American Life In Poetry

A Rainy Day At The Corral

BY TED KOOSER

U.S. POET LAUREATE

I love poems with sudden surprises, and here's one by Jennifer Gray, a Nebraskan. Will you ever see depressions puddled with rain without thinking of the image at her conclusion?

HORSES

The neighbor's horses idle under the roof of their three-sided shelter, looking out at the rain. Sometimes one or another will fade into the shadows in the corner, maybe to eat, or drink. Still, the others stand, blowing out their warm breaths. Rain rattles on the metal roof. Their hoof prints in the corral open gray eyes to the sky, and wink each time another drop falls in.

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Brake Softening Mid-Day Likely Caused By Overheating

CREATED BY TOM AND RAY MAGLIOZZI Distributed by King Features Syndicate, Inc.

Dear Tom and Ray:

I am a rural mail carrier, which means I have to use my own vehicle to deliver. I drive a 2005 Scion XA. As you might guess, delivering mail means I am on my brakes all day long. The issue I am having is that by the middle of the day, my brakes will turn very spongy, sometimes as if I have no brakes at all. I can pump the pedal and get enough pressure to stop, but just barely. If I am able to wait a short while, the brakes will firm up a bit, but will go soft as soon as I am back to stopping mailbox to mailbox. The next morning, the brakes will be fine and firm, only to go soft again by midday. It definitely is worse on hotter days. Can you offer any suggestions as to the cause of this and what I can do to keep a firm pedal all day? — Chris

RAY: I think your brake pedal needs Cialis, Chris. Isn't that the one that lasts all day?

TOM: It sounds like your brakes are overheating. Those are classic symptoms. The brakes overheat, the brake fluid boils, and you can't stop the car. Then you wait until everything cools down, and you have brakes again.

RAY: So the question is, Has something changed, or did the car always do

TOM: If the car has always done this, then your driving probably is a factor. Maybe you're driving with two feet

CAR TALK

Tom and Ray Magliozzi

and riding the brake pedal all the time? Or maybe you're lead-footing it from mailbox to mailbox and slamming on the brakes each time?

RAY: This car was not really designed for heavy-duty service like daily mail delivery. That's why they have

TOM: So you may have to adjust your driving, including using a lower gear to slow down so you use the brakes less.

RAY: But if this is a recent phenomenon, then perhaps something is mechanically wrong.

TOM: I would look for the kind of things that could make the brakes act as if your foot is always on the pedal, even when it's not. For instance, a sticky caliper slide or caliper piston could cause the brakes to be partially applied all the time. And then you're compounding that heat by doing stopand-go driving for hours on end.

RAY: Or the power-brake booster or master cylinder could be faulty, creating constant hydraulic pressure to the

TOM: My guess is that your problem is caused by some combination of the extreme stop-and-go driving you do and some mechanical problem that has vet to be diagnosed.

RAY: Rifle through your mailbag and see if you can find a flyer for a good brake shop, Chris. Or if you prefer to avoid getting fired, go to www.mechanicsfiles.com and search for a shop recommended personally by our readers and listeners. And get it fixed before you start taking out mailboxes.

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 email them by visiting the Car Talk website at www.cartalk.com.

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Avera Health To Celebrate National Rural Health Day Nov. 20

SIOUX FALLS _ Avera Health joins other state and national rural stakeholders in celebrating National Rural Health Day on Thursday,

The National Organization of State Offices of Rural Health (NOSORH) created National Rural Health Day as a way to showcase rural America and increase awareness of rural health issues. Plans call for National Rural Health Day to become an annual celebration on the third Thursday of each November.

Rural communities face unique health care needs, including an aging population, a shortage of medical professionals and disproportionate funding levels. As a health network serving a largely rural area, Avera has a long-

standing commitment to rural health. Avera has more than 300 locations in 100 communities throughout a five-state region. Avera covers a service area of more than 72,000 square miles and 86 counties. On Rural Health Day, Avera salutes the local practitioners who provide quality health care throughout the region.

For example, Kanya Vanadurongvan, MD, known as Dr. Kay, and Vichit Vanadurongvan, MD, known as Dr. Van, have been practicing in Milbank, for 30 years.

"We are caring for our friends and neighbors. We have had the opportunity to care for four generations in the same families," Dr. Kay said. "Many have become

close friends and we will continue to have a long-lasting relationship with them."

Rural health has evolved and improved throughout the past decades, Dr. Kay said, with state-of-the-art diagnostic and treatment services available locally.

"For difficult and emergency cases we have immediate access to e-services support, and if the need arises, we can provide a direct channel to a specialist in the Avera system."

'Instead of asking patients to drive to an urban center for health care services, Avera excels at providing quality care, close to home, through community hospitals, local clinics, eCARE, air transport and more. We work hard to sup-

port our health care professionals who serve in rural locations, and the patients who reside there in order to help ensure a secure future for quality health care services," said Rachael Sherard, Senior Vice President for

Avera's Rural Health Institute collaborates with community leaders and other agencies to find solutions to challenges that affect rural health care through educational health planning, consulting, economic development, leadership development, strategic plan-

Rural Health Services, Avera

ning and grant writing. Avera eCARE is a specialized program that benefits quality rural health care. Avera eCARE harnesses in-

teractive video and computer technology to extend specialty care from a "virtual hospital" in Sioux Falls throughout a 545,000-squaremile area across eight states. Having impacted more than 210,000 patients, the system has saved an estimated \$143 million in health care costs.

Avera eCARE has several distinct arms that serve varied needs: eICU, eConsult, eEmergency, ePharmacy, eLTC and eUrgent Care-Correctional Facilities.

To our knowledge, no one else in the world is doing what we're doing in a rural setting," said Deanna Larson, Senior Vice President of Quality and eCARE, Avera Health. "We built upon solutions that were already in place to continue the

Avera mission to make a positive impact in the lives and health of individuals and communities."

Approximately 62 million people — nearly one in five Americans — live in rural and frontier communities throughout the United States.

"These small towns, farming communities and frontier areas are wonderful places to live and work; they are places where neighbors know each other and work together," notes NOSORH Director Teryl Eisinger. "The hospitals and providers serving these rural communities not only provide quality patient care, but they also help keep good jobs in rural America.'

Alzheimer's Disease Awareness Month: Steps to Prevention

BROOKINGS — Cognitive decline is the most feared condition associated with old age. Concern is merited, explained Leacey Brown, SDSU Extension Gerontology Field Specialist. "The number of people with dementia is expected to rise over the coming decade. By the year 2025, 20,000 people over the age of 65 in South Dakota are projected to have Alzheimer's disease," Brown said.

While this projection seems small, she said it is a 25 percent increase from 2014. November is Alzheimer's Disease Awareness Month. Brown explained

that dementia does not refer to a specific disease. Instead, it is a term to describe a wide array of symptoms associated with a decline in mental abilities or cognitive impairment.

"Over time time this decline makes it difficult for the individual to engage in everyday tasks like laundry or cooking," she said.

Alzheimer's disease, she went on to explain, is the root cause of dementia in most cases. The second most common cause is Vascular dementia that occurs after a person has a stroke. "Other conditions may cause dementia

symptoms to appear, including thyroid problems, vitamin deficiencies or even illness, Brown said.

Because so many variables can impact cognitive decline. Brown said it is important to visit with a medical provider if a loved one is suspected to show signs of dementia. This is especially important if the symptoms appear suddenly.

When discussing cognitive decline, Brown said the biggest question on everyone's mind is, how to prevent Alzheimer's disease? "There is no silver bullet to prevent dementia," she said.

However, she said recent research suggests lifestyle choices may delay the onset of Alzheimer's disease and other forms of dementia. "The single most import thing a person can do to prevent dementia and delay the onset of disease is to quit smoking, followed by staying physi-

She added that the final step is to keep the mind active by pursuing educational goals or engaging in regular problem solving.

cally and socially active."

To learn more on this topic, visit iGrow.org.

Tabor Reunion Meeting Slated Nov. 23

TABOR — A planning meeting for the Tabor High School all-school reunion in 2015 will take place on Sunat 1:30 p.m. at the Tabor Community Center Any and all alumni willing to help plan are encouraged

Verifying the date of the reunion, acquiring addresses and suggested activities will be the main order of busi-

Contact Sherry or Dennis Povondra for further informa-



