

American Life In Poetry

Battling The Snowfall

BY TED KOOSER
 U.S. Poet Laureate

Thomas R. Moore, a poet from Maine, has written a fine snow-shoveling poem, and this is a good time of year for it. I especially admire the double entendre of "squaring off."

REMOVING THE DROSS

After snowstorms my father shoveled the driveway where it lay open to a sweep of wind across a neighbor's field, where the snow drifted half way down to the paved road, before snow-blowers, before pick-ups cruised the streets with THE BOSS lettered on red plows. He heated the flat shovel in the woodstove till the blade steamed, like Vulcan at his furnace removing the dross, then rubbed a hissing candle on the steel so the snow would slide unchecked as he made each toss. He marked blocks with the waxed blade, lifted and tossed, lifted and tossed again, squaring off against the snow.

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. Poem copyright ©2010 by Thomas R. Moore, whose most recent book of poems is *Chet Sawing*, Fort Hemlock Press, 2012. Poem reprinted from *The Bolt-Cutters*, Fort Hemlock Press, 2010, by permission of Thomas R. Moore and the publisher. Introduction copyright © 2013 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.

Avera@Home Launches In O'Neill, Neb. Jan. 1

Home health and hospice services offered by Avera St. Anthony's Hospital will be unifying into a single agency, called Avera@Home, on Jan. 1, 2014.

"Avera@Home offers the same dependable services by the same great people," states Cindy Senger, Vice President of Avera@Home. "This new structure makes our agencies more efficient and gives us the ability to offer services to more people in more areas. This does not change how we care for our patients."

Over the course of a six-month period, 20 of Avera's home health and hospice agencies will join Avera@Home. "Our goal is to make sure that patients have access to the services they require," said Sandy Dieleman, Avera@Home CEO. "Home- and community-based services are an important part of health care. Today, not everyone has access to these serv-

ices and we are working to expand our services to meet this need."

The first agencies to go live were the home health and hospice services in Mitchell, hospice services in Sioux Falls and home-maker services in Yankton. As each agency converts into the new company they also "go-live" with a new Meditech software package specifically designed to manage home- and community-based services.

The new organization repositions Avera's home health and hospice services to meet the changing demands for health care delivery. Health care reform requires better population health management — particularly for patients with chronic diseases. Demographics are driving where care is provided. These changes mean that home health and hospice care are now a central and growing piece in the health care delivery process.

MILITARY

AARON BEESON

Army National Guard Pvt. Aaron D. Beeson has graduated from basic infantry training at Fort Benning, Columbus, Ga.

During the nine weeks of training, the soldier received training in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice,

physical fitness, first aid and Army history, core values and traditions. Additional training included development of basic combat skills and battlefield operations and tactics, and experiencing use of various weapons and weapons defenses available to the infantry crewman.

Beeson is the son of Jim and Kristi Beeson of Dante.

Use Preventative Maintenance

BY TOM AND RAY MAGLIOZZI
 King Features Syndicate, Inc.

Dear Tom and Ray:

When driving down the freeway, I heard a scraping sound, shortly followed by my car slowing down, no matter how hard I pushed on the gas. I barely made it to the service road without getting hit by other traffic. When the tow truck driver came, he noticed green liquid (coolant) leaking out. The mechanic towed the car and said my water pump had frozen, and that broke my timing belt. He said it was the first time he had ever seen it, and he doesn't know of a way I could have avoided it. I need to know if it was something I did, that I can avoid doing in the future. I am paranoid about the situation and worried that it will happen again. Thanks!

— Joanna

RAY: It does happen, Joanna. But we like when it happens. For us, it means we won't have any trouble making our boat payment that month!

TOM: You don't tell us what kind of car you drive, but I'm guessing it's something with a non-interference engine. Cars with interference-style engines get ruined when their timing belts break. It sounds like you were lucky and you avoided that grisly fate; you got off with just an expensive repair and a severe travel disruption!

RAY: The vast majority of manufacturers recommend that you change your car's timing belt after a certain number of miles — 60,000 miles used to be common. Now lots of manufacturers suggest 90,000.

TOM: If you don't change the timing belt, it can break on its own due to age and use. But on almost every car we see, the timing belt also runs the water pump (which circulates coolant in the



CAR TALK

Tom and Ray Magliozzi

engine). In other words, the timing belt goes around a water-pump pulley, and as the belt turns, it makes the water pump's impeller spin. But if the water pump fails and seizes up, like yours did, it takes the timing belt with it.

RAY: So to prevent this in the future, you have to do a better job of maintaining your car, Joanna.

TOM: For instance, it's possible your water pump was failing and you just didn't notice the horrible growling sound coming from your engine compartment. Or you don't see a mechanic regularly, so no one else had a chance to notice it.

RAY: Or maybe you were a good car owner, and you had your timing belt changed when it was supposed to be, but to save a little money, you or your mechanic didn't change the water pump at the same time. That's penny-wise and thousand-dollar foolish, in our opinion.

TOM: Yeah. We'd never change a customer's timing belt without changing the water pump, too, for the very reason that caused you to write to us — that's what can happen. And then they come back and blame us for it!

RAY: Also, we tend to use factory water pumps rather than aftermarket pumps for this repair, because the risks, if the water pump fails, are so severe.

TOM: So, how do you prevent this in the future? Get better about your regular maintenance. Find a mechanic you trust (if you don't already have one, find one at the Mechanics Files at cartalk.com). And take your car in on a regular basis. Even if it's just for an oil-and-filter change every six months, at least someone has a chance to notice when something is going terribly wrong.

RAY: And spend a cozy evening curling up with your owner's manual (that's the thing that's still wrapped in cellophane in your glove box). Read the maintenance section, and see what sorts of things are required at different mileage intervals. A good mechanic can help you determine which items are absolutely necessary. But here's a hint: Changing the timing belt and water pump is one of them! Good luck, Joanna.

Tom and Ray offer a strategy for everyone who's shopping for a car. Find yours in their pamphlet "Should I Buy, Lease, or Steal My Next Car?" Send \$4.75 (check or money order) to Next Car, 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.

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Beadle DARE Graduates



SUBMITTED PHOTO

The Beadle Elementary School fifth graders had a DARE Graduation on Dec. 19. Students were recognized for completing the DARE program. Some of the highlights from the graduation were: The S.W.A.T. team was in attendance to recognize the students; Sergeant Foote and his K-9 partner, Aries, did a demonstration; and the DARE essay award winners presented their essays. Pictured are DARE essay award winners: Ben Weinandt, Euwin Herbert, Kaitlin Paulson and Jenna Quinn, along with DARE Officer Johnson.

'Spellebrate' Sign-Up Under Way

Sign-up is now under way for the Spellebrate Scrabble Tournament, taking place at The Center, 900 Whiting Drive, Yankton, on Sunday, Jan. 26. "Spellebrate for a Good Cause" is the theme of the tournament, sponsored by the Yankton Area Literacy Council. Participants must report at 12:30 p.m. to check in, with play beginning at 1 p.m. Categories include youth

(11 & under), students (12-17) and adults (18 and older). Prizes will be awarded.

The tournament's snow date is Feb. 16.

For complete information, call Bev Calvert at the Yankton Area Literacy Council at (605) 665-3048 or stop in at 610 West 23rd Street, Suite 11, Yankton. You can also fill out an entry form online at www.yanktonunitedway.org/. Go to "com-

munity partners," go to "partners & initiatives," click on "Yankton Area Literacy Council" and there you will find a registration form to fill out.

Winter Chill Cheer & Dance Jan. 12

River City Cheer and Gymnastics of Yankton will host its Winter Chill Cheer and Dance Challenge on Sunday, Jan. 12, at the YHS/Summit Activities Center gym.

Events begin at 9 a.m. Teams will be attending from South Dakota, Minnesota and Nebraska. Participants will range from age 5 to adult, and they will demonstrate cheer, stunting and dance skills in team and individual events.

Also, vendors will be on hand selling jewelry, T-shirts, scarves and purses.

The public is invited to attend. Enter through front doors of YHS and proceed to main gym. Concessions will be available.

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The Yankton County Commission has an open One Year Term Seat

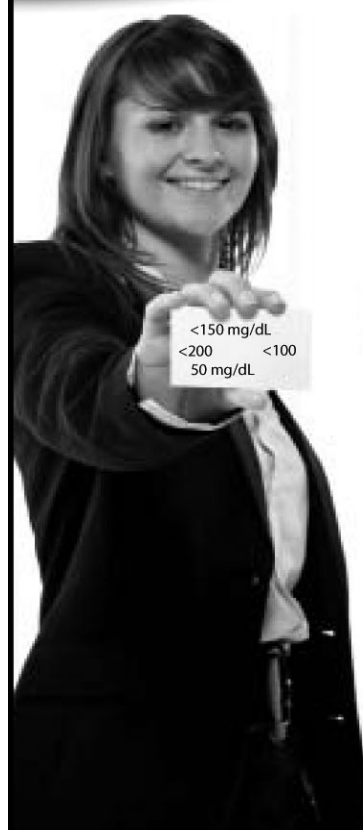
All interested citizens are requested to submit a letter of intent for the position. The letters are to be delivered to the Auditor's office before

December 31, 2013.

The County Commission will review the letters and conduct interviews at the January, 2014 commission meetings.

Patty Hojem,
 Yankton County Auditor

DO YOU KNOW YOUR NUMBERS? TAKE OWNERSHIP OF YOUR HEALTH



When you know numbers, you can take action to reduce your chances of developing heart disease, diabetes and other major chronic illnesses.

The Avera Sacred Heart Hospital Lab provides health screenings at reduced rates. Walk-in, no appointment or doctor order necessary, and make sure you know your numbers.

TESTS AVAILABLE INCLUDE:

- **Complete Blood Count \$8**
Helps to determine general health status
- **Comprehensive Lab Profile \$15**
Profile of kidneys and liver, as well as blood sugar and proteins
- **Lipid Panel Screen \$12**
Measures good and bad cholesterol and risk of heart disease
- **Hemoglobin A1c \$16**
Determines average blood glucose over past 3 months
- **Thyroid Profile \$20**
Evaluates thyroid gland function and helps diagnose thyroid disorders.
- **Vitamin D Screen \$35**
Determine if bone weakness, bone malformation, or abnormal metabolism of calcium (reflected by abnormal calcium, phosphorus, PTH) is occurring as a result of a deficiency or excess of vitamin D.

Walk-in testing available Monday through Friday, 7 a.m. - 5 p.m. 12-hour fasting is required for some tests.



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