

BY TED KOOSER

AMERICAN LIFE IN POETRY:

## Thankful Memories Of 9-11 Respect Good Fortune

U.S. Poet Laureate

I've read dozens of poems written about the events of September 11, 2001, but this one by Tony Gloegler of New York City is the only one I've seen that addresses the good fortune of a survivor.

### FIVE YEARS LATER

My brother was on his way to a dental appointment when the second plane hit four stories below the office where he worked. He's never said anything about the guy who took football bets, how he liked to watch his secretary walk, the friends he ate lunch with, all the funerals. Maybe, shamed by his luck, he keeps quiet, afraid someone might guess how good he feels, breathing.

American Life in Poetry is made possible by The Poetry Foundation, publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright ©2009 by Tony Gloegler, whose most recent book of poetry is *The Last Lie*, New York Quarterly Books, 2010. Poem reprinted from *Paterson Literary Review*, Issue 37, 2009/2010, by permission of Tony Gloegler and the publisher. Introduction copyright ©2010 by The Poetry Foundation. The introduction's author, Ted Kooser, served as United States Poet Laureate Consultant in Poetry to the Library of Congress from 2004-2006. We do not accept unsolicited manuscripts.

## Farmers Want To Give Away Free Food

"I want to give you free groceries for a year," says Chef Edinger, a farmer from Mitchell and part of the Farmer Feed US program.

Edinger is one of eight South Dakota farmers featured in the South Dakota Farmers Feed Us program, which is designed to connect consumers with farm and ranch families who produce the food that we eat each day. On the website [www.farmersfeedus.org](http://www.farmersfeedus.org), consumers can learn about Edinger's farm and view a video message from several farmers or ranchers who work to provide nutritious, safe, and affordable food.

As consumers meet some of the farmers on the site, they are encouraged to register for a "Free Groceries for a Year" sweepstakes. Entries will be taken through Nov. 6. Once the 90-day sweepstakes program is completed, two winners from all of the registered will be selected. Winners will receive a \$5,000 grocery gift card from their preferred grocery store.

"As more and more people move from an agricultural background to the suburbs and city, South Dakota farmers believe that it's important for consumers to understand how farmers work

each day to deliver food to their tables," says Edinger. "I take great pride in knowing that I help to feed hungry people not only in South Dakota but throughout the world."

Edinger is a member of the South Dakota Wheat Commission, one of the sponsors of the program. Ag United for South Dakota is leading the coordination of the program in South Dakota. The Center for Food Integrity based in Kansas City has implemented the Farmers Feed Us program in other states and will also assist with implementation in South Dakota.

In addition to the website, the campaign includes television advertising, along with outreach to news media. There is also a strong social media component with opportunities for consumers to interact with the farmers on Facebook and Twitter.

"South Dakota Farmers Feed Us is a great way to deliver positive messages about agriculture and food production," says Edinger. "Look for yourself. Tour my farm and other South Dakota farming operations. I want to give you free groceries for a year but you need to register at [www.farmersfeedus.org](http://www.farmersfeedus.org) to win."

## American Cancer Society Offers 3 Tips To Keep Kids Healthy And Prevent Cancer

SIoux FALLS — Whether you welcome it with excitement (the kids are out of the house) or a bit of sadness (goodbye, lazy summer days) school has started and it's back to the routine once again. The American Cancer Society has compiled some tips to help you start the school year off right, and keep your family healthy and cancer-free.

1. Encourage healthy eating habits. This doesn't mean putting your kids on a diet — just making a few small changes. Pack lunches and plan menus that have fruits, veggies, and whole grains in them. Limit sugary, salty, and high-fat snacks. Tweak family favorite recipes to make them healthier. For example, instead of serving fried chicken, try "oven-fried" chicken nuggets. Give kids a high protein breakfast — scrambled eggs or peanut butter on toast, for example. Pack lunches with low-fat, energy-boosting snacks like fruit, low-fat string cheese, or applesauce. Our healthy recipes will give you some delicious ideas for adding more fruits and vegetables to your meals.

2. Have fun and be fit. The American Cancer Society recommends kids get at least 60 min-

utes of exercise, preferably daily. Encourage kids to try a new sport. Family outings to the park, walks, or bike rides are great ways for you to unwind after work and to get your child active. Limit the couch-potato activities like TV watching and computer time.

3. Protect Your Skin. Yes, even in winter! It's easy to forget the sunscreen once summer ends. But sun protection is a must year-round. Protect yourself and your family from skin cancer by wearing SPF 30 or higher.

But the number one thing you can do to help your kids stay healthy is to set an example. If you're eating right, exercising and using sunscreen, chances are they will too. Find out more ideas on how to stay healthy this school year at [cancer.org/foodandfitness](http://cancer.org/foodandfitness).

For cancer information anytime, contact the American Cancer Society at 1.800.227.2345.

# The Right Way To Start A Tractor

BY TOM AND RAY MAGLIOZZI

Dear Tom and Ray:

I am a college student who loves anything mechanical, and I work on a local farm to earn a little extra money. My boss likes to keep costs down, and that includes maintenance on tractors. That being said, none of the tractors has good batteries, and in the colder times of the year, you get only one shot of about five seconds to start them before the batteries die. My boss swears that putting the tractor in neutral with your foot OFF the clutch lessens the strain on the starter. I say it's easier to start if you press down on the clutch while starting. Who's right? I think he is wrong, but you can't argue with the man who signs the checks. — Jeremy

RAY: No, you can't argue with him. But you can ignore him. You're right, Jeremy.

TOM: When you start the tractor with your foot off the clutch, you're forcing the starter to turn not only the engine, but also the main shaft of the transmission. So right



CLICK &amp; CLACK

there, you're giving the starter more work to do.

RAY: Add to that the fact that it's cold out, and that 90-weight gear oil in the transmission is thicker than my brother's skull.

TOM: That's thick!

RAY: When you step on the clutch, none of that stuff in the transmission is turning; you've disengaged the transmission from the engine. And if you've got limited battery power, that's absolutely what you want to do — for cars as well as tractors.

TOM: In fact, if you start cranking the engine with the clutch pedal out, and then push it in mid-crank, you'll be able to hear the engine start to crank faster.

RAY: So you can do one of two things with this newfound knowledge, Jeremy. You can quietly use it to your advantage, and start the tractors the right way by pushing in the clutch.

TOM: Or you can go wave this article in your boss's face, and then after he fires you, you can use this information at your next job.

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](http://www.cartalk.com).

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## Rounds Proclaims Suicide Prevention Week

PIERRE — Gov. Mike Rounds has proclaimed Sept. 5 – 11 as "Suicide Prevention Week" in South Dakota.

"This year's theme, Families, Community Systems, and Suicide, focuses on raising awareness that suicide is a major preventable cause of premature death," said Amy Iversen-Pollreis, director of the state Division of Mental Health.

"Many communities and local suicide prevention task forces in South Dakota observe Suicide Prevention Week and host special events to raise awareness of suicide," she said.

Suicide occurs across all age, economic, social, and ethnic boundaries. Suicide is the 11th leading cause of death in the United States.

In South Dakota, suicide is the ninth leading cause of death, and the second leading cause of death among young people ages 15-34. The American Association of Suicidology estimates that

there are 10-20 suicide attempts for each completed suicide nationally.

About 4.6 million people in the United States have lost loved ones to suicide. The loss of a loved one by suicide is shocking, painful and unexpected. The grief can be intense, complex, and long term. Surviving family members not only suffer the trauma of losing a loved one to suicide, but they may also be at risk for suicide and emotional problems.

Communities and local suicide prevention task forces across the state promoting this year's theme of Families, Community Systems and Suicide

are encouraged to follow initiatives based on goals contained in the National Strategy for Suicide Prevention, including:

- Promoting awareness that suicide is a public health problem that is preventable
- Developing broad-based support for suicide prevention

- Developing and implementing strategies that reduce the stigma associated with obtaining mental health, substance abuse, and suicide prevention services
- Developing and implementing community-based suicide prevention programs
- Developing and implementing community based suicide bereavement support services
- Promoting efforts to reduce access to lethal means and methods of self-harm
- Implementing training for the recognition of at-risk behavior and the delivery of effective treatment
- Suicides may be prevented when suicidal behaviors are detected early and individuals are referred to services and supports. Help can be obtained in South Dakota communities for the assessment and treatment of suicidal behaviors and their underlying causes. If you believe there is a suicide risk, contact a professional immediately. Call the suicide crisis hotline at 1-800-

273-TALK (8255), a family physician, a psychiatrist, a medical emergency room, or a community mental health center in your area. Talk to someone — you are not alone.

For more information about suicide prevention in South Dakota or the South Dakota Strategy for Suicide Prevention log onto <http://www.sdsuicideprevention.org/>

For more information about the National Suicide Prevention Lifeline 1-800-273-TALK (8255) log onto [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

For more information about the National Suicide Prevention Week log onto [www.suicidology.org](http://www.suicidology.org)

For more information about mental health services in your area, contact the state Division of Mental Health at 605-773-5991 or log on <http://dhs.sd.gov/> and click on the Mental Health tab. Once there, click on Community Mental Health Centers for specific information in your area.

## Answers To Five Common Social Security Questions

As you start thinking about retirement, it's easy to fantasize about wonderful vacations, pursuing your hobbies, or volunteering for an organization you're passionate about. But to fully enjoy your retirement, you need to have a financial plan in place.

Start by understanding your Social Security benefits. With information from the Federal Citizen Information Center and the Social Security Administration, you'll get answers to some of your most common Social Security questions.

1. Who qualifies for Social Security benefits? When you retire; if you become disabled; or if you are the widowed, divorced or minor child survivor of someone who has died. Social Security payments can replace part of your former income.

2. How do I begin receiving Social Security retirement benefits? It's up to you to apply for benefits. You can do that online at [socialsecurity.gov](http://socialsecurity.gov) or by calling 1-800-772-1213. If you want to apply in person, you should call to make an appointment to visit your local Social Security office. When you apply you will need to have access to your Social Security number, your most recent W-2, and your marriage and birth certificates. You can apply for benefits no more than four months before you want them to begin.

YOU'RE NEWS!  
The Press & Dakotan

3. At what age should I start getting Social Security retirement benefits? Your retirement age is a personal choice. You can start receiving benefits at 62, but you'll get less. The amount is reduced by about half a percent for each month that you apply early. To get your full benefit amount, you'll need to wait until you've reached your full retirement age. That's determined by the year you were born. If you were born before 1938, the age is 65. If you were born after 1959, the age is 67. If you're in between, see the full retirement age chart.

4. How much will my monthly benefit be? You can use the online Retirement Estimator to get an idea of how much your Social Security benefit will be. You can also plan for how your survivors will be covered and learn what benefits are available if you become disabled and how you can apply for them.

5. How will the benefit be paid? The easiest way to receive your monthly Social Security payment is through direct deposit. You can sign up for it when you apply for your benefits.

For more answers to your Social Security questions, check out "Understanding Your Benefits" and "When to Start Receiving Benefits." To order free hard copies of these publications, call 1 (888) 8 PUEBLO, that's 1 (888) 878-3256, and ask for "Social Security: Understanding Your Benefits"

(Item 518V) and "Social Security: When to Start Receiving Benefits" (Item 523V). Armed with this information from the Federal Citizen Information Center, you'll be able to set up your financial plan for retirement and get busy pursuing your other interests.

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## Meet Dr. Kudera, Orthopedic Surgeon

YANKTON MEDICAL CLINIC, P.C. IS PLEASED TO ANNOUNCE THE ASSOCIATION OF  
**Jeremy Kudera, M.D.**  
Board Eligible Orthopedic Surgeon

Dr. Kudera is originally from Dell Rapids, SD and completed his undergraduate degree at The University of South Dakota where he was a student-athlete. He is a graduate of Sanford School of Medicine-University of South Dakota. Dr. Kudera completed his Orthopedic Surgery residency training at Mayo Clinic, Rochester, MN, and is board eligible.

Dr. Kudera will provide care for a multitude of musculoskeletal conditions including joint replacement of the knee, hip, and shoulder, treatment of athletic injuries, adult and pediatric fracture care, rotator cuff repair, and treatment of carpal tunnel syndrome.

Please join with us in welcoming Dr. Kudera, his wife, Jennifer, and their son, Jackson, to Yankton.

Dr. Kudera began seeing patients at Yankton Medical Clinic, P.C. August 23, 2010. Appointments can be made by calling 605-665-1722.

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