

AMERICAN LIFE IN POETRY:

The Unsung Hero Of Family Farms

BY TED KOOSER
U.S. Poet Laureate

I recognize the couple who are introduced in this poem by Patricia Frolander, of Sundance, Wyoming, and perhaps you'll recognize them, too.

DENIAL

He called it "his ranch,"
yet each winter day found her beside him
feeding hay to hungry cows.

In summer heat
you would find her in the hayfield—
cutting, raking, baling, stacking.

In between she kept the books,
cooked, cleaned
laundered, fed bum lambs.

Garden rows straight,
canned jars of food
lined cellar walls.

Then she died.
I asked him how he would manage.
"Just like I always have," he said.

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Rusch Receives USD Law School's Volunteer Service Award

VERMILLION — The University of South Dakota School of Law's Student Bar Association selected the Honorable Arthur L. Rusch as the student group's inaugural recipient of the 2010 Volunteer Service Award.

The Volunteer Service Award recognizes an individual who has provided time and expertise to student organizations at the School of Law, including speaking engagements for courses and campus events, serving as judges for competitions, and assisting with pro bono opportunities.

Rusch, who has practiced law in Vermillion for more than two decades, received his B.S. in business administration from USD in 1968 and a juris doctor from the USD School of Law in 1971. In 1994, he was appointed



Rusch

Presiding Judge of the First Judicial Circuit, which includes 14 southeast South Dakota counties. USD School of Law student Elizabeth Overmoe, 2009-2010 SBA President, announced Rusch as the award's first recipient during the Law School's annual Barristers' Ball in Sioux Falls last March. However, Rusch was unable to attend due to a prior commitment and he was presented with the award recently in Vermillion. Rusch was also publicly recognized at the annual meeting of the South Dakota State Bar Association in Rapid City recently.

Is Engine Rev Harmful Or Just Annoying?

BY TOM AND RAY MAGLIOZZI

Dear Tom and Ray:

My wife and I live out in Southern California and have some ... well, to be polite, interesting neighbors in our condo complex. One couple in particular is very proud of the Porsche 911 Carrera they're leasing. The car probably is a 2007 (about a year older than the woman's face ... the rest of her is a 1950-something). Whenever they start up this car, or before they turn it off, they make sure that they rev the engine loudly, in case we all forgot that they have a Porsche. My question is this: Can revving the engine while the car is not moving damage anything? — Chris

TOM: Well, clearly it can damage relations between neighbors, Chris. Not that there's going to be anything left to damage after she reads your comments about her new kisser!

RAY: The answer is that damage can occur from revving, but it has nothing to do with whether the car is moving — it depends on whether the car is warmed up yet. So, in the case of your neighbors, they may be doing damage by revving it first thing in the morning, but not at night, after they've just driven the car home.

TOM: When you first start a cold engine, especially if the outside temperature is low, it takes the oil a few seconds to build up pressure and fully circulate. That



CLICK & CLACK

means for those first few seconds, crucial parts of your engine are not fully protected.

RAY: That's why with modern, fuel-injected cars, you're not supposed to step on the gas at all when you start the engine. You just turn the key, and ba-da-bing, the engine starts and automatically idles at a nice, low RPM.

TOM: If you really stab the gas pedal the moment you start the car, and go VRRROOOM, VRRROOOOOOM right away, you will put extra wear and tear on things like the rings, the cylinder walls, the valves, the crankshaft, the bearings and

other parts that absolutely require proper lubrication. And those parts are very expensive to replace.

RAY: Of course, your neighbors are just leasing this thing, so what do they care if it burns oil at 80,000 miles?

TOM: On the other hand, all they're really doing is enjoying their car. I mean, the engine of a Porsche does sound wonderful. In fact, I may buy one just so I can rev it up and listen to the engine.

RAY: I don't know, Tommy. If I were you, I think I'd save the money for your face.

Bumps and potholes do more than merely annoy drivers. Find out what, and how you can ease the pain, 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 e-mail them by visiting the Car Talk Web site at www.cartalk.com.

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Summer Guidelines To Safe Fun In The Sun

LINCOLN, Neb. — Summer is a great time for family fun, and there are simple guidelines to follow to make it safe, according to Chief Medical Officer, Dr. Joann Schaefer, from the Nebraska Department of Health and Human Services.

SUMMER FOOD SAFETY

For many people, summer means that it's time to roll out the grill, get the picnic baskets ready and plan the barbecues. It's also time to observe some basic rules in order to avoid food poisoning, like salmonella, E.coli O157:H7, and norovirus.

To prevent foodborne illnesses:

- Wash up. Using soap and water will help keep hands clean and keep food safe.
- Use your refrigerator or a cool water bath to thaw meat. Avoid the counter because temperatures are too high.
- Make it hot and keep it hot. Hamburger should be cooked to an internal temperature of 160 degrees F and chicken to an internal temperature of 180 degrees F. Once you cook it, try to keep it above 140 degrees F.
- If it's cold, keep it that way. Cold foods need to stay below 40 degrees F and out of direct sunlight.
- Don't reuse utensils or dishes.

Use a mixture of 34 cup of bleach and one gallon of water to clean surfaces like cutting boards or countertops before using them again.

• Don't use the same platter for raw and cooked meats. Also, transport raw meat separately from other foods and double-wrap it to keep it from dripping.

• When you're done eating, put away foods as soon as possible after they're served. Leaving perishable foods unrefrigerated encourages the bacteria to grow.

WATCH OUT FOR SUNBURN

Plan ahead for activities on sunny days.

Sunburn is caused by over-exposure to the harmful ultraviolet rays of the sun. While the symptoms are usually temporary (such as red skin that is painful to the touch), the skin damage is often permanent and can have serious consequences. Unprotected sun exposure can cause blisters, as well as first and second degree burns, and can lead to skin cancer.

"Infants and children are especially sensitive to the burning effects of the sun," Dr. Schaefer said.

- Tips:
- Avoid sun exposure during hours of peak sun ray intensity.
 - Apply generous amounts of

sunscreen with a sun protection factor (SPF) of at least 30. Pay special attention to your face, nose, ears, and shoulders.

- Apply sunscreen 30 minutes prior to sun exposure to allow penetration. Re-apply after swimming and every 2 hours while you are outdoors.
- Wear sun hats.
- Wear sunglasses with UV protection.
- Use a lip balm with sunscreen.

AVOID HEAT-RELATED ILLNESS

High temperatures and high humidity can be a deadly combination. Temperatures of 90-plus degrees and humidity levels of 40 percent or more put people in the danger zone for heat-related illness, which happens when the body's temperature control system is overloaded.

"Infants and the elderly are the most at risk from high temperatures," Dr. Schaefer said. "Check on elderly neighbors and friends to see if they are keeping cool."

Other people who are at increased risk are the obese, chronically ill (including heart disease, high blood pressure and asthma), and people who take certain medicines, such as antidepressants and tranquilizers, that interfere with the body's temperature regulation.

Tips to stay cool and avoid

heat-related illness:

- Drink plenty of water and don't wait until you are thirsty to drink.
- Avoid alcohol and drinks with caffeine.
- Wear loose, light-colored clothing.
- If outdoors, slow your pace and take frequent rest breaks to cool off; and
- Limit your outdoor activity to morning and evening hours.
- If you have no air conditioning, seek out cool places like libraries and other public buildings where you can cool off.

AVOID INSECT-RELATED ILLNESSES

People outdoors may potentially come into contact with ticks and mosquitoes. Ticks can cause ehrlichiosis, Rocky Mountain spotted fever, tularemia and Lyme disease, all potentially serious illnesses, take precautions.

"A good way to avoid both ticks and mosquitoes is to wear insect repellent," Dr. Schaefer said. FDA-approved insect repellents are: DEET, picaridin, oil of lemon eucalyptus, and IR3535.

"Also, it's a good idea to wear solid shoes and socks, long pants and long-sleeved shirts. To avoid ticks, tuck your pants into your socks," she said.

State Historical Society Seeks Donations From 'Recent' Past

PIERRE — The South Dakota State Historical Society is requesting collections from the "recent" past, defined as any items dating from the 1950s to 2000s.

"Items do not need to be 'old' to be historically relevant, nor does historic importance have a defined starting point," said Jay D. Vogt, director of the State Historical Society. "The State Historical Society's mission is to collect materials of South Dakota's irreplaceable past, whether the time period is from the 1860s or the 2010s."

Archival and museum items from the recent past are collected, preserved, and made accessible at

society headquarters at the Cultural Heritage Center in Pierre. They are held alongside collections dating from the 1860s to the 1940s, as well as items predating the formation of Dakota Territory.

Some examples of archival materials from the recent past include:

- Wilbur A. Weiland's photographs of the Korean War;
- A South Dakota Drivers Manual from 1950;
- Dakota Territorial Centennial Scrapbooks from 1960-1961;
- Marin Jared collection of Boys State materials from 1967-1970;
- Irene Cordt's collection of photographs throughout South Dakota from the 1970s through the 1990s;

- South Dakota Chess Association newsletters from 1997-2007.
- Examples of museum materials from the recent past include:
 - Items from the war memorial dedications in Pierre;
 - Toys such as Transformers and a Lite Brite;
 - A 1980s Aberdeen Central High School letterman's jacket;
 - A beaded bracelet and moccasins from the 2000s;
 - A cell phone;

- A 1990s gear box made by Hub City, Inc. in Aberdeen;
 - A Wall Drug Cafe paper hat;
 - The South Dakota Pearl Harbor Survivor's Association collection.
- To donate items from the recent past, or any materials relating to the history of South Dakota, contact Dan Brosz, museum curator of collections, at (605) 773-6013, or Matthew Reitzel, manuscript archivist, at (605) 773-3615.

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