

LIFE IN POETRY

Poetry Takes Fresh Look At Commonplace Things

BY TED KOOSER

U.S. Poet Laureate, 2004-2006

Here is a lovely poem by Robert Cording, a poet who lives in Connecticut, which shows us a fresh new way of looking at something commonplace. That's the kind of valuable service a poet can provide.

OLD HOUSES

Year after year after year
I have come to love slowly

how old houses hold themselves—

before November's drizzled rain
or the refreshing light of June—

as if they have all come to agree
that, in time, the days are no longer
a matter of suffering or rejoicing.

I have come to love
how they take on the color of rain or sun
as they go on keeping their vigil

without need of a sign, awaiting nothing

more than the birds that sing from the eaves,
the seizing cold that sounds the rafters.

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Unsticking A Stuck Tire Cap

BY TOM AND RAY MAGLIOZZI
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Dear Tom and Ray:
I took my 2008 Audi A4 for routine maintenance. The dealership informed me that they could not check my tire pressure, because I had "aftermarket valve-stem covers." I was confident that I didn't, since I'm a "Suzy Homemaker" type and never added anything fancy to the car. But then my husband strolled in and admitted he had bought some blingy silver-bolt decorative valve-stem covers at the local big-box store without telling me. I'd never noticed. Anyway, the dealership said these caps are now rusted on, and there is NO WAY to remove them. They say they can saw off the stems and replace them for \$71 per tire. Can this be true? Seems like an expensive mistake. Should I try pouring Coke on them (like we used to do with batteries)? Someone said to apply heat. What do you think? Thank you for any ideas. — Jane

TOM: Those valve-stem caps your husband bought — with the pictures of Pippa Middleton on them — were made of some really cheap metal. And they've now rusted to the threads on your valve stems.

RAY: The reason they cost \$71 apiece to replace is that there are tire-pressure monitoring sensors in them. If the sensor in the valve stem detects low tire pressure, it sends a wireless signal to the computer, which activates a warning light on your dashboard. And now the shop has to remove those sensors and put them in the new valves, which is why they can't just throw a set of \$5 stems in there and call it a day.

TOM: But I wouldn't cut 'em off just yet (and, just to be clear, I'm referring to the valve stems, not your husband!). I'd try a penetrating oil, like Liquid Wrench, or some other product that's supposed to break down the rust bonds.

RAY: Try one wheel at a time. Get the wheel lined up so that the valve stem is pointing down. Then drip or spray the penetrating oil onto the valve stem, and let it run



CAR TALK

Tom and Ray Magliozzi

down under the cap. Be careful not to spray the oil all over your brake rotors, because that makes the car very hard to stop.

TOM: You can apply the penetrating oil several times during a 24-hour period. The longer it has to work its way in there, the better its chances.

RAY: Then take two pairs of vice grips. Hold the stem with one pair so the rubber part of the stem doesn't twist, and grab the rusted-on cap with the other pair and turn it.

TOM: I think it may work. Your dealer doesn't want to take the time to do this, but you might as well give it a try.

RAY: Right. If it doesn't work, you're no worse off than you are now. And — needless to say — if you do get 'em off, throw them into the garbage immediately. Good luck, Jane.

Auto repairs can be costly! Save money by ordering Tom and Ray's pamphlet "Ten Ways You May Be Ruining Your Car Without Even Knowing It!" Send \$4.75 (check or money order) to Ruin, P.O. Box 536475, Orlando, FL 32853-6475.

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or email them by visiting the Car Talk website at www.cartalk.com.

Check Your Freezer, Fridge For Recalled Turkey

BROOKINGS — With the recent recall of ground turkey, consumers start to check their freezer and refrigerator for possible product that has been recalled. Checking for recalled food is certainly an important food safety practice to consider. However, continually checking the safe food handling practices in your own home is also very important, and often overlooked.

We are in the season for foodborne illness. This is the time of year where we see the greatest increase in the incidence of foodborne illness in South Dakota and nationally. There are several factors contributing to this increase, and unsafe food handling practices by consumers is certainly one of the leading causes of foodborne illness.

Summertime brings picnics, grilling, camping, boating, family reunions and various outdoor gatherings. When moving the kitchen outdoors, we lack the conveniences such as refrigeration, controlled heat source for cooking, and a kitchen sink with hot and cold running water.

All of these challenges contribute the lack of using the 4 C's for reducing the incidence of foodborne illness.

Clean — Rinsing utensils, countertops, and cutting boards with water won't do enough to

stop bacteria from spreading. Wash surfaces and utensils after each use with hot soapy water. Then sanitize with a bleach solution (1 teaspoon of unscented liquid bleach per quart of water). Flood the cleaned surface with the bleach solution and let it stand for 10 minutes. Rinse with clean water and let the surface dry or pat dry with a fresh paper towel.

Wash fruits and veggies, but not meat, poultry or eggs. Even if you plan to peel fruits and veggies-wash them first because bacteria can spread from the outside to the inside as you cut or peel them. Bagged produce marked "pre-washed" is safe to use without further washing. Washing raw meat and poultry can actually help bacteria spread, because their juices may splash onto (and contaminate!) your sink and countertops. All commercial eggs are washed before sale. Any extra handling of the eggs, such as washing, may actually increase the risk of cross-contamination, especially if the shell becomes cracked.

Don't Cross-contaminate — Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs. Keep meat, poultry, seafood, and eggs separate from all other foods. Consider a separate cooler for

meats and poultry when outdoors. Bacteria can spread if the juices of raw meat, poultry, seafood drip onto ready-to-eat foods. Place raw meat, poultry, and fish in containers or sealed plastic bags to prevent their juices from dripping or leaking onto other foods. Prepare your food at home as much as possible and buy pre-shaped burgers — the less handling, the better. Don't reuse marinade on a cooked product, or while cooking, or boil it first. Chill: This is a major challenge on a hot day. Be certain to plan a head and have a good supply of ice available. Marinate in the cooler or refrigerator. Get perishable foods and leftovers into the fridge or freezer within two hours. In the summer months, cut this time down to one hour.

Cook — Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Color and texture alone are not an indicator whether your food is done. Instead, use a food thermometer to be sure. Make certain a food thermometer is included in your

picnic and camping gear — you'll be glad you did. Read the directions carefully that are included with your thermometer. When grilling meats and poultry take the guess work out of cooking — use a food thermometer and cook to minimum final temperatures:

- All poultry (ground and whole) — 165°F
- All ground meats (other than poultry) — 160°F
- Roasts, steaks and chops — 145°F for 3 minutes
- Pork — 145°F (precooked ham 140°F).

The last safety practice to keep in check: WASH YOUR HANDS often, before and after you eat or prepare food. And, if visiting the farm, playing with pets, and going to the fair, wash your hands.

Enjoy the rest of the summer season, and bring your safe food handling practices into the tailgating season as well. Contact your local Extension Office for safe food handling practices and FoodSafety.gov for the latest information on the turkey recall.

Child And Adult Care Food Program To Be Offered

South Central Child Development, Inc. announces the sponsorship of the Child and Adult Care Food Program. The same meals will be made available to all children enrolled in the Head Start Program at no separate charge.

Meals will be provided at Head Start locations and day care homes administered by our organization. A list of Head Start locations and day care homes is available at our office, which is located at 401 Walnut Avenue SW, Wagner, SD 57380.

Eligibility for the center's meal reimbursement is based on the following annual income scales effective from July 1, 2011 until further notice (listed as Family size; Eligibility Scale for Free Meals; Eligibility Scale for Reduced Price Meals): 1 — \$14,147; \$20,147; 2 — \$19,123; \$27,214; 3 — \$24,089; \$34,281; 4 — \$29,055; \$41,348; 5 — \$34,021; \$48,415; 6 — \$38,987;

\$55,482; 7 — \$43,953; \$62,549; 8 — \$48,919; \$69,616.

For each additional family member add; \$4,966; \$7,067.

The information provided on applications for free or reduced price meals is confidential and is used only for the purpose of determining eligibility.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (Voice) or (800) 877-8339 (TTY) or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Beware Of Newest Medicare Fraud Schemes

LINCOLN, Neb. — "Do you have back pain? You may be eligible for a free Medicare-approved back brace, and we'll send you a free knee brace, too."

Getting a phone call offering things for free may sound great, but it's just one example of how fraudsters steal tax payer dollars from the federal health care system, according to the Department of Health and Human Services (DHHS).

Scam artists often offer 'free' back braces, glucose monitors, scooters, or diabetic supplies. They always say it's free, and they

always ask for your Medicare number.

"Giving your Medicare number over the telephone to a stranger is not the way to order medical equipment and supplies," says Vivianne Chaumont, Director of the Division of Medicaid and Long-Term Care. "While Medicare does cover 80% of the costs of items such as a back brace, this is something that should be prescribed by your doctor."

Medicare is not free. Medicare is insurance paid by taxpayer dollars, and it's important to protect your benefits and your money.

"Never accept free items or services from strangers who call or come to your door," Chaumont said. "Never give out your Medicare number to strangers, including people at health fairs providing 'free' services like toe nail clipping, eye exams, blood pressure and cholesterol checks, and diabetic shoes."

Detect possible fraud by reviewing your Medicare Summary Notices for any suspicious charges or items that have been double billed. Then report any suspected fraud to the Nebraska Senior Medicare Patrol (SMP) in DHHS. The Nebraska SMP works

to educate beneficiaries about Medicare fraud and abuse.

For more information on the Nebraska SMP, go to www.dhhs.ne.gov/smp or call 800-942-7830.

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60th Wedding Anniversary

60 years ago they said, "I do," and they are still saying it today.

During that time they have been blessed with 3 daughters and their spouses, 12 grandchildren and spouses, plus 9 great-grandchildren.

Join us in celebrating Calvin and Verlinda Rempfer's 60th wedding anniversary on Aug. 24th by sending cards and greetings to them at 240 S. Alfalfa St., Menno, SD 57045.

Happy Anniversary, Mom and Dad!
We love you so much and are so glad that you are our parents!

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Avera Sacred Heart Hospital

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For more information, call the Avera Sacred Heart Hospital Lab at (605) 668-8169.

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