

AMERICAN LIFE IN POETRY:

A Quiet Moment Of Reflection

BY TED KOOSER
U.S. Poet Laureate

Peter Everwine is a California poet whose work I have admired for almost as long as I have been writing. Here he beautifully captures a quiet moment of reflection.

RAIN

Toward evening, as the light failed
and the pear tree at my window darkened,
I put down my book and stood at the open door,
the first raindrops gusting in the eaves,
a smell of wet clay in the wind.
Sixty years ago, lying beside my father,
half asleep, on a bed of pine boughs as rain
drummed against our tent, I heard
for the first time a loon's sudden wail
drifting across that remote lake—
a loneliness like no other,
though what I heard as inconsolable
may have been only the sound of something
untamed and nameless
singing itself to the wilderness around it
and to us until we slept. And thinking of my father
and of good companions gone
into oblivion, I heard the steady sound of rain
and the soft lapping of water, and did not know
whether it was grief or joy or something other
that surged against my heart
and held me listening there so long and late.

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N.Y. Mulls Indoor Tanning Rules, Cites Cancer Risk

BY MICHAEL VIRTANEN
Associated Press Writer

ALBANY, N.Y. — New York health officials are ramping up their regulation of more than 2,000 tanning salons and gyms offering indoor ultraviolet rays even as health advocates push for a law banning exposure by anyone under 18.

"We're not claiming that people get addicted to tanning the same way you do nicotine, but it clearly is a habit you develop as a teenager," said Peter Slocum, vice president for advocacy at the American Cancer Society in Albany. "That's when most people start frequenting the cancer chambers."

Last year, the World Health Organization's International Agency for Research on Cancer classified tanning as a definite human carcinogen, putting it in the same category as smoking.

New York law currently bans commercial indoor tanning for children under 14 and requires written parental consent for those from 14 up to 18.

According to the National Conference of State Legislatures, 32 states regulate tanning by minors. Society spokeswoman Angela Pause-Smith said legislation to outlaw it has been introduced in about 20 states.

According to the Cancer Society, the tanning reclassification was based on a 2006 analysis concluding individuals who tanned indoors before age 30 increased their risk for melanoma by 75 percent. Another study showed teen use of tanning beds rose from 1 percent in 1998 to 27 percent a decade later.

The ACS estimates more than one million cases of basal and squamous skin cancers and 68,720 cases of melanoma this year. Its data also project 11,600 deaths from skin cancers, more than two-thirds from melanoma. The incidence of melanoma has been rising for 30 years, faster among young white women and older men, as a result of exposure to sunlight and ultraviolet radiation.

PAXIL

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long-standing legal cases over Paxil, the diabetes drug Avandia and other issues. The company said settlement details would be confidential.

According to the lawsuit, Nathan Berg was born Aug. 20, 2004 at Watertown and was immediately transferred to a Minneapolis hospital where he died 58 days later of Persistent Pulmonary Hypertension of the Newborn (PPHN), a disorder which prevents proper oxygenation of the blood.

"At the time Paxil was prescribed to Ms. Berg, GSK (GlaxoSmithKline) knew or should have known through pre-market studies and post-market studies and reports that Paxil

was associated with an increased risk of PPHN in babies whose mothers ingested Paxil during pregnancy," according to the lawsuit.

Last October, a jury in Philadelphia ordered GlaxoSmithKline to pay \$2.5 million to a woman whose son was born in October 2005 with heart defects after she took Paxil while pregnant. The Food and Drug Administration in September 2005 began warning that the drug might be associated with birth defects.

Crazy Driving: Let Dad Have His Outlet

BY TOM AND RAY MAGLIOZZI

Dear Tom and Ray:

Could you please settle an ongoing discussion that my family has had for years? On one side is my mother, my six sisters and me (that is not a typo; I really am one of seven girls. The baby is now 19, and we all are licensed drivers). On the other side is my father. You would think that after 40 years of being more and more severely outnumbered, he would've learned to just nod and go along with what we say like a good boy, but on this one point, he has proven himself to be ridiculously stubborn. There are very few things my mother, my sisters and I agree on, but one of them is this: None of us likes Dad to drive our car because, in our collective opinion, he is too rough on a car.

He waits until the last possible nanosecond to stop at a red light, but pulls away from a green light like the devil himself is on his tail. He weaves in and out of traffic like he's forever in a hurry. Furthermore, he seems to never hear the little odd noises that any vehicle makes to tell you that something might be amiss, and then wonders why his vehicles are forever breaking down.

In fact, he just lost the transmission in his F-150 and swears that it just "went." But I'd swear that it was making weird grinding noises weeks before he had to park it permanently in the driveway. Here's the kicker: My



CLICK & CLACK

father SWEARS that the way one drives has no bearing whatsoever on how long a car lasts. We, the Female Collective of our family, not only think he's dead wrong, we think he's nuts. Could you please impress upon my dad that he kills cars with the way he drives and that we are justified in being reluctant to let him borrow ours when he, yet again, runs whatever he's driving into the ground? Thanks.

– Rachel
TOM: Well, of course you and your mother and sisters are absolutely right, Rachel. You're right on all counts. And he's wrong on all counts. He's driving the cars hard, and

they're breaking down because of it. But I would just forget about it and pretend you never wrote to us.

RAY: Me, too. What you're failing to see is that driving like a nut is your Dad's only outlet. And if you deny him that important escape valve, it might be HE who blows the next gasket rather than his Ford F-150.

TOM: This is his way of dealing with 40 years of having to wait hours for the bathroom, of coming home to a house that smells like the ladies' department at Macy's, of having to live among interior walls painted colors he's never even heard of, and of having to spend his evenings watching Tivo'd episodes of "The View." This guy has a stressful life, Rachel!

RAY: His car is the only place where the poor guy has any autonomy. And now you want to bully him out of that, too?

TOM: I wouldn't do it, Rachel. It's clear that you love your dad. We can tell from your letter. And it's clear that — having given in to the sisterhood on everything else — he loves you, too. So I say, let the poor guy run his cars into the ground in peace. And get to work making him some grandsons.

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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SCHOOL

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budget hearing.

"The regular General Fund budget for the year represents an increase of approximately 2 percent over the final 2009-2010 budget, primarily due to teacher salary increases," Gertsema said. "We have also added 2.5 additional certified positions and there was an increase in the worker's compensation insurance premiums. Classified (hourly) employees and administrators did not receive a pay raise this year."

Gertsema added that 83 percent of the General Fund budget was made up of salaries and fringe benefits. In all, the total projected General Fund budget for the upcoming school year is \$17,734,725.

The projected budget amounts for the other district funds are:

- Special Education Fund — \$3,915,551, a decrease of 4 percent from the 2009-2010 budget;
- Capital Outlay Fund — \$3,102,392, a decrease of less than a percent; and,
- Pension Fund — \$300,000, equal to last year.

Adoption of the budget will be discussed at a later board meeting.

On other action Monday, the board agreed to purchase the property at 913 Locust Street, which is adjacent to Lincoln

Elementary School.

"When property adjoining current school land becomes available for purchase, it is in the district best interest to consider purchasing the property," Gertsema said. "This parcel of land is adjacent to Lincoln Elementary which, if you are familiar with the school, is landlocked. There are many needs for additional playground space, parking and better management of traffic when children are being dropped off and picked up at the school, and this land will give us room to address the issues."

Business Manager Jason Bietz added that the property is a double lot with approximately one-third of an acre of land. The school has the option of selling and moving the existing home or tearing it down.

Also Monday night, building and grounds supervisor Chuck Turner gave a summary on summer projects that have been ongoing across the district. He said the Stewart Elementary roof, high school painting, Lincoln Elementary carpeting and the Webster access issue are all completed or close to completion. He also noted that the district would be having a final inspection today (Tuesday) of the new administration, bus shop and bus garage buildings.

He added that he expects the district to begin moving into the buildings next week.

The next meeting of the school board will be held at 5:30 p.m. Monday, Aug. 16, at the Technical Education Building.

DAM

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stream users won't notice a net effect in the river level," he said. "The plan at this point is to have spillway flows through the end of November to get rid of that stored flood water."

Flows have been held at the full power plant release rate of 34,000 cfs since June 27. By July 30, an additional 6,000 cfs will be released through the spillway gates — making for a total of 40,000 cfs passing through the dam.

"We prefer to run everything through the power plant and generate electricity," Becker said. "But any time we want to go higher than (34,000 cfs), we need to use the spillway."

One of the reasons the releases are being increased in small increments is to monitor their effects downstream, he stated. The Corps will examine the impact on landowners and threatened or endangered species like least terns, piping

plovers and pallid sturgeon.

Efforts have been undertaken in recent years to build sandbars in the river for least terns and piping plovers to use for habitat.

"(High water levels have) put a lot of those islands under water," Becker said. "There are still islands available, but there is not as much space. It has moved the birds around, but we're not sure how it has affected the fish yet. I think the learning curve is even a little steeper for the impact on the pallid sturgeon."

The releases from the spillway this year do not compare with the levels during 1997, which was a historically wet year. At that time, 35,000 cfs was being released from the spillway alone.

"We really have not had excess water in the reservoir system to evacuate since 1999," Becker said. "It doesn't really happen too often."

He encouraged boaters near the dam to be careful and stay clear of the buoys set up near the spillway.

"We don't want any accidents," Becker said.

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40th Wedding Anniversary



Mr. and Mrs. Bob Muth

Mr. and Mrs. Bob Monica (Dier) Muth of Yankton, SD will celebrate their 40th wedding anniversary on July 25, 2010. Their family requests a card shower. Cards may be sent to: 2602 Pine St., Yankton, SD 57078.

Monica Dier and Robert Muth were married on July 25, 1970 in Winner, SD.

They have 3 children: Brady (Jill) in Yankton, SD; Kristen in Sioux Falls, SD; and Tyler (Jessie) in Harrisburg, SD. The couple has 3 grandchildren.

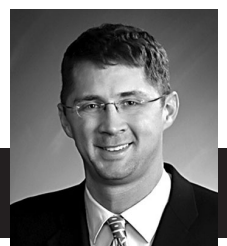
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