

Trinity Packs Meals For Haiti



SUBMITTED PHOTO
The Trinity Lutheran Church 7th grade confirmation class and sponsors recently packed 4,200 meals for the children of Haiti. If your church group would like to learn more about how you can make a difference in the lives of children, please visit www.mercymealsyankton.org or find us on Facebook.

American Life In Poetry Stories From The Road

BY TED KOOSER
U.S. Poet Laureate

Debra Marquart, who teaches at Iowa State, is a poet, a memoirist, a writer of stories and a singer with her own R & B group, The Bone People. She knows the musician's life, and here's a road poem from her most recent book from New Rivers Press, *Small Buried Things*.

TRAVELING WITH GUITAR

For you can travel with a screaming red rolling bag and float unnoticed on conveyors, through terminals

or you can lug half a moose rack from Maine to Minnesota, carry it like a broken wing through airports

as my friend Gro did, and draw only the curious touches of children waiting at gates. But dare to travel with a guitar

and invite confessions from strangers in pinstripe suits of garage band summers, invite winks, gotcha smiles,

and devil's horns rock on gestures. Invite finger points and winks, the long tongue licks, and the rubberneck glance

to check if you are someone famous. To dare to travel with a guitar is to mark yourself charismatic mega-fauna

of the airport terminal. Old friend, what else could I do but carry you? I have stored you in closets, propped you

in corners, hunched over you late-nights, staring perplexed at the mysteries of your neck. Body of my body, string

of my strings, see how the world began to hum and sing that day at thirteen when I opened the big birthday box.

We do not accept unsolicited submissions. American Life in Poetry is made possible by The Poetry Foundation (www.poetryfoundation.org), publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright ©2014 by Marjorie Saiser, "Thanksgiving for Two," (2014). Poem reprinted by permission of Marjorie Saiser. Introduction copyright © 2015 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.

SCHOLASTICS

JOSHUA KUEHLER

SAN DIEGO — FMG Leading is proud to announce that Joshua Kuehler, Consultant and Analytics Manager, has successfully defended his doctoral dissertation, "A Pre-Test - Post-Test Examination Of Coaching On 360 Degree Feedback Ratings And On Leader-Member Exchange Ratings" at Capella University, earning him the title, Joshua Kuehler, Ph.D. Dr. Kuehler's dissertation examines the effectiveness of coaching, both on leadership performance and its impact on inter-personal relationships. The study analyzes coaching as a form of leadership development, how coaching affects relationships with direct reports, and how changes in leadership work styles are related to changes in those relationships.

In addition to his expertise in the design of engagement surveys, training programs, and 360 degree assessments, quantitative psychological evaluations known as "psychometrics," are a strong suit for Dr. Kuehler. He has developed diagnostic tests with clients that help determine proficiency levels across competencies, resulting in targeted solutions. He was also psychometrically reviewed training evaluations to determine question-category placement, category and survey reliability, and content validity.

In addition to his doctoral degree from Capella, Dr. Kue-

hler earned his Master of Science degree in Industrial/Organizational Psychology from St. State University in Minnesota.

ROBERT SCHMIDT

LINCOLN, Neb. — Robert Schmidt of Yankton was among 29 University of Nebraska-Lincoln students recognized earlier this month as outstanding agents of character and integrity by being named to "Franco's List."

Schmidt is a senior English, political science and Spanish major in the College of Arts and Sciences.

Students who attain the highest level of academic achievement are recognized by their academic dean through the Dean's List. Similarly, Franco's List (named after Juan Franco, UNL vice chancellor for student affairs) recognizes UNL students identified as demonstrating the positive characteristics that are part of being a person of integrity. Selection to Franco's List is awarded for each student's commitment to living a life of integrity in accordance with the "Show Your Red" movement and its six building blocks: citizenship, dependability, commitment, respect, open-mindedness and care.

All of the recipients were nominated by a UNL community member, and were ultimately selected by a council of their peers, the vice chancellor for student affairs' Character Council.

Prius Headrest Is A Real Pain In The Neck

BY RAY MAGLIOZZI
King Features Syndicate, Inc.

Dear Car Talk:
I love my new Prius C, but the headrest pushes my head and shoulders forward. It's really bad, and my posture really gets messed up, as the new headrests are somehow tilted forward and can't be straightened. Is there a solution to fix that?

—Jeannette
Have you considered a hacksaw? It's annoying, isn't it? You can't drive very well if your head is being pushed down and forward, and all you can see are the floor mats.

Here's the problem, Jeannette. The closer the headrest is to your head (preferably touching it), the more effective it is at preventing a serious neck injury if you're rear-ended. That's why automakers err on the side of angling them too far forward rather than too far back.

I've seen some people with this complaint remove the headrest and simply turn it around and reinsert it so that it's protruding backward instead of forward. But there are two potential problems with that: First, because you've turned the notches in the posts around, you can no longer adjust the headrest for height. And, more importantly, the headrest can be too far back. If it ends up more than 2 inches from the back of your head, it



Ray
MAGLIOZZI

won't prevent neck injuries. So that's the crucial measurement. Here are several other things you can try: First, try adjusting the seatback to recline a little bit more. By moving it back, you'll also move the headrest back.

If you find that that puts the headrest in the correct position but now the seatback doesn't provide enough support (since it's also crucial for protecting your back and neck in a rear-end collision), you can try putting a firm cushion on the seatback. Look for one that's the length of the seatback, so it provides support from bottom to top.

And again, remember, you want the headrest to be no more than 2 inches from the back of your head — preferably closer, or touching.

Another thing you can try is visiting your dealer. Ask if there are other Toyota headrests that fit your car. It's possible that a headrest from another Toyota is slightly smaller or thinner, or sits at a slightly different angle. Again, the key is to find one that allows you to comfortably

rest your head against it, or very close to it.

We know people who were unhappy with the headrests on their Prius C's, and swapped them for headrests from the regular Prius. But be warned: Those little things are a lot more expensive than you'd ever imagine.

So see if your dealer will be nice enough to let you remove the headrests from some other cars on the lot and try them in your car. If you find one that you can live with, you can ask the parts department what it charges for one. And when you revive yourself, you can try searching on eBay for a used one.

Or wait for the Toyota's Washington's Birthday Sale, and try to grab a good five-year lease deal on a new headrest. Good luck, Jeannette.

You want to buy a used car, but how do you find a good one? Car Talk can help! Order "How to Buy a Great Used Car: Secrets Only Your Mechanic Knows." Send \$4.75 (check or money order) to Car Talk/Used Car, 628 Virginia Drive, Orlando, FL 32803.

Got a question about cars? Write to Car Talk in care of this newspaper, or email by visiting the Car Talk website at www.cartalk.com.

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Balanced Diet & Activity Key To Health Is SDSU Extension Response To IARC Findings

BROOKINGS — When it comes to preparing a meal for her family, Megan Erickson counts herself fortunate. Her 15-month-old daughter, Haley, will eat just about anything Erickson gives her — fruits, vegetables, meat and milk — you name it and her little gal will try it.

"It makes me feel good because a balanced diet plays an important role in health," says Erickson, who is an SDSU Extension Nutrition Field Specialist.

This particular evening, Erickson is making hamburgers with green beans for supper. "Haley's favorite protein is hamburger — she just loves it," said Erickson, specifying that she cooks with 90-95 percent lean hamburger.

This also puts Erickson's mind at ease because as she explains, not only is red meat an excellent source of protein, but it also provides many other nutrients essential to overall health. "Red meat contains high levels of iron, B vitamins and is an important component of a balanced diet which helps us maintain a healthy weight."

To help her in meal planning, Erickson uses MyPlate. MyPlate is the U.S. Department of Agriculture (USDA) nutritional guideline program which replaced MyPyramid. "I just picture the plate and go from there. MyPlate encourages you to fill half your plate with fruits and vegetables, then include a lean protein, a whole grain and dairy product."

Due to the health benefits found in red meat, Erickson is concerned that many South Dakotans and other consumers will be confused by recent findings released by the World Health Organization's International Agency for Research on Cancer (IARC).

On Oct. 26, 2015, IARC

released findings which classified red meat as a "probable carcinogen" and processed meats, like hotdogs and bacon, as "carcinogenic."

"Most scientists agree that it's unrealistic to isolate a single food, like red meat, and label it as a potential hazard," Erickson explains.

As alarming as these classifications sound, Erickson's colleague, Ann Schwader said that the fact the findings are based on limited evidence, as mentioned in the news release, should put consumers' minds at ease.

Schwader quotes the release, "After thoroughly reviewing the accumulated scientific literature, a Working Group of 22 experts from 10 countries convened by the IARC Monographs Programme classified the consumption of red meat as probably carcinogenic to humans (Group 2A), based on limited evidence that the consumption of red meat causes cancer in humans and strong mechanistic evidence supporting a carcinogenic effect."

When reading the findings, Schwader, who is also an SDSU Extension Nutrition Field Specialist, had additional concerns. "After reviewing

the document, nowhere does it indicate that the IARC considered environmental factors or other behaviors such as inactivity, smoking or alcohol consumption," she explains. "Overall, risk factors for cancer are many and include; age, family history, lifestyle and contact such as eating, drinking, and touching harmful substances."

"If we are looking for ways to prevent cancer, there is an abundance of research which points to physical activity and a well-balanced diet playing a large role in cancer prevention," Schwader says, referencing a National Health Priorities report published by the Nutritional Alliance for Nutrition and Activity.

In the release, director of the IARC, Dr. Christopher Wild, is quoted saying that he sees the findings more as a tool to encourage further research than nutritional guidelines consumers should follow. "These

findings further support current public health recommendations to limit intake of meat. At the same time, red meat has nutritional value. Therefore, these results are important in enabling governments and international regulatory agencies to conduct risk assessments, in order to balance the risks and benefits of eating red meat and processed meat and to provide the best possible dietary recommendations."

The take-home message? Schwader and Erickson encourage consumers to base their decisions on what years of research has shown. "Physical activity and eating a balanced diet, which includes lean red meat, lowers the risk of chronic diseases, like diabetes, heart disease and cancer," Erickson says. "These findings do not provide enough evidence for me to change what I feed my family."

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SHARE
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Yankton, SD 57078
Attendees may bring an (unbreakable) ornament with the child's name on it and the date of his or her passing. Or, ornaments will be available that evening.
Sponsored by the Avera Sacred Heart Hospital Pastoral Care Department