

Life In Poetry

Poet Writes About Life With His Parents

BY TED KOOSER  
U.S. Poet Laureate

Our sense of smell is the one sense most likely to transport us through time. A sniff of fried fish on a breeze and I can wind up in my grandmother's kitchen sixty years ago, getting ready to eat bluegills. Michael Walsh, a Minnesotan, builds this fine poem about his parents around the odor of cattle that they carry with them, even into this moment.

BARN CLOTHES

Same size, my parents stained and tore alike in the barn, their brown hair

ripe as cow after twelve hours of gutters.  
At supper they spoke in jokey moos.

Sure, showers could dampen that reek down to a whiff under fingernails, behind ears,

but no wash could wring the animal from their clothes:  
one pair, two pair, husband, wife, reversible.

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USD To ‘Sustain Rivalry’ While Promoting Major

VERMILLION — The University of South Dakota is asking students to “sustain the rivalry” while supporting sustainability on campus. For the first time in nine years, the Coyotes and SDSU’s Jackrabbits will clash on the football field in Brookings on Saturday, Nov. 17, and in recognition of the renewed rivalry as well as USD’s new sustainability major, the College of Arts & Sciences at USD is sponsoring a T-shirt swap. Students, faculty and staff are encouraged to stop by the Muenster University Center, donate any item of SDSU apparel — in any condition — and in exchange, the College of Arts & Sciences will provide a brand new, bright red USD T-shirt. “This is a fun way of saying that ‘we believe in sustainability,’” said Assistant Professor Meghann Jarchow, Sustainability Program Coordinator at USD. “It’s also a practical way of getting our students involved. Whether it’s energy, industry or even clothing, sustainability encompasses so many topics and endeavors. It’s all about spreading the message and getting people involved.” All old SDSU clothing donated at the Muenster University Center will be recycled and returned to the SDSU campus before the game by the Department of Military Science in the College of Arts and Sciences, which will take the clothing along with them when they run a football to Brookings with their SDSU counterparts. According to Matthew C. Moen, dean of the College of Arts and Sciences, the T-shirt exchange helps promote a new academic major in a light-hearted way, while “finding a good home” for SDSU apparel. USD’s sustainability major, offered for the first time this fall, consists of a core of major courses required for all students, along with two specializations. Thirty-six credit hours are required, with 18 common core and 18 electives from courses available in the selected specialization. Students choose either a Natural Sciences Specialization or a Social Sciences Specialization. For more information, visit www.usd.edu/sustainability.

Raffle Fundraiser Slated For Yankton

The Retired & Senior Volunteer Program is holding a Raffle Fundraiser for numerous prizes. Prizes include a dog chateau, \$50 gift cards, motel stay and much more. Volunteers will be selling raffle tickets at the Yankton Mall from Nov. 17 and Nov. 24 from 10 a.m.- p.m. Modern Woodman will be matching the funds raised.

SCHOLASTICS

MENNO

Roll of Excellence (4.0 GPA)

Senior: Ashton Diede  
Junior: Matthew Preszler  
Sophomores: Caleb Preszler, Parker Schultz, Laura Wollmann  
8th Grade: Courtnee Edelman  
7th Grade: Megan Black, Hailey Fergen, Paige Heckenlaible, Breanna Mehlhaf, Ashton Vaith  
6th Grade: Conner Edelman, Justin Edelman, Logan Klaudt, Jaedyn Oplinger, Eisleay Saylor

“A” Honor Roll (3.6-3.99 GPA)

Seniors: Brittany Haberman, Austin E. Herrboldt, Shelby Huber, Jason Mehlhaf, Courtney Schaeffer, Allie Zanter  
Junior: Tyrell Bertsch, Christina Herrboldt, Dylan Lehr, Emily Massey, Kelsey Walter  
Sophomores: Austin Handel, Kaylee Kessler  
Freshmen: Seth Friesen, Keely Rademacher, Andrew Schaeffer  
8th Grade: Jacob Hertz, Jordan Mehlhaf  
7th Grade: Grace Abma, Spencer Schultz

6th Grade: Samuel Bender, Trey Bohlmann, Abby Fischer, Hunter Haberman, Brittney Massey, Kyle Munkvold, Kiara Nusz, Tess Oplinger

“B” Honor Roll (3.0-3.59 GPA)

Senior: Nathan Ellinger, James Oldenburg, Shiloe Rich, Ty Spencer, Hunter Westendorf  
Junior: Kaci Bierle, Cheyenne Edelman, Austin Haberman, Madison Huber, Kylee Kessler, Nathan Kirschenman, Zachary Kotalik  
Sophomores: Devon Bloch, Kristin Fischer, Natalie Fischer, Austin R. Herrboldt, Caroline King, Derrick Lehr, Dustin Lehr, Lindzie Vaith, Nikki Weber  
Freshmen: Brody Bierle, Rylee Black, Jackson Diede, Carmen Dyk, Logan Lehr, Elizabeth Massey, Tara Spencer  
8th Grade: Marissa Buechler, Eli Huber, Dominick Lehr, Kordell Munkvold, Jacob Vaith  
7th Grade: Brandon Saylor, Craig Schaeffer  
6th Grade: Hailey Handel, Micah Hento, Dylan Lammers

Wife Not Happy? No Body’s Happy

BY TOM AND RAY MAGLIOZZI  
King Features Syndicate

**Dear Tom and Ray:**  
I have a 2000 Mercury Mountaineer with 178,000 miles. I have a wife who also has many miles on her. I love my car, even with all its dents and its worn interior. It runs great and gets 16 mpg. My wife hates it. She says that it drives like a truck (it is a truck) and that she is embarrassed to be seen in it. I have customized it to be towed behind our RV. It is great for hauling stuff, which I seem to do on a regular basis. It was paid for many years ago. Why should I buy a new car when the current one works perfectly fine? She says that it will break down any day and then I will be forced to buy a new car. How do I handle this marital/auto problem? —Howard  
**TOM:** Gee, Howard. I would have thought your wife would see your devotion to this old, ugly heap as a source of great comfort.  
**RAY:** Right. Now she knows she’s not married to the kind of shallow guy who would dump an old car — or an old wife — just because it’s seen better days. And is in need of some body work. But I guess she’s not choosing to see it that way.  
**TOM:** I sympathize with you, Howard. You’ve got a perfectly good car that serves your needs. Why add a car payment to your life when you don’t have to?



CAR TALK

Tom and Ray Magliozzi

**RAY:** On the other hand, your wife hates this car and is embarrassed to be seen in it. And when she’s not happy, nobody’s happy, right?  
**TOM:** So here’s my suggestion. First, have the car thoroughly inspected by a good mechanic, and find out what kind of shape it’s really in. If the compression is low and it’s burning oil, and the transmission fluid is black, then you’ll know its days are numbered, and you can be gracious and tell your wife that if it makes her happy, you’ll start planning for a new car.

**RAY:** But if the Mountaineer is in good shape overall, then consider an inexpensive paint job and some interior detailing.  
**TOM:** It may just be that if the truck were one color again and the inside stopped smelling like manure, she might be more inclined to put up with this truck for another couple of years. Ask her.  
**RAY:** But in either case, you’d be wise to start a new-car savings fund right away. With 178,000 miles on it, it might not be ready for the boneyard yet, but it’s circling for a landing.

In their pamphlet “Should I Buy, Lease, or Steal My Next Car?” Tom and Ray break down the strategies for buying a car, so you can make the most of your money. 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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Late Workers At Risk For Some Health Issues

BY LESLIE BARKER

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DALLAS — Looking for truly scary costume ideas for next Halloween? Try Thomas Edison. The inventor of the light bulb, when you get right down to it, can shoulder the blame for some potentially frightening health possibilities facing 11 million workers. They’re those who work (heavy organ-music chords here) — the graveyard shift. Research is showing that these creatures of the night — nurses, bakers, firefighters, transportation workers, factory employees, police officers, 24-hour help-deskers and others — might encounter several serious risks: —International researchers, analyzing results of 34 studies, found that shift work was associated with a 23 percent increased risk of heart attack among more than 2 million night, evening and rotating-shift workers, the British Medical Journal reported. Among night-shift workers only, that number rose to 41 percent. Interestingly, shift work was not associated with increased death rates.

—Researchers at Brigham & Women’s Hospital Division of Sleep Medicine found that among workers with pre-diabetes conditions, the disease is more likely to develop in night workers than those who work days. Additionally, sleeping at “abnormal times” and not getting enough sleep leads to lower metabolism and higher spikes in blood sugar. —Teens who work “off-hour employment” before age 20 may be at risk for multiple sclerosis due to changes in their sleep patterns and disruption of their circadian rhythms, according to the Karolinska Institutet in Stockholm.

So perhaps the maligning of Edison — “the person to blame, obviously,” says Dr. David Luterman, medical director and director of the Baylor Sleep Center in Dallas — now makes more sense. “When it was dark, there was nothing to do but sleep,” Luterman says. “Then the light bulb came, and then Henry Ford puts in shifts all over the place. Then radio, which was entertainment in your own home. Then the TV.” Which led, of course, to overnight jobs, to off-kilter sleep schedules and to health problems that go bump in the night. First though, a caveat: While these shifts can lead to serious health issues, they’re not a work-all-night given.

“It can mess up your life,” Luterman acknowledges. “But not everybody who does shift work is affected. About 20 percent have significant problems doing it. There’s no rhyme or reason who will or won’t.” Every cell in our bodies, he says, has a biological rhythm. The brain has a master clock that trains us to be awake during the day and asleep at night. Thus, when light and dark are out of whack, so are we — if we’re not careful. “Simply put, the human body is designed and wired to respond to diurnal cues that have to do with nature’s clock: daylight and nighttime,” says Gerry Jacob. He’s CEO of Wellfirst Sleep Diagnostics, whose sleep centers throughout North Texas evaluate and treat people with sleep issues.

Depending that by working at night or by alternating sleep and wake shifts can lead to dysfunction, Jacob says. For instance, it throws off production of melatonin — the hormone responsible for rest.

As far as causing obesity and other problems, Luterman says he is unsure of the correlation. There is one, he says, “but I don’t know the physiology of it. “Hormones, insulin, things like that are secreted in diurnal variation,” Luterman says. “When you do shift work, you’re opposing some of your normal hormone stasis equilibrium.” One problem is that people get their nights and days mixed up, he says. “They work at night, but try to revert back to daytime on their

days off. If you try to reverse, you’ll have a hard time doing it. You have to shift your sleep schedule.” Kevin Campbell, an overnight emergency-room charge nurse at Texas Health Presbyterian Hospital of Dallas, stresses such advice with nurses new to the shift. “People who try to be with their families heavy-duty on their days off and twist things around have a harder time,” Campbell says. He’s worked (and loved working) nights full time since he became a nurse in 1997, and two years before that as a patient-care technician. The 7 p.m. to 7 a.m. shift, which Campbell does three times a week, complements his internal rhythm, he says. “I’ve always been a night person. I never have a hard time staying awake.” That’s not true of everyone who works nights. Significant sleep problems for night workers, Luterman says, typically fall into two categories: not being able to stay awake at work or not being able to sleep during the day. Snoozing on the job can lead to no longer having the job, or, worse, putting lives in danger. “You have to be 150 percent when you’re with patients,” says Tarah Grooms, director of the emergency department at Methodist Richardson Medical Center. “You get an influx all at once, and you don’t have the administrative resources during nighttime as you do during the day. You have to be on your tiptoes at all times.” She makes sure the staff stays nourished, supplying them with

nutritious snacks and water. “As long as they eat and hydrate, they’re so busy they don’t even think about it,” says Grooms, who lives in Coppell, Texas. She worked nights for seven years, initially to “do my time” when she first started her career, and later when her children were younger. “I’d go home, give them breakfast, take them to school, exercise, sleep and be able to pick them up,” says Grooms, who still periodically steps in to work overnight. Whether you work days or nights, “You still have the same amount of time between shifts.” A lot of her staff has a hard time getting used to sleeping during the day, she says. “But then they get on a cycle and do it. A lot here have done it for 20 years. That’s their life.”

The pay is also better, she says. “My turnover rate in the ER is low. Very few come in and say, ‘I just can’t do this.’” At La Spiga Bakery in Addison, though, co-owner Carolyn Milano says the shift that starts at 7 p.m. has the highest turnover rate. “They tend to last six, eight months to a year,” she says. “I think it gets old fast.” Not for Campbell at Presbyterian. He’s read about the possible dangers of working while the sun is on the other side of the world, but finds it hard to relate to them. “That doesn’t seem to be true in my life, in my experience,” he says. “I don’t feel any ill effects working nights at all.”



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Thank You!

Thank you to all the people who encouraged and supported me in my run for coroner. The support has been overwhelming. I am looking forward to serving the people of Yankton County.

Arica Nickles



Kirchner - Anderson

Mr. and Mrs. Scott (Britney) Kirchner were married on September 29, 2012. The couple were wed at Sacred Heart Catholic Church in Yankton by Father John Rutten.

Kylie Gross; Sioux Falls, SD, was the maid of honor. Bridesmaids were Melanie Anderson; Yankton, SD, Amanda Kirchner; Brookings, SD,

Tara Burton; Sioux Falls, SD, and Maggie Spencer; Brookings, SD. Courtney Anderson, Yankton, SD, was the flower girl.

The best man was Chris Tieszen, Brookings, SD, Nick Kirchner; Las Vegas, NV, Neil Kaltsulas, Chris Mutchler, and Levi Ringquist, Brookings, SD, were the groomsmen. Dylan Kirchner, Yankton, SD was the ring bearer. Jennifer Kirchner was the guest book attendant and host.

Britney (Anderson) Kirchner, daughter of Jim and Michelle Anderson is a graduate of Yankton High School. She attended SDSU and graduated with a degree in Human Development and Family Studies.

Scott Kirchner, son of Les and Julie Kirchner is also a graduate of Yankton High School. He attended SDSU and graduated with a degree in Manufacturing Engineering and a degree in Industrial Engineering.