

American Life In Poetry

Fall In A Nutshell

BY TED KOOSER
U.S. Poet Laureate

Many of the poems that have survived for hundreds if not thousands of years perfectly capture a single vivid moment. There's an entire season packed into this very short poem by Ed Ochester, from his recent book, Sugar Run Road. Ed Ochester lives in Pennsylvania.

FALL

Crows, crows, crows, crows
then the slow flapaway over the hill
and the dead oak is naked

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Peterson Joins Medical Journal Board

Yankton Medical Clinic, P.C. Physical Medicine and Rehabilitation physician, Dr. Judith Peterson, has been named to the editorial board of Medical Problems of Performing Artists journal.

Medical Problems of Performing Artists is a peer-reviewed clinical medical journal devoted to the etiology, diagnosis, and treatment of medical and psychological disorders related to the performing arts, with an international following.

Dr. Peterson is Board Certified in Sports Medicine and Physical Medicine and Rehabilitation.

The specialty of Physical Medicine and Rehabilitation emphasizes the prevention, diagnosis, treatment, and rehabilitation of disorders, particularly those of the neuromusculoskeletal system that may produce temporary or permanent impairment. Common conditions treated include spine arthritis, neck and back pain, tendonitis



Peterson

She is trained in nerve conduction techniques and electromyography to help in the diagnosis and treatment of these conditions.

Dr. Peterson has been in practice at Yankton Medical Clinic, P.C. since 2013. She sees patients in consultation for tendonitis, joint pain, spine pain, neck and back pain, sports injury, spasticity and musculoskeletal pain syndromes. She has specific expertise in performing arts medicine and the treatment of injured dancers and instrumentalists.

Appointments with Dr. Peterson can be made at Yankton Medical Clinic, P.C. by calling 605-665-1152.

and hip, knee and shoulder pain. Dr. Peterson also treats conditions such as carpal tunnel syndrome and peripheral neuropathy.

Car Talk

Get Inherited Car Checked Out The Same As You Would A Used Car

BY RAY MAGLIOZZI
King Features Syndicate, Inc.

Dear Car Talk:

I am a recent widower. My 22-year-old granddaughter is coming to live with me. Her dad (my son) gave her his 2004 Ford Focus. It has 106,000 miles on it. He did the basics, e.g., changed the oil, bought new tires, got brakes and an alignment. It has the original plugs, and the transmission has never been serviced. What else does this vehicle need to keep it safe and serviceable? It runs fine now. Thanks.

—John

Well, you don't say if your son did all the scheduled maintenance on this car during the time he owned it. Ask him. If he did, that's great.

In any case, the best thing to do is to take it to a mechanic you trust, and have it checked out — as if you were buying it as a used car.

If you don't have a mechanic you like, enter your ZIP code and do a search at www.mechanicsfiles.com. That's a database of mechanics that other listeners and readers of ours use, trust and recommend.



Ray
MAGLIOZZI

Anyway, your mechanic will check all the basics — belts, hoses, water pump, brakes, steering, exhaust and suspension components. He should be able to let you know if there's anything unsafe, or anything that needs immediate attention.

I'd also ask him to see if he can remove the spark plugs. If they're original, they might never have been unscrewed from the cylinder head. And over a long time (like 106,000 miles), they can get stuck in there and basically fuse themselves in the cylinder-head threads. Then when you need to change them, you won't be able to get them out.

That's something I'd want a mechanic to do, because he'll have a feel for how hard he can push on a tight or sticky plug before it's likely to break. You don't want to try that yourself.

If the car checks out pretty well, and

the plugs are removable, then you just need to follow the maintenance schedule from here on out.

In the back of the owner's manual, there's a mileage schedule that tells you when to do what. For instance, at 120,000 miles, it tells you to change the timing belt. I'd recommend that you do that now so your granddaughter doesn't get stranded when it breaks. Then she'll hit you up for a ride home in the middle of the night in addition to a new timing belt.

Click and Clack offer a strategy for everyone who's shopping for a car. Find yours in the pamphlet "Should I Buy, Lease, or Steal My Next Car?" Send \$4.75 (check or money order) to Car Talk/Next 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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And Doug Berman

First Residential Volunteer Welcomed To Monastery

On Friday October 9, Susan Erlemeier, a dentist from Monroe, Louisiana, arrived after two days of driving as Sacred Heart Monastery's first Residential Volunteer. Upon her arrival, Susan noted the beauty of this area. She commented, "The season of fall is a fitting time for change." She will allow her time as a Residential Volunteer to be an opportunity for reflection and discernment as she considers a new chapter in her life. Susan's plan is to volunteer in residence at the monastery for six months.

Susan's volunteer ministry will begin in the mornings at the Monastery Bakery when she assists Sister Barbara Kowalkowski. On her first day in the bakery, Susan commented with a smile while buttering bread, "I've done a lot of cooking, just not a lot of baking." During her first week, she will also assist in the Monastery



Susan Erlemeier

SUBMITTED PHOTO

Gift Shop with Sister Francine Streff.

Outside of her hours working in these ministry areas she will have time for enrichment in various interests. These interests may include participation in

Mount Marty College activities, interaction and leisure activities with Sisters, and experiencing nature, to name a few.

On Sunday, October 11, Sister Bonita Gacnik, Director of the Residential

Volunteer Program, introduced Susan to the Monastic Community, and Sister Penny Bingham, prioress of the monastery, lead the Sisters in prayer and a blessing to formally welcome Susan into the program.

The Residential Volunteer Program provides an opportunity for enrichment, not only for the volunteers, but also for the Sisters. The Sisters look forward to sharing times of prayer, ministry and recreation with the Residential Volunteers. The former home of Bishop Martin Marty will be the initial residence for volunteers participating in the program.

To stay informed and see updates of her experience on various media sources, visit the links on the bottom of our Residential Volunteer page at <http://yanktonbenedictines.org/who-we-are/residential-volunteer-program-2/>.

Avera: Sutton Named Executive VP And Chief Human Resources Officer

SIOUX FALLS — Avera Health, the largest employer in South Dakota and one of the most robust health care systems in the Midwest, announced today that it has selected Bob Sutton to serve as Executive Vice President and Chief Human Resources Officer, effective Feb. 1, 2016.

In this role, Sutton will serve on the Avera Health senior executive team, reporting to John Porter, Chief Executive Officer, and will oversee the system's human resources function. "Bob brings a breadth of

leadership experience across a broad spectrum of organizations, as well as operational experience from one of our large regional areas," said John Porter, President and Chief Executive Officer, Avera Health. "I am confident that Bob will lead the development and integration of valuable strategies that will further enhance Avera as an employer of choice and help us meet the current and future challenges of our evolving health care landscape."

Most recently, Sutton served as Regional President

and CEO of Avera St. Mary's Region which includes operations for Avera St. Mary's Hospital, Avera Gettysburg Hospital, two long-term care facilities and a multi-specialty clinic. Prior to that position, Sutton served as Avera Health Senior Vice President of Community Relations. Previously, he also served as President of the South Dakota Community Foundation and in leadership positions at South Dakota Petroleum Council, South Dakota Bank-

ers Association, and Citibank South Dakota.

He currently serves on the South Dakota Board of Regents.

"I am excited that this new position that will allow me to work alongside the more than 16,000 employees across the Avera footprint who contribute every day to providing excellent health care and wellness that helps people live better, balanced and more healthy," said Sutton. Sutton will be taking on

the role currently held by Bill McLean, Avera's Senior Vice President, Human Resources, who is retiring Feb. 1, 2016. Todd Forkel, Regional President and CEO, Avera St. Luke's Region, will serve in the interim leadership role for Avera St. Mary's while a plan is developed to fill the position there.

Sutton received a Bachelor of Arts in political science with a minor in philosophy and a Master's Degree in public administration from the

University of South Dakota in Vermillion.

Forkel has served as President and CEO of Avera St. Luke's since December 2011. His experience includes serving as senior vice president of operations for Essentia in Fargo, N.D., and director of radiology at Mayo Clinic. He is a graduate of Presentation College and Northern State University.

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Thank You
Words cannot accurately express what a wonderful community we live in. The kindness, love, and support we have received in so many different forms since losing our grandson, son, brother, and nephew has truly touched our hearts. Thank you seems so inadequate for all the work that was done to help on the day of Aaron's accident (we cannot begin to name each and everyone who was there) and those who were by our side through the week preparing for the funeral and lunch, once again we cannot begin to name each and everyone, the day of the funeral all who came, participated, and shared in the celebration of Aaron's life, and since to help us transition back into our lives without Aaron. Our breaking hearts have truly been blessed by each and every act of kindness. A scholarship fund is being established to continue Aaron's giving spirit. A big thank you, also, to all who helped with the bean harvest and those who provided lunch for the harvest crew this week.

Lorraine Engen
Sheldon, Mary, Seth, Kyle, and Ethan Engen
Blanche (Ron) Gjoraas, Sandra (Bill) Rodell, Janet Engen, Cleo (Terry) Sorensen, Mike (Linda) Smith, and Joe (Brenda) Smith and families

I Made It Home
I just wanted to let you all know that I made it home. The journey wasn't an easy one, but it didn't take too long.
Everything is so pretty here, so white, so fresh and new. I wish that you all could close your eyes and that you could see it too.
Please try not to be sad for me. Try to understand God is taking care of me... I'm in the shelter of His hands.
Here there is no sadness, no sorrow, and no pain. Here there is no crying and I'll never hurt again.
Here it is so peaceful when all the angels sing. I really have to go for now... I've just got to try my wings.

The Family of Alice Larson
Would like to thank all of our friends and neighbors for the care shown to the family during this difficult time. For the food brought to our homes, memorials, flowers and your kind words.
A special thank you to Pastor Mark Ostrem for all his spiritual help he gave to us, to his wife Sharon, for the beautiful music and Turkey Creek Revival Band, to the Calvary Ladies for serving lunch.
To the staff of Avera Yankton Care Center for the excellent care Alice received, and to the Hansen Funeral Home for the care shown to the family.
May God Bless you all
Karen (Larry) Haberman
Allen Larson
Lois Eli
Linda (Dave) Bak