

Life In Poetry

Poet Examines The Art Of Sharing

BY TED KOOSER
U.S. Poet Laureate

Here's a delightful poem by Douglas S. Jones about a bicycle rider sharing his bike with a spider. Jones lives in Michigan and spiders live just about everywhere.

CENTRIFUGAL

The spider living in the bike seat has finally spun its own spokes through the wheels. I have seen it crawl upside down, armored black and jiggling back to the hollow frame, have felt the stickiness break as the tire pulls free the stitches of last night's sewing. We've ridden this bike together for a week now, two legs in gyre by daylight, and at night, the eight converting gears into looms, handle bars into sails. This is how it is to be part of a cycle—to be always in motion, and to be always woven to something else.

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Embracing The Progress With Cars

BY TOM AND RAY MAGLIOZZI
King Features Syndicate

Dear Tom and Ray:
I am about to buy a car. I've been advised to buy a new or newer car so as to avoid breakdowns, but I'm running into one big problem: Everything on the market is computerized. I'd like to be able to look under my hood and actually know what is going on. With only one auto-shop class, I'm hardly an expert, but I'd like to learn. Are there any new or newer cars out there that are simple – cars that I could actually work on myself? I couldn't care less about GPS, power windows, automatic transmission, Blackberry and all the tacky gadgets they put on cars these days. I just want to drive something that I can understand. —Malia

TOM: YOU'D like to look under the hood and actually know what's going on? So would WE!

RAY: I don't know how old you are, Malia, but I remember when televisions were pretty simple. And when something went wrong that wouldn't respond to a fist on the side of the box, you could take the back off the TV, remove the tubes, take them down to the repair shop and put them in a "tube tester."

TOM: If one of the tubes was bad, you'd buy a new one for a few bucks, put them all back in, turn on the TV and voila! You'd be watching "The Man From U.N.C.L.E." again in no time.

RAY: I wouldn't even consider taking the back off my TV now. And I guess that's a loss for humanity. But you know what? TVs are 1,000 times better today than they were 50 years ago. They almost never break now, they download movies, they display things in 3-D. Their pictures are brighter, sharper and more realistic, yet the sets are more energy-efficient. And most importantly, you don't need



CAR TALK

Tom and Ray Magliozzi

to adjust the vertical hold every 15 minutes to keep from seeing Walter Cronkite's forehead at the bottom of the screen and his chest at the top.

TOM: And the same is true of cars. They're 1,000 times more complex, but they're also 1,000 times better and more reliable than they used to be.

RAY: And much of that is attributable to the complicated technology that you and I can't even begin to fix anymore. So it's a trade-off, but it's a trade-off that most of us are happy to make.

TOM: Because now our cars pollute a fraction as much, they're more powerful, some of them go much farther on a gallon of gasoline (or a kilowatt of lithium-ion battery power), they're safer, more comfortable, they last longer and, perhaps most importantly, they start pretty much every day. A lot of people forget what it was like to turn the key and pray whenever it was cold and rainy out.

RAY: And cars now routinely go 100,000 miles without needing any major repairs. In

the old days, if you nursed a car to 100,000 miles, it was a cause for a party.

TOM: So, in order to get something that you can look under the hood of and easily tinker with yourself, you have to be willing to drive an unsafe, unreliable, pollution-belching rust bucket.

RAY: Which is what my brother drives. In fact, you can go car shopping on his front lawn, Malia. You'll have a bunch of heaps that won't start to choose from.

TOM: You really have to go back to the 1970s or earlier to go "pre-computer." If you get a car of that vintage, you'll be able to open the hood and recognize all the parts. That's one thing I really like about my old cars.

RAY: Of course, the reason you'll recognize all those parts is because you just replaced them a month ago! Don't do it, Malia. Accept that the world changes. Embrace the change. Cars that start in the rain are a giant step for mankind.

Which is cheaper, buying or leasing? Should you keep a car forever or dump it after three years, before trouble starts? Find out in Tom and Ray's pamphlet "Should I Buy, Lease, or Steal My Next Car?" 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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Election Season Signs Reminder

Election season is under way, and election signs are popping up around Yankton.

The City of Yankton reminds all candidates and supporters that election signs must be placed on private property out of the public right of way. Placing signs in parks and boulevards, or attaching signs to utility poles, street signs, street trees, or light poles is not allowed by Yankton City Ordinance.

A good general rule is to keep signs to the inside (house side) of a sidewalk or at least 15 feet from the roadside curb. Right-of-way width does vary throughout the city, so if you're not sure, give the Community Development Department a call and the staff will be happy to help you plan your sign placement.

Signs placed in the public right of way will be removed. Signs may be displayed up to 60 days prior and seven days after election day.

For more information, visit cityofyankton.org or call (605) 668-5251.

Boating Safety Zone At Gavins Point Dam

The U. S. Army Corps of Engineers Gavins Point Project announces a boating safety zone in the downstream area below the dam.

When water is released through the spillway, hazardous conditions exist for any vessel in the spillway and boaters are urged to use caution. The restricted area for boats will be marked by new signs located on the north and south bank of the Missouri River approximately 500 yards below the spillway. During spillway releases boaters will not be allowed to go upstream beyond these signs. These precautions are for public safety and the Corps is asking for cooperation.

When the gates are closed and there are no releases through the spillway, this restriction will be lifted and boaters may operate beyond the signed area.

Sacred Heart School Hosting BINGO Night

Yankton's Sacred Heart School invites the community to join in the first BINGO of the 2012-2013 school year on Friday, Oct. 19. BINGO begins promptly at 6:30 p.m., at the Sacred Heart Gathering Center, located across from Link Auditorium at Fifth and Capital, Yankton.

Those joining in the BINGO are encouraged to wear a Halloween costume to have a chance to win special prizes.

Beginning at 5:30 p.m., Godfather's Pizza will be available for sale. Cheese or pepperoni can be purchased as a whole pizza or by the slice. Refreshments will be available for purchase throughout the evening.

5K Fun Run Planned For Vermillion

VERMILLION — The University of South Dakota Student Physical Therapy Association 5k Fun Run will be held in Vermillion on Saturday, Oct. 20, starting at the DakotaDome in Vermillion.

This is a 5k fun run to promote physical activity and support Physical Therapy Month. It is also a fundraiser to give scholarships and support physical therapy students in attending national conferences. The aim is to promote health and well-being in the community and surrounding areas.

Registration begins at 7:30 a.m. with the race beginning at 9 a.m. For more information, contact Kayla Block at 712-348-4079 or kayla.block@coyotes.usd.edu, or visit <http://www.allsportcentral.com/EventInfo.cfm?EventID=45811>.

Mariah's Benefit Event Set For Pizza Ranch

There will be a Mariah's Benefit at the Yankton Pizza Ranch at 5-8 p.m. Monday, Oct. 22. Mariah's Benefit will receive 15 percent of the total sales during this time.

Mariah JoAnn Wade is a Micro Preemie born 16 weeks early on Aug. 25, 2012, at 1 pounds, 9 ounces and 12 inches long to Tara and Josh. Proceeds from this fundraiser will be used for uncovered medical expenses and to help Mariah's Mom, Dad and/or Grandma with daily travel expenses from Yankton to Sioux Falls to see her.

If you are unable to attend the fundraiser at Pizza Ranch, donations can be made to Mariah's Benefit Account at Services Center Federal Credit Union, 609 W. 21st St. Yankton S.D. 57078.

USD Set To Host Holocaust Museum Exhibit

VERMILLION — University Libraries at the University of South Dakota will host "Deadly Medicine: Creating the Master Race," the United States Holocaust Memorial Museum's traveling exhibition, Oct. 25 through Jan. 6, 2013. This exhibition, which is free and open to the public, will be located on the second floor, west side of the Libraries.

"Deadly Medicine" examines how Nazi leaders used science to help legitimize persecution, murder and genocide. From 1933 to 1945, Nazi Germany carried out a horrific campaign to "cleanse" Germany of people viewed as biological threats to the nation. Enlisting the help of physicians and other medically-trained scientists, the Nazis developed racial health policies that started with the mass sterilization of "hereditarily diseased" persons and

ended with the near annihilation of Jewish Europeans.

"The University Libraries are proud to host this compelling exhibition from the United States Holocaust Memorial Museum," said Interim Dean of Libraries Daniel L. Daily. "As an institution committed to life-long learning, USD and the University Libraries frequently host events and exhibitions, like 'Deadly Medicine,' that encourage the critical examination of our past and its ramifications in the present day. I encourage anyone in the area to view this important exhibition."

University Libraries is developing sixth- through 12th-grade curriculum opportunities for the exhibition, providing hands-on activities in history, social studies, languages and language arts that support South Dakota Common Core standards. The South

Dakota Humanities Council, an affiliate of the National Endowment for the Humanities, has provided support for programming accompanying the "Deadly Medicine" traveling exhibition, including lectures by two USD humanities scholars, Carol A. Leibiger, PhD, and David I. Burrow, PhD.

Leibiger's lecture, "Of Foxes and Poisonous Mushrooms: Julius Streicher and German Children's Literature in Support of National Socialist Racialist Politics," is at 7 p.m. Nov. 6 and at 3 p.m. Nov. 8. Burrow will present his lecture, "Eugenics and the Nazi Conscience," at 3 p.m. on Nov. 13 and at 11 a.m. and 7 p.m. on Nov. 15. Both lectures, which are free and open to the public, will be at the USD University Libraries, second floor atrium.

"Deadly Medicine" is made

possible with support from The David Berg Foundation, the Dorot Foundation, the Blanche and Irving Laurie Foundation, and the Lester Robbins and Sheila Johnson Robbins Traveling and Special Exhibitions Fund established in 1990.

For more information about the exhibition, the humanities lectures, 6-12th grade curriculum opportunities, or to schedule tours and associated programming, contact Danielle De Jager-Loftus at danielle.loftus@usd.edu, Abby Moore at abby.moore@usd.edu or see <http://bit.ly/USDholocaust>.

This exhibition contains difficult subject matter and imagery. It is recommended for visitors 11 years and older.

Push For Healthier Truck Drivers Gaining Momentum

BY JAMIE STENGLE
Associated Press

DALLAS — In the months after Doug Robinson started driving a truck, he noticed his clothes were increasingly more snug-fitting. He was already overweight but soon realized that spending up to 11 hours behind the wheel, frequently eating fast food and not exercising was a poor combination.

When his employer, U.S. Xpress, took part in a weight-loss challenge sponsored by the Truckload Carriers Association, the 321-pound, 6-foot-1-inch Robinson signed up.

So far, he's about 40 pounds into his goal of dropping 100. His truck's refrigerator is stocked with chicken, tuna and vegetables. And after his day's drive, he walks — either on trails near rest stops or just circling his truck.

"I have asthma, so with the extra weight on there, it isn't good for me," said Robinson, a 30-year-old from Philadelphia. "When I started losing weight, instantly I was breathing better. I was sleeping better at night."

From trucking companies embracing wellness and weight-loss programs to gyms being installed at truck stops, momentum has picked up in recent years to help those who make their living driving big rigs get into shape.

"I think a lot of trucking companies are coming around to the idea that their drivers are their assets," said Boyd Stephenson of the American Trucking Associations, the industry's largest national trade association. He added that healthier employees help a company's bottom line.

There's an additional incentive for truckers to stay in shape — their job might depend on their health.

Every two years, they must pass a physical exam required by

U.S. Department of Transportation's Federal Motor Carrier Safety Administration. They're checked for conditions that might cause them to become incapacitated — suddenly or gradually — while driving, including severe heart conditions, high blood pressure and respiratory disorders.

While there are no weight restrictions, a commercial driver who has been diagnosed with obstructive sleep apnea and isn't undergoing treatment will not get a medical certificate. Sleep apnea, more common among those who are overweight, leads to daytime sleepiness, a danger on long drives.

But there are obstacles for truck drivers who are mindful of their health. In addition to being seated for many hours at a time, eating options are usually limited to places with parking lots big enough to accommodate their tractor-trailers — most often truck stops, which historically have not been known for wholesome food or workout equipment.

That's something truck stop chains have been trying to change.

TravelCenters of America, which operates under the TA and Petro Stopping Centers brands, launched a program two years ago called StayFit that includes placing small, free gyms in truck stops, offering healthier eating options and half portions, mapping walking routes near truck stops and building basketball courts in some locations.

"We wanted to remove as many barriers to drivers' health as possible," said TravelCenters spokesman Tom Liutkus, who said

the company has gyms at 42 of its more than 240 locations, with plans to outfit them all by the end of next year. He added that the gyms have been accessed more than 30,000 times.

Gym franchiser Snap Fitness has partnered with Rolling Strong, which provides wellness programs aimed at truckers, to open gyms at Pilot Flying J locations. The first one opened south of Dallas in June: A nearly 1,000-square-foot stand-alone building filled with weights and a dozen or so machines. So far, more than 120 memberships have been sold for that gym.

"We know that we have an audience out there that needs help," said Snap Fitness chief executive officer and founder Peter Taunton. By the end of the year, they also plan to install gyms inside Pilot Flying J truck stops in Georgia and Tennessee.

A monthly membership of about \$30 also gives truckers access to Snap Fitness' more than 1,300 gyms, Taunton said, 60 of which have tractor trailer-friendly parking.

Pilot Flying J plans to add a function to their smartphone app to help truckers identify healthy food choices at their locations and fast food restaurants. David Parmly, the company's employee services manager, says their truck

stops have adjusted recipes to make them healthier and offer oatmeal for breakfast.

Bob Perry, president of Rolling Strong, said truckers flock to day-long wellness screenings that his company sets up at truck stops nationwide.

"We never have to recruit anyone over. We are packed from the time we open till the time we leave," Perry said.

Robinson, the U.S. Xpress driver trying to lose weight, said that before joining the weight-loss program, he spent his evenings on the road watching television, checking Facebook and talking on the phone.

"At first I was like, 'I don't know how I'm going to exercise.' At the end of the day, I don't want to walk. It's all about planning," he said. "I just had the willpower to do it."

Bruce Moss, vice president of human resources for Con-way Freight, said they've found that their wellness program reduces the number of people who call in sick, lowers workplace injuries and controls health care costs. The program gives truckers access to wellness coaches and has them stretch before starting a shift.

Last year, more than 11,500 of Con-way Freight's 21,000 employees, the majority of them drivers, consulted with wellness coaches.

The Center To Host Penny Bingo Event

The Center, 900 Whiting Drive, Yankton, will host Penny Bingo at 1 p.m. on Wednesday, Oct. 24.

For more information, contact Kris Thury at 605-665-4685 or kris@thecenteryankton.org.

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HAPPY 50 BIRTHDAY

PINKY PAM KAPPEL!!

65th Anniversary Celebration

Mr. & Mrs. Pal Christensen

Pal and Pat Christensen will celebrate their 65th wedding anniversary with a family dinner. Marvin "Pal" & Pat McAtee were married on October 17, 1947 in Custer, SD.

The couple has nine children, 29 grandchildren and 13 great-grandchildren.