how people look away who once would look. I didn't know I'd undergo this change and be the unseen cover of a book whose plot, though swift, just keeps on getting thicker. One reaches for the pleasures of the mind and heart to counteract the loss of quicker knowledge. One feels old urgencies unwind, although I still pluck chin hairs with a tweezer, in case I might attract another geezer.

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LIFE DIGEST

Neb. Hazardous Waste Collections This Week

The Northeast Nebraska Resource Conservation & Development (RC&D) Council and Red Willow County Household Hazardous Waste are partnering to offer three more household hazardous waste collections for the region.

Earlier this year the RC&D held three in the northern tier of counties. Now they will be held:

- On Aug. 5 — Wakefield from 8:30 to 10:30 a.m. at 303 Oak St., on Hwy 35 across from Cubby's Cenex Station; Hadar from 1:30 to 3:30 p.m. in the city's park on North Front St. about one block off of Hwy 13;
- On Aug. 6 — Clearwater from 9 — 11 a.m. at 707 Montana St., the water tower parking lot across from the park.

Items to be accepted at these two-hour events include latex and oil-based paint, used oil, adhesives, solvents, pesticides, antifreeze, fluorescent light bulbs, items containing mercury, aerosol cans, and car batteries. Only household quantities will be accepted. These are no-fee events for the public, but a free will donation will gladly be accepted to further the projects of the RC&D Council.

For more information about this project or others contact the RC&D office in Plainview at 402-582-4866.

Stroke And Osteoporosis Screening Aug. 11

Residents living in and around the Yankton community can be screened to reduce their risk of having a stroke or bone fracture. The Elks Lodge No. 994 will host Life Line Screening on Aug. 11 at 504 W. 27th St. in Yankton. Appointments will begin at 9 a.m.

Four key points every person needs to know:

1. Stroke is the third leading cause of death and a leading cause of permanent disability;
2. Eighty percent of stroke victims had no apparent warning signs prior to their stroke;
3. Preventive ultrasound screenings can help you avoid a stroke;
4. Screenings are fast, noninvasive, painless, affordable and convenient.

Screenings identify potential cardiovascular conditions such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women.

There are fees for these packages. All five screenings take 60-90 minutes to complete.

For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit www.lifelinescreening.com. Pre-registration is required.

Mrs. South Dakota Applications Sought

SIoux FALLS — Applications are now being accepted for the title of Mrs. South Dakota International 2011, an official preliminary to the Mrs. International Pageant which will be held at the North Shore Center for the Performing Arts Theater in Chicago. The dates are July 19-23, 2011.

The Mrs. South Dakota International 2011 Pageant will be held Saturday, Oct. 9, 2010, at the Orpheum Theatre in Sioux Falls.

Competitions will include:

- Private one on one interview, with each contestant selecting a platform, which she will speak about through her reign 50 percent;
- Fitness Wear (in lieu of swimsuit competition) 25 percent;
- Event Gown/Husbands escorting their wives on stage 25 percent;

Married women between the ages of 21-56 living in South Dakota that are interested should call Jessie Brower/South Dakota State Director at (605) 360-1117 or e-mail jessiebrower@hotmail.com.

■ Get Updates At Yankton Online (www.yankton.net)

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Break Issues Need To Be Fixed Right Away

BY TOM AND RAY MAGLIOZZI

Dear Click and Clack:
I remember listening to your radio show, "Car Talk," with my parents when I was a little kid, and hearing my mom say about a billion times that one of you had the same kind of car she had. That car was a Colt Vista, and now I drive one. And that's the reason I'm writing to you. Sookie is my 1987 Plymouth Colt Vista station wagon, and her brake warning light is ALWAYS on. The woman I bought the car from said she had someone check it out, and (at that point, anyway) there was nothing wrong. This is my first car, and I don't know if it's a big deal. I've been ignoring it since I bought the car a few months ago, but because I'm moving from California to Colorado in the car soon, I thought it's time to figure it out. What should I do? Thanks!
— Emma

TOM: Well, you may want to avoid the Rockies, Emma. Would you consider moving to somewhere flatter, like Death Valley?
RAY: I'm the one who had a Colt Vista, and I loved its utility and economy, despite the fact that it was a tin can. Mine also was a 1987. But in any case, the brake warning light on the dashboard has two different functions.

TOM: The most important function is to alert you when you're low on brake fluid.



CLICK & CLACK

And just so you know, no brake fluid means no brakes, Emma! So the first thing you should do is check your brake fluid level, or have a mechanic check it for you.

RAY: If you top off the brake fluid and the brake warning light goes out, then you know the light is on because of a brake fluid issue. Then the question is, Why is your brake fluid low?

TOM: It could be low because you have a leak. If the light comes back on in a few days or a few weeks, the fluid's probably leaking out somewhere.

RAY: But brake fluid also can be low because your brake pads are all worn out. As the pads wear down, brake fluid moves down the brake lines to fill the empty space. That lowers the level in the reservoir, and kicks on the brake warning light.

TOM: Now, if the issue is not your brake fluid level (if you discover that the brake fluid already is topped off, or if topping it off doesn't cause the light to go out), then the light is on because it thinks your parking brake is applied. The brake warning light also serves as a parking brake indicator.

RAY: Given that the previous owner had it checked out, I'm going to assume that the two of you have not been driving around for thousands of miles with the parking brake actually applied. More likely, the parking brake switch is bad.

TOM: It simply may have rusted out and corroded after a quarter-century of use.

RAY: I know lots of my parts have! But get all this stuff checked out before you move. Emma, your mother never will forgive us if we let you drive over the Continental Divide without adequate brakes.

Got a question about cars? Write to Click and Clack in care of this newspaper, or e-mail them by visiting the Car Talk Web site at www.cartalk.com.

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Social Security Celebrates 75th Anniversary

BY KATHY PETERSEN

Social Security
Public Affairs Specialist

On August 14, Social Security — the most important and successful domestic program in our nation's history — turns 75.

For 75 years, Social Security has touched the lives of Americans across the country. From its very inception, Social Security was intended to confront change, both predictable and unforeseen.

When Roosevelt signed Social Security into law on August 14, 1935, he said, "The civilization of the past hundred years, with its startling industrial changes, has tended more and more to make life insecure. Young people have come to wonder what would be their lot when they came to old age. The man with a job has wondered how long the job would last. This law, too, represents a cornerstone in a structure which is being built but is by no means complete. It is, in short, a law that will take care of human needs at the same time provide the United States an economic structure of vastly greater soundness."

Change and economic uncertainty was a regular part of

everyday life in those days, just as it is today. Social Security helped add some stability to American citizens who otherwise may not have had an income at all — just as it does today.

If you want to share a personal experience or reflection in writing, please visit www.socialsecurity.gov/75thanniversary/stories.html.

YOUR QUESTIONS, OUR ANSWERS

It's never been easier to get an answer to a Social Security question. That's because we recently redesigned our "Frequently Asked Questions."

The new page resembles a search engine. Simply type in your question, or some key words, and you'll get links to quick answers that relate directly to your subject matter. The redesigned page also features a faster response time. Because it is such a simple page, it's easy to use even when you're on the run with your mobile device.

Try it out now: visit www.socialsecurity.gov and select the "Have A Question? Find An Answer" box at the right side of the page.

Question:
I can't find my Social Security card. How can I get a new one?

Answer: First, consider whether you really need a new card. You need to apply for a replacement Social Security card only if you don't know your Social Security number, or if you need to show your card to a new employer. If you decide that you do need a card, you can replace it for free in three easy steps.

Step 1: Complete an Application for a Social Security Card (Form SS-5)

Step 2: Show us documents proving your:

- Identity; and

- U.S. citizenship or immigration status.

Step 3: Take your completed application and original documents to your local Social Security office or your local Social Security Card Center. You'll receive your replacement card in about 10 to 15 days.

Question:
How do I earn a Social Security credit?

Answer:
A "Social Security credit" (sometimes referred to as a "quarter of coverage") is the measure of a person's work under the Social Security program. The amount needed for a credit increases automatically each year as average wages

increase. For 2010, workers receive one credit for each \$1,120 of earnings. For 2009, the amount of earnings for one credit was \$1,090. A worker can receive a maximum of four credits for any year. Generally, you need 40 credits to be eligible for retirement benefits. Learn more at www.socialsecurity.gov/OACT/OLA/QC.html.

Question:
What is the difference between the disability application and the disability report? Do I have to complete both?

Answer:

Yes, you will need to complete both when you apply for disability benefits. To receive Social Security disability benefits, you must file a disability application. A disability report provides information about your current physical or mental condition and we need this to process your disability application. You should complete a disability application, a disability report, and an authorization to release medical records to file a claim for disability benefits. To learn more, and to apply online, visit www.socialsecurity.gov/applyfordisability.

Lake Andes Organization Plans Picnic To Celebrate 45 Years Of Service

LAKE ANDES — The Rural Office of Community Services, Inc. of Lake Andes is celebrating 45 years of Community Action Partnership with a celebration picnic on Friday, Aug. 13, at the City Park in Lake Andes.

A free lunch will be served and presentations will be given by past and present directors and board members as well as state program directors. The celebration will be held from 10 a.m.-4 p.m. Any and all who have ties to Community Action are welcome to attend.

Community Action in Charles Mix County was officially formed in 1965 to begin serving low income individuals and families in need.

The Agency began serving only Charles Mix County as the Charles Mix County Community Action Partnership and over 45 years has expanded to serve 22 counties as the Rural Office of Community Services, Inc. The first executive director was Elmer Blair, formerly of Geddes, and the first federal grant received by the agency was

for \$22,607 to be used for the development of the agency.

In 1966, the agency changed its name to the South Central Community Action Program, Inc., in order to incorporate other counties into the agency. At this time Gregory, Bon Homme, Douglas, Hutchinson, Davison, Aurora and Brule counties were added to the service area.

One of the major programs for the early Community Action Program was Head Start. It also provided services for community beautification, streets, libraries and parks.

Today, the Rural Office of Community Services, Inc., provides services in four major programs: Weatherization, Public Transportation, Dakota Senior Meals and Emergency Services. The executive director is Deb Cahoy of Bonesteel. The agency's current operating budget is \$9.6 million from federal grants, state grants, private grants, local donations and in-kind support.

Nominations Needed For Spirit Of Dakota Award Society

HURON — The Spirit of Dakota Award Society is seeking nominations for the annual Spirit of Dakota Award to be announced at a banquet Oct. 2 in Huron. In its 24th year, the society will again be honoring and hosting outstanding women from every corner of the state.

The 2010 Spirit of Dakota Award winner will be chosen by a state-wide Selection Commission including First Lady Jean Rounds of Pierre; Judy Barbour, Rapid City; Coral Bonnemann, Brookings; Glenna Foubert, Aberdeen; Jean Hunhoff, Yankton; Bette Poppen, DeSmet; Tona Rozum, Mitchell; Suzette Kirby, Sioux Falls; Marsha Sumpter, Kodoka; Judy Trzynka, Watertown; and Bev Wright, Turton. The nomination process is open to all interested individuals or organizations who wish to recognize an outstanding

woman in their community.

The Spirit of Dakota Award is presented to an outstanding South Dakota woman who has demonstrated vision, courage and strength in character and who has made a significant contribution to the quality of life in her community and state.

Past recipients have included community leaders in business, government and civic organizations and have been described in newspaper articles as "the cream of the crop in terms of South Dakota's best." The 2009 award recipient, Julie Garreau of Eagle Butte, has made and continues to make a significant impact on her community and state.

Nomination forms are available by contacting the Huron Area Chamber of Commerce, 1725 Dakota Ave S, Huron, SD 57350 (1-800-487-6673) or online at www.spiritofdakota.org.

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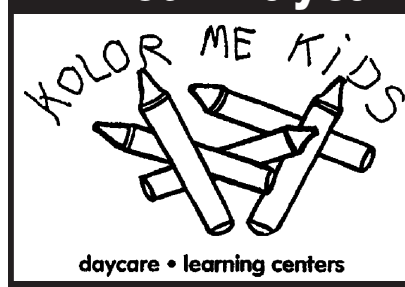
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