

LIFE IN POETRY

Watching A Window Washer At Work

I love poems that take pains to observe people at their tasks, and here's a fine one by Christopher Todd Matthews, who lives in Virginia.

WINDOW WASHER

One hand slops suds on, one hustles them down like a blind. Brusque noon glare, filtered thus, loosens and glows. For five or six minutes he owns the place, dismal coffee bar, and us, its huddled underemployed. A blade, black line against the topmost glass,

begins, slices off the outer lather, flings it away, works inward, corrals the frothy middle, and carves, with quick cuts, the stuff down, not looking for anything, beneath or inside. Homes to the last, cleans its edges, grooms it for the end, then shaves it off

and flings it away. Which is splendid, and merciless. And all in the wrist. Then, he looks at us. We makers of filth, we splashers and spitters. We sitters and watchers. Who like to see him work. Who love it when he leaves and gives it back: our grim hideout, half spoiled by clarity.

American Life in Poetry is made possible by The Poetry Foundation, publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright ©2010 by Christopher Todd Matthews, and reprinted from Field, No. 82, 2010, by permission of Christopher Todd Matthews and the publisher. Introduction copyright 2011 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.

Vodka To The Rescue!

Dear Tom and Ray:

Setting the scene: Six middle-age guys cruising the Caribbean in a 40-foot catamaran, mooring and anchoring at a variety of harbors, bays and coves in the Dutch and French West Antilles, using our dingy and its two-stroke motor to ferry us to and from shore. When the motor started losing power and occasionally misfiring, the most mechanically savvy member of our group (by day a pediatric ophthalmologist) dismantled it and went right to removing the spark plugs, finding both tips well-fouled with carbon, one more so than the other. He replaced the worst one with a new plug found in the boat's tool kit, but lacking another new plug, he decided to try to clean the buildup on the better of the two fouled plugs. So, lacking any other solvent but having plenty of ethanol of various flavors on board, he and an assistant (by day an architect) soaked the spark plug in (fairly expensive) vodka for an hour or so, after which it cleaned up quite well. After the plug was replaced, the motor ran as smooth as silk, and with plenty of newfound power. So, our questions are: Is a vodka soak a reasonable way to clean a fouled spark plug; can one damage the plug this way; is there one brand of vodka that's better suited to this than another; seeing as we were sailing in the



CAR TALK

Tom and Ray Magliozzi

Caribbean, should we have used rum instead (there was plenty on board); can this method be translated from a two-stroke dingy motor to an automobile engine; and should we let the marketing department of the vodka brand know about its product's expanded functionality? We are much appreciative of any assistance you can offer. **Your fans - Joe, Martin, Martin, Frank, Tim and George**
TOM: Well, we use nothing but Grey Goose in our shop.
RAY: As you've discovered, guys, alcohol

is a wonderful solvent. And it's an excellent way to clean carbon off of spark plugs.

TOM: I would guess that the higher the proof - hence the greater the alcohol content - the better it's going to work for you.

RAY: And I would think that alcohols without flavorings or sweeteners would be preferable, because you don't want sugars or syrups gooping up your plugs. So I'd use vodka over, say, Grand Marnier.

TOM: Of course, what you'll find is that the plugs won't stay clean for long. Not because you used vodka to clean them, but because the fouled plugs are a symptom rather than a cause of your problem.

RAY: The real problem is a carburetor that's causing the engine to run too rich, or a weak spark, or something else. But as a temporary fix to keep you going, you guys came up with a perfect solution. And it would work for a car, a boat, a lawn mower or a model airplane.

TOM: What we have to figure out is whether it's more cost-effective than the carburetor cleaner we currently use in the shop. I'll have to compare the cost per ounce.

RAY: Although we also have to consider the reactions of customers when they walk in and see half-empty, open bottles of vodka sitting on our toolboxes.

SOCIAL SECURITY

A Valuable Gift For Mom On Mother's Day

BY JENNIFER HLADKY

Yankton Social Security Office



Hladky

Mother's Day is right around the corner. It's always nice to give Mom a card, flowers, and candy. But this year people all over the country are helping their moms save nearly \$4,000 a year on the cost of prescription drugs. You can help your mom too - and it won't cost you a dime.

The high cost of prescription medication can be a burden on mothers (or anyone) who have limited income and resources. But there is Extra Help - available through Social Security - that could pay part of her monthly premiums, annual deductibles, and prescription co-payments. That Extra Help is worth an average of almost \$4,000 a year.

To figure out whether your mother is eligible, Social Security needs to know her income and the value of her savings, investments, and real estate (other

than the home she lives in). To qualify for the Extra Help, she must be enrolled in Medicare and have:

- Income limited to \$16,335 for an individual or \$22,065 for a married couple living together. Even if her annual income is higher, she still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where income may be higher include if she or her spouse:

- Support other family members who live with them;
- Have earnings from work; or
- Live in Alaska or Hawaii; and
- Resources limited to \$12,640 for an individual or \$25,260 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count her

house and car as resources.

Social Security has an easy-to-use online application that you can help complete for your mom. You can find it at www.socialsecurity.gov. Just select the link on the left of the page that says, "Get extra help with Medicare prescription drug costs." To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to the nearest Social Security office.

To learn more about the Medicare prescription drug plans and special enrollment periods, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

So this Mother's Day, give your mom a gift she can really use year-round - a savings of up to \$4,000 a year on her prescription drugs. Flowers whither and candy is consumed, but the Extra Help through Social Security will keep on giving throughout the year.

YOUR QUESTIONS OUR ANSWERS

QUESTION:

What can Social Security do to help me plan for my retirement?

ANSWER:

Social Security has some great online financial planning tools you can use to make an informed decision about your retirement. Social Security's online Retirement Planner and our online Retirement Estimator are both tools you can access online at any time. These will let you compute estimates of your future Social Security retirement benefits. They also provide important information on factors affecting retirement benefits, such as military service, household earnings, and Federal employment. You can access our Retirement Planner at www.socialsecurity.gov/retire2. Find the Retirement Estimator at www.socialsecurity.gov/estimator.

SDSU Awarded \$4.1M Grant For Childhood Obesity Prevention

BROOKINGS - The South Dakota State University College of Education and Human Sciences has been awarded a \$4.1 million grant from the U.S. Department of Agriculture to implement a graduate program aimed at preventing childhood obesity. The competitive grant, administered by the Agriculture and Food Research Initiative (AFRI), was received in partnership with the University of Nebraska-Lincoln.

David Hilderbrand, interim dean of the College of Education and Human Sciences said "this is the largest grant ever received in the college."

The grant establishes the Transdisciplinary Childhood Obesity Prevention (T.O.P.) Graduate Program. SDSU and the University of Nebraska-Lincoln will combine their expertise in nutrition, family and consumer sciences, child development, exercise and sports science, dietetics, nutrigenomics, extension, and biostatistics to implement the T.O.P. program.

The new program is comprised of innovative, research-based graduate education and training activities focused on obesity prevention in children.

Teresa Kemmer, the SDSU assistant professor of health and nutritional sciences who leads the grant program, said the timing of the grant could not have been better. "The award allows us to build a strong SDSU/University of Nebraska-Lincoln graduate education program aimed at childhood obesity prevention in underserved populations. With the continued emphasis on strengthening graduate education and research initiatives, this award focuses on a transdisciplinary team approach and provides funding for graduate students, and will bring national recognition to SDSU."



Kemmer

Lake County, Suzanne Stluka, EFNEP coordinator, Kendra Katelmann, professor, health and nutritional sciences and Howard Wey, associate professor, undergraduate nursing.

The USDA grant responds to the growing obesity epidemic, according to Roger Beachy, director of the National Institute of Food and Agriculture. "We know that for our children to grow up and win the future, they need nutritious diets and healthy lifestyles that enable them to reach their fullest potential. USDA supports the research and development of science-based methods that can reverse the trend of rising obesity and assist children and their families in adopting healthy eating habits that will last a lifetime," he said.

The long-term goal of USDA-sponsored obesity research is to reduce the prevalence of overweight and obesity among children and adolescents. This year's funding is focused on supporting research programs aimed at obesity in children ages two through eight. Each award decision was made through a competitive selection process based on scientific merit.

Other projects funded were from Arkansas, California, Illinois, Iowa, Kansas, Maryland, Michigan, Nebraska North Carolina, New Jersey, New York, Oregon, Pennsylvania, Tennessee, Texas and West Virginia.

SCHOLASTICS

Yankton Middle School Competes In Knowledge Master

The Yankton Middle School Knowledge Master team and other middle school teams from South Dakota and the United States participated in the Knowledge Master Spring Competition, 2011. This is a nationwide contest designed to measure the students' academic knowledge. The Yankton team finished 5th among the 8 South Dakota middle schools and 336th among the 604 middle schools in the United States that chose to enter the contest.

A company named Academic Hallmarks provides the questions used in the contest. The questions are selected from all middle school academic areas and are designed to stimulate enthusiasm for learning and recognition for academic

accomplishment. The contest runs on classroom computers to allow all students the opportunity to compete in a large academic event without the expense of traveling to a central site. An emphasis is placed on speed as well as accuracy in answering the

200 test questions. The coded test results are phoned into Academic Hallmarks and the company tabulates the results to determine the state and national winners.

The Yankton Middle School team is coached by Angie Becker.

Team members who participated were: Johanna Lippert, Story Leshner, Delia Padron, Faith Jeffcoat, Jason Shindler, Erica Westerman, Caitlen Evans, Brooke Blom, Nick Raab, Maggie Wallis, Malan Moody, Grant Roper, Kyle Bergeson.

YOU'RE NEWS!
The Press & Dakotan

COMMUNITY SHREDDING

Don't Be A Target For Identity Theft! Donate to the Local Food Pantry!



IDENTITY THEFT
Yes, it could happen to you.

• Personal Papers • Cancelled Checks
• Tax Papers • Old Account Statements

WEDNESDAY, MAY 4TH

1:00-6:00PM

Back Parking Lot Behind Credit Union, 609 W. 21st • LIMIT 6

Services Center

Federal Credit Union

Businesses Welcome - Please Call Ahead For Appt.

Nonperishable food items will be accepted AND donated to the local food pantry. We ask that food donations be commensurate with amount of paper shredding.

Yankton • 665-4309 • www.scfcu.net

Let your toes out...

Women's Sandals

MINNETONKA Shop Early ~ Sizes 6-11
SANDALS



Gift Certificates Available

Boston Shoes to Boots

312 W. 3rd • Yankton • 665-9092

Your Gift for Mom!



Relaxation...



This is how much I love you Mom!

CALL 605-661-0606 for her gift certificate

FREE Skin Cancer Screening

TUESDAY, MAY 3RD, 1PM - 3:30PM

Yankton Medical Clinic®, P.C. Dermatologist, James Young, D.O., will be offering a free skin cancer screening clinic on May 3rd. No appointment is necessary. Patients will be seen on a first come, first serve basis. Limit of 50 patients. Upon arrival at the Clinic please check in at Section N receptionist, upstairs in the expansion.

*For screening purposes. If further tests are needed, standard charges will be applied.



YANKTON MEDICAL CLINIC®, P.C.
1104 West 8th Street • Yankton, SD 57078
605-665-7841 • www.yanktonmedicalclinic.com

So Much Care, So Close to Home.