

American Life in Poetry

She ‘Kept Her Eyes On Heaven’s Gate’

BY TED KOOSER
U.S. Poet Laureate

Any new book from Robert Morgan, be it poetry or prose, is a delightful event, and *Dark Energy*, recently published by Penguin, has lots of wonderful poems. Here’s a portrait that I especially like. Morgan lives in New York.

HEAVEN’S GATE

In her nineties and afraid of weather and of falling if she wandered far outside her door, my mother took to strolling in the house. Around and round she’d go, stalking into corners, backtrack, then turn and speed down hallway, stop almost at doorways, skirt a table, march up to the kitchen sink and wheel to left, then swing into the bathroom, almost stumble on a carpet there. She must have walked a hundred miles or more among her furniture and family pics, mementos of her late husband. Exercising heart and limb, outwalking stroke, attack, she strode, not restless like a lion in zoo, but with a purpose and a gait, and kept her eyes on heaven’s gate.

We do not accept unsolicited submissions. American Life in Poetry is made possible by The Poetry Foundation (www.poetryfoundation.org), publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. “Heaven’s Gate,” from DARK ENERGY by Robert Morgan, copyright © 2015 by Robert Morgan. Used by permission of Viking Books, an imprint of Penguin Publishing Group, a division of Penguin Random House, LLC. Introduction copyright © 2015 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.

South Dakota

DOH Offers Grants to Businesses for Physical Activity In The Workplace

BROOKINGS — South Dakota businesses interested in enhancing their employees’ access to physical activity are eligible to apply for one of 10 \$2,000 grants offered by the South Dakota Department of Health (SD DOH). Application deadline is Aug. 25, 2015.

“These grants assist worksites interested in implementing physical activity policy and physical activity environmental changes,” explained Nikki Prosch, SDSU Extension Health & Physical Activity Field Specialist.

Prosch is the lead on this project, she is working with SD DOH to provide training to the 10 businesses who receive the 2015 Steps to Wellness Grants.

“This project is unique because of its strong focus on sustainable initiatives,” Prosch explained. “Currently, many worksites do health challenges and programs - but what we’re looking for here is to help change worksite policy and provide funding that will change the working environment so employees have opportunities to be active year round.”

Once grants are assigned, Prosch will work with grantees to provide training utilizing the Centers for Disease Control toolkit “Steps to Wellness - A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace.”

Eligibility Criteria: All South Dakota worksites are eligible to apply for funding. Activities should be designed to create environmental and policy changes or provide opportunities not already offered to employees related to physical activity. Funding should be used to enhance sustainable physical activity policy change within the workplace.

Project Types: Eligible projects will be awarded up to \$2,000, with 10 applicants funded. Funding will be awarded for projects that strategically address environment and policy change related to promotion of physical activity. Health-related policies are formal or informal written statements that are designed to protect or promote employee health. Environmental change refers to the physical factors at and near the workplace that help protect and enhance employee physical activity.

Policy Development: The SD DOH has developed a Model Worksite Physical Activity Policy to frame policy adoption in the workplace for physical activity. The model policy document is available for download at <http://goodandhealthysd.org/workplaces/policies/>. Workplaces applying for funding are strongly encouraged to use this document as a guide for developing the proposed physical activity policy for their workplace.

“Example projects can include something as simple as dedicating an open office or unused space for engagement in physical activity or installing bike racks on worksite property,” Prosch said.

For a complete listing of examples, an application, as well as grantee and DOH expectations and more, visit www.goodandhealthysd.org/workplaces.

Car Talk

All This Idling Is Bad For Wallets, The Environment

BY RAY MAGLIOZZI
King Features Syndicate, Inc.

Dear Car Talk:

I write today to ask that you clarify the role of idling when it comes to gasoline cars, diesel pickups and large, over-the-road commercial vehicles. All the time, I see people sitting in their vehicles on a perfectly beautiful day, reading their mail at the post office, with their engines running, windows down or not. I see diesel pickup owners – and there are a lot of them in Texas – who will leave their trucks running, again in good weather, while they go into the convenience store or post office. Even more personal is the intrusion of an 18-wheeler into our neighborhood, which is against the restrictions, but no one is sufficiently motivated to call the authorities to correct the situation. The most annoying aspect of it is the 30-plus minutes of elephant-rumbling idling that takes place prior to his departure and upon his return. I thought all this idling was basically unnecessary, “fuelish” and damaging to the engine, not to mention harmful to the environment. I hope you can address this to a national audience, as it would have potential to do a lot of good. Thanks. – Patrick

You’re right about everything except harming the engine, Patrick.

These days, with fuel injection and computer engine management, cars and trucks can idle until they run out of gas without doing any extra damage to the engine (assuming the cooling system is working properly). Idling does add wear and tear to the engine –anytime the engine is running, you’re decreasing the useful life of the oil and slowly wearing out parts. But it’s no more harmful than driving.



Ray
MAGLIOZZI

Unlike driving, however, idling is a complete waste of fuel. It also increases pollution, by a lot. And it’s entirely unnecessary. Modern cars can be driven immediately once they’re started. That’s the best, and fastest, way to warm them up.

There are exceptions. If it’s 3 degrees out, 30 seconds of idling to allow the oil to circulate is a good idea. And you’d want to drive at a modest speed, even after that, for a few minutes until the engine is up to operating temperature, rather than jumping right on the highway and flooring it. But 99 percent of the time, idling does nothing to help your engine.

It can improve your comfort – which is where you’re going to have a harder time persuading people to give up their idling. If it’s 98 degrees out, and someone’s waiting for her husband to finish shopping for the latest radial arm saw with the optional butt scratcher at Tools R Us, you can see why she might want to have the air conditioner running. But even then, she can turn off the engine, and when it starts to get uncomfortable, she can turn it back on for a few minutes to cool things off. Or how about this for an idea: Park in the shade!

Likewise, if it’s 3 degrees out, a lot of people want to warm up their cars until the leather seats have thawed enough to conform to their butts, rather than feeling like rocks. And again, it’s hard to argue with that, if that’s how you want

to spend your gas money. But I would point out that a car warms up faster when it’s being driven, compared with sitting in a driveway.

On the other hand, your neighborhood trucker has no justification for running his cab for half an hour before or after driving it. Some diesel engines with turbo-chargers call for three to five minutes of idling before shutting down, to allow the turbo to cool off. But nothing calls for half an hour. And increasingly, jurisdictions are passing regulations prohibiting cars and trucks from idling, mostly because of the pollution it generates.

So my suggestion would be to have a talk with your trucker neighbor. Tell him you know he’s just trying to make a living and you want to be a good neighbor, but the idling is too much. Tell him you’d be willing to overlook the regulations that prohibit 18-wheelers in your neighborhood if he’d be willing to limit the idling to no more than five minutes on either end.

Or, if he’s a lot bigger than you, leave a note on his windshield, and sign it from another neighbor you don’t like, then run. Good luck, Patrick.

If it ain’t broke, you won’t have to fix it! Order Click and Clack’s pamphlet “Ten Ways You May Be Ruining Your Car Without Even Knowing It!” Send \$4.75 (check or money order) to Car Talk/Ruin, 628 Virginia Drive, Orlando, FL 32803.

Got a question about cars? Write to Car Talk in care of this newspaper, or email by visiting the Car Talk website at www.cartalk.com.

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Farmers Market Week Declared In SD

PIERRE — Much of the fresh produce in South Dakota is at its peak for the season and farmers markets are in full swing providing the freshest food around. To celebrate the increasing number of local food producers in the state, Gov. Dennis Daugaard is declaring Aug. 2-8 Farmers Market Week in South Dakota.

South Dakota has dozens of farmers markets and the South Dakota Department of Agriculture encourages South Dakotans to shop their local farmers market as a way to participate in their

community and benefit from the incredible variety of our agricultural bounty. To find a farmers market near you, visit the USDA Farmers Market Directory at usda-localfooddirectories.com/listings.html.

Farmers markets provide a unique venue for both farmers and consumers. Markets enable consumers to meet the people growing their food and build relationships between producers and diners. Farmers markets also grow local farms by marketing directly to the customer.

This puts more of every food dollar into the producer’s pocket and creates an avenue for new and small operations to grow.

As consumers’ interest in where their food comes from is growing, so are farmers markets. New markets start each year across the state. As markets have grown, the need for information on how to establish and successfully operate a farmers market has grown as well.

To address these needs, South Dakota State University Extension recently published

“The Farmers Market Resource Manual.” The guide includes everything from tips on forming a planning committee, garnering community support, drafting market rules and by-laws to promotional opportunities, navigating regulations and implementing food safety practices. The manual is available for purchase through the iGrow Store for \$35. An online format can also be found at iGrow.org.

SCHOLASTICS

BELLEVUE UNIVERSITY

BELLEVUE, Neb. — More than 800 students were awarded degrees at Bellevue University over the first six months of the year. Since the end of January, the school has conferred 807 degrees including 571 undergraduate and 263 graduate degrees.

Area graduates included:
• Alcester — Abby Homandberg, MA in Management

Bellevue University offers more than 50 undergraduate degree programs and 25 graduate degree programs, with more programs in development. Those programs apply the University’s unique

active learning approach which allows students to attend class in a classroom or online, and meet with fellow students, discuss lessons with instructors, complete assignments and conduct research.

KEVIN CWACH

IOWA CITY, Iowa — Kevin Cwach, a native of Yankton, received a MD-Medicine degree from the University of Iowa at the close of the spring 2015 semester.

About 5,100 students received UI degrees during spring 2015 commencement ceremonies.

40th Anniversary Celebration



Mr. and Mrs. Steffen

The family of Thomas and Donna Steffen of Crofton, NE are requesting a card shower in honor of the couple’s 40th wedding anniversary. Celebrating with them are their children, Jason (Jennifer) Steffen, Tulare, CA; Neal (Misty) Steffen, Kearney, NE; Lee Steffen, Lees Summit, MO; Carl (Dawn) Steffen, Lincoln, NE; Karen (Ryan) Arens, Crofton, NE and their 11 grandchildren.

Cards of congratulations can be sent to them at:
Tom & Donna Steffen
PO Box 396
Crofton, NE 68730

Upcoming Opportunities!

The following special promotions/sections are coming in the Yankton Daily Press & Dakotan:

- **Fall Sports Preview**, deadlines August 14, publishes August 28
- **Riverboat Days**, deadlines August 10, publishes August 17
- **Labor Day Salute**, deadlines August 31, publishes September 4
- **Bridal Directory**, deadlines, August 31, publishes August 3
- **YHS Homecoming**, deadlines September 8, publishes September 15
- **Citywide Rummages**, deadlines September 4, publishes September 9 and 12
- **Heritage Edition**, deadlines September 16, publishes September 28
- **Home Improvement**, deadlines September 17, publishes September 24
- **Health & Medical Directory**, deadlines September 23, distribution starts October 23

Please watch for these upcoming promotions or if you would like your business or service featured please call 665-7811 today.

YANKTON DAILY
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A special thank you to all who sent cards, flowers, visited, and offered prayers for my recovery. To Dr. Kudera and staff, Peloton, Matt and Tracie Dvorak and staff, Agnes Hejna, and Msgr Hermann. Thank you to Jacob and Daryl Bierle for all their help and to family and friends. God Bless you all.

Eugene Jambor



Happy 60th Birthday Sharon Egge

Sharon turns 60 on August 10, 2015. Her family requests a card shower in her honor.

Cards may be sent to:
Sharon Egge
44021 303rd Street
Yankton, SD 57078

Please join us in wishing Sharon a Happy Birthday!

Get the Clean Carpet Feeling!

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