

New At The Library

Here's what's new at the Yankton Community Library this week:

ADULT BOOKS

- **The Caretaker** by A.X. Ahmad; Fiction
- **Claws of the Cat** by Susan Spann; Fiction
- **A Conspiracy of Faith** by Jussi Adler-Olsen; Fiction
- **The Curiosity** by Stephen P. Kiernan; Fiction
- **The Engagements** by J. Courtney Sullivan; Fiction
- **Gotcha!** by Fern Michaels; Fiction
- **Her Last Breath** by Linda Castillo; Fiction
- **Lexicon** by Max Barry; Fiction
- **Light of the World** by James Lee Burke; Fiction
- **Murder in Chelsea** by Victoria Thompson; Fiction
- **Return to Oakpine** by Ron Carlson; Fiction
- **The Shining Girls** by Lauren Beukes; Fiction
- **Shorecliff** by Ursula DeYoung; Fiction
- **Smarty Bones** by Carolyn Haines; Fiction
- **Sniper Elite: One Way Trip** by Scott McEwen; Fiction
- **TransAtlantic** by Colum McCann; Fiction
- **Vengeance** by Mystery Writers of America; Fiction
- **We Are All Completely Beside Ourselves** by Karen Joy Fowler; Fiction
- **Whistling Past the Graveyard** by Susan Crandall; Fiction
- **The White Princess** by Philippa Gregory; Fiction
- **The Widow Waltz** by Sally Koslow; Fiction
- **The Woman Upstairs** by Claire Messud; Fiction
- **You Are One of Them** by Elliott Holt; Fiction
- **Alex Ko: From Iowa to Broadway** by Alex Ko; Nonfiction
- **Modified Flight Plan** by Lisa Kovanda & Brian Thomas; Nonfiction

ADULT AUDIO BOOKS

- **Bad Monkey** by Carl Hiaasen; Fiction
- **Dead Ever After** by Charlaune Harris; Fiction
- **The Heist** by Janet Evanovich & Lee Goldberg; Fiction
- **The Inn at Rose Harbor** by Debbie Macomber; Fiction
- **The Light in the Ruins** by Chris Bohjalian; Fiction
- **The Ocean at the End of the Lane** by Neil Gaiman; Fiction
- **The Redeemer** by Jo Nesbo; Fiction
- **A Treacherous Paradise** by Henning Mankell; Fiction
- **True Love** by Jude Deveraux; Fiction
- **The Twelve Tribes** of Hattie by Ayana Mathis; Fiction
- **A Week in Winter** by Mauve Binchy; Fiction

ADULT DVD

- **42: The Jackie Robinson Story**

YOUNG ADULT BOOKS

- **Elegy** by Tara Hudson; Fiction
- **Fearless** by Cornelia Funke; Fiction

JUNIOR BOOKS

- **Ghoulfriends Just Want to Have Fun** by Gitty Daneshvari; Fiction

EASY BOOKS

- **Brush of the Gods** by Lenore Look & Meilo So; Fiction
- **Bully** by Laura Vaccaro Seeger; Fiction

Museum Features Rokosz Presentation

The Dakota Territorial Museum will be hosting its monthly Brown Bag Lunch from noon-1 p.m. today (Friday) in the museum conference room (across the street from Avera Sacred Heart Hospital).

This Brown Bag installment will feature John Rokosz with the Missouri National Recreational River. Rokosz will be giving a Living History presentation as a steamboat purser. He will be talking about adventures on the river and serving under Capt. Grant Marsh. Rokosz has been doing wonderful presentations in the area all summer and we are honored to have him at the museum.

The museum's monthly Brown Bag lunches are the first Friday of each month and are open to the public. There is no charge, but a free will donation is accepted.

Library Holding Used-Item Sale

The Yankton Community Library is holding a used-item sale beginning at 9 a.m. Thursday, Aug. 1, and running through 5 p.m. Saturday, Aug. 3.

The library has received donations of many issues of *Life Magazine* from the years 1937-1954, most of which are in plastic and in excellent condition. There are also old copies of *The Saturday Evening Post*, *Newsweek*, *Look* and *Ladies Home Journal*.

The library is also closing out its VHS tapes and books on tape, and those remaining titles will be available, as well as a few Yankton historical books. Check out the bargain prices.

Also, Friends of the Library will hold its monthly book sale Saturday, Aug. 3, from 10 a.m.-12:30 p.m.

For further information, contact the library at 668-5276.

LAN Party Starts Saturday At Library

The MHOC 2013 annual LAN Party will be held at the Yankton Community Library on Aug. 3, beginning at 5 p.m.

Bring your computer to the library and play some games.

For more information, visit www.mhoc.net/.

Groth, Bristow At Gayville Jamboree

GAYVILLE — Gayville Hall presents its monthly musical variety show, "The Hay Country Jamboree," at 8 p.m. on Saturday, Aug. 3, in Gayville.

Jim Groth of Valley Springs and Boyd Bristow of Sioux Falls join Jamboree regulars Nick Schwebach and Owen DeJong for a fast-paced evening of old-time popular tunes, country, folk and humor.

Staged the first Saturday each month, Jamborees always feature three or more musical acts on stage together trading old-time tunes by turn, according to show producer Doug Sharples.

Groth, Bristow, and Schwebach, who are each highly rated, popular guitarists and singers associated with such stellar bands as the Stallions, East of Westerville, and Poker Alice, will take turns singing classic songs, accompanied by themselves and the others, including DeJong, who is Poker Alice's acclaimed fiddler.

Jamborees are two-hours long, with a short intermission midway, and are presented in an alcohol-free, family-friendly atmosphere.

Gayville Hall is located at 502 Washington Street in Gayville. Call 605-267-2859.

Crazy Horse Programs Set Aug. 8-9

Have you ever wondered what happened to the great warrior Crazy Horse after he was killed at Camp Robinson in northwest Nebraska?

Author Cleve Walstrom has sought an answer to the mystery of where Crazy Horse might be buried. Over several years, Walstrom covered thousands of miles in his pursuit of the trails left by Crazy Horse and has documented more than 20 possible burial sites.

Meet author Cleve Walstrom and enter into discussion with him about this intriguing topic at the Yankton Community Library at 4:30-6 p.m. Thursday, Aug. 8, as he discusses his book "Search for the Lost Trail of Crazy Horse." Books will be available for purchase at the event.

For more information, contact the library at 668-5276.

Also, a presentation on the history of Crazy Horse monument in the making and the history and genealogy of the artist will be held at 2 p.m. Friday, Aug. 9, at the Corps of Discovery Welcome Center, located two miles south of Yankton on Highway 81.

This is a free event sponsored by the Yankton Town and Country Garden Club.



SUBMITTED PHOTO

Krista Stueckrath of Osmond, Neb., and a soon-to-be freshman at the University of South Dakota, is showing her favorite pieces of artwork at the Northeast Nebraska Resource Conservation & Development (RC&D) Council office in Plainview, Neb.

Prospective U Student Showing Artwork At Northeast Neb. RC&D

PLAINVIEW, Neb. — The Northeast Nebraska Resource Conservation & Development (RC&D) Council is showcasing the artwork of Krista Stueckrath through Aug. 8.

Krista is the daughter of Dean and Stephanie Stueckrath of Osmond, Neb., and granddaughter of Dorean and the late John Stueckrath of Plainview Neb. Last summer, as the result of a review of her art portfolio, she was a recipient of a scholarship to the Art Institute in Vermillion. She graduated from Osmond High School in May and plans to attend USD this fall majoring in business while perhaps pursuing a minor in art. She'll also be a member of their marching band.

Krista really enjoys working with acrylic paints, but her display shows how talented she is working with all sorts of media. Color is used extensively in many of her pieces. Her favorite picture is of an abstract black tree with a blue moon and lots of other bright colors on the

canvas. The piece that took her the longest to do, a lot of class time plus vacation time at home, used colors that were all mixed to get just the color she had in mind. It has 10,235 dots all made with a pencil eraser as her stamp.

Krista's female side of the family is all very artistic and creative. Her Dad Dean said "Ever since Krista was just a little kid she could keep herself entertained with coloring or doing other artistic things. She has the patience to do it."

This display of artwork may be viewed at the RC&D office at 702 E. Park Ave., E. Highway 20, in Plainview on Tuesday through Thursday each week until Aug. 8. "If people are seeing my artwork, I'll be pleased" Krista said.

The RC&D Council is a non-profit organization here to meet the needs and interests of the citizens of the area. For more information about RC&D projects or activities, see www.nenercd.org or call 402-582-4866.

Art Forms

YAA Presents A River With A View Or Two

BY JACKIE QUINN
Yankton Area Arts

The Missouri River flows in our midst daily, yet we can often take for granted its grandeur and beauty, its certain impact on our area. However, we do find ways to celebrate the giant at the heart of our community with events like the upcoming Riverboat Days/Summer Arts Festival, with the Yankton Area Arts (YAA) summer concert series, and with special art exhibits like the YAA Mighty Mo Photo Show.

Currently on exhibit in the G.A.R. Hall Art Gallery through Aug. 27, the Mighty Mo Photo Show features the interpretive work of 14 area photographers. Additionally, the show highlights floral interpretations of the river in an "Art in Bloom" display and a unique painting presentation of the river by the Missouri Sedimentation Action Coalition (MSAC).

The Mighty Mo Photo Show is an annual area photographic competition designed to compliment Yankton's Annual Riverboat Days and Summer Arts Festival. Photographers offering their river depictions in this year's show are: Pat Hansen, Paul Harens, Jane Hesse, Stan Hoffart, David Jensen, Jake Kidney, Karen Kidney, Pat Kolda, Sharon Koller, Tammy Meng, Dennis Menke, Stella Peterka, Mary Schaefer Roper, and Jeanie Shafer.

On display through Aug.

3 are fresh floral interpretations of chosen photography pieces created by "Art in Bloom" designers Madeline Cook and Audrea Hecht of Pied Piper Flower Shop; Sonnie LaCombe of Monta's Framing and Florals; Betts Pulkrabek and Connie Zimmerman of Yankton Town and Country Garden Club.

Also offering a unique vantage point of the river, artist Nicole Geary, a recent graduate of the Masters of Fine Arts program at the University of South Dakota (USD), shares four or the eight pieces she has painted, illustrating the current and future sediment accumulation process in Lewis and Clark Lake from the Charley Creek area in South Dakota and Miller Creek in Nebraska. This work is part of a larger "Historical and Future Visualization of the Lewis and Clark Lake Delta" research project completed by the Missouri River Institute at USD and presented by MSAC.

A First Friday Reception to celebrate these many views of the river will be held Friday, Aug. 2 from 5-7 p.m. An awards presentation starting at 5:30 p.m. will unveil Best of Show, Honorable Mention, and People's Choice, plus four Promise to Purchase awards sponsored by: Avera Sacred Heart Hospital, CorTrust Bank, Mr. John Day, and Vision Real Estate Services. The presentation will also include brief

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The Bookworm Sez ...

The 'Up' Side Of Health And Aging

"Up: How Positive Outlook Can Transform Our Health and Aging" by Hilary Tindle, M.D., M.P.H.; © 2013, Hudson Street Press; 277 pages.

BY TERRI SCHLICHENMEYER

You're not getting any younger — and it makes you cantankerous.

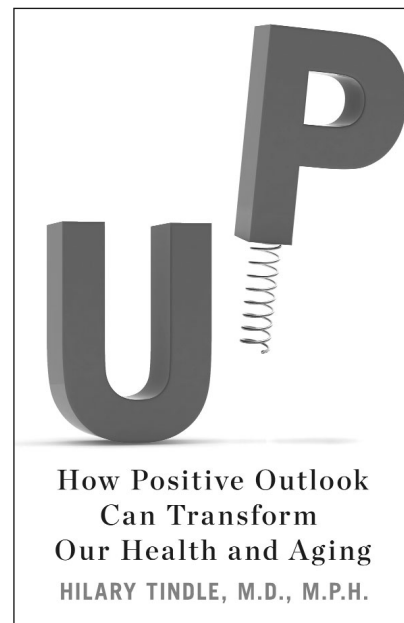
Everything's changed since you were a kid (when things were better). Life goes 110 miles an hour, you've got aches where you didn't even know you had muscles, and you can never find your favorite anything anymore. Bah.

The thing is, you can't go backwards. Those years just keep piling on top of one another, and in the new book "Up: How Positive Outlook Can Transform Our Health and Aging" by Hilary Tindle, M.D., M.P.H., you'll see how your attitude can make every one of them better.

Let's look on the bright side.

You've probably heard that sentiment several hundred times in your life; so much, perhaps, that it's basically meaningless to you by now. Honestly, can turning a frown upside down really make a difference?

According to Hilary Tindle, it can. Attitude has "the potential to influence every facet of our health..." Doctors, for instance, have long known that positive patients are more likely to follow medical instructions, "seize opportunities," and avoid sabotaging their own healing. In short, upbeat patients are easier to treat — which leads to less illness and



longer lives.

Research further shows that quickness to anger can predict your likelihood for heart disease. That, and a snarly attitude, can also "predict... risk factors that are known to cause... major illnesses of aging" such as high blood pressure and diabetes. These factors, which can stem from a negative outlook on life, begin to manifest themselves as early as childhood and they can add up over the years.

To counteract a lifetime of sourpussness, Tindle says that change is neces-

sary (just about everybody needs some change) and definitely possible. Learn how to manage responses to problems, first of all. If you're prone to descending into a "negative cycle," know how to escape it. Don't think you have to be sunshine all the time; there are many "faces" of optimism. Acknowledge your accomplishments throughout every step of life, follow "typical" doctor advice, get in touch with nature now and then, and stop being so self-critical.

Then, buck up. Says Tindle, "... outlook can be one of our strongest allies in the aging process."

It would be way too trite and simplistic to say that "Up" is a book about positivity. No, author, researcher, and self-proclaimed optimist Hilary Tindle offers cutting-edge information on why it's never too late to seize change and seek a better outlook in order to reap the rewards of contented aging with fewer health issues.

Knowing that it's not that easy, however, Tindle gives readers tips on altering one's attitude, climbing out of the doldrums, and reaching for community as a bolster. I liked this book — though I think there's a lot here that I've heard before — and I liked that its advice is mixed with real evidence.

Curmudgeons, crabs, and grumps beware: this book could change your outlook and, says the author, every little bit helps. So smile once in awhile and grab "Up" ... because if you do, the sky's the limit.

Area Native Co-Authors Book On Triple-Amputee Pilot

Book Signing Scheduled For Springfield Aug. 10

SPRINGFIELD — Lincoln residents, Lisa Kovanda and former Springfield resident Brian Thomas released a new book, "Modified Flight Plan," chronicling Thomas's recovery from an illness that left him a triple amputee. The authors will be signing copies of the book at Norm's Liquor in Springfield on Saturday, Aug. 10, from 2-4 p.m. Copies of the book will be available to purchase at the event.

Most 16-year-old kids joyride in Daddy's pickup. Not Brian Thomas. Instead, you found him out buzzing the football team in Daddy's airplane. Flying was his life. Both of his parents were pilots. His older brother was in the Air Force. And Brian couldn't imagine himself as anything but an aviator.

That is, until the bleeding disorder he had battled since he was 2 years old sidelined him. After several failed chemotherapy treatments, Brian opted for a potentially

disease-curing, but risky spleen removal. After more chemotherapy, he regained his flight status, but was left with an altered immune system.

In April 2009, Brian left his job at Duncan Aviation, where he is an aviation mechanic, to go home with what he thinks is the flu. Four hours later, he was comatose and on life support. His hands, feet, and face developed gangrene. Ten days later when he woke up, he faced the prospect of becoming a quadruple amputee. Surgeons saved his left hand, but he faced a long road to recovery and regaining his life.

The book is available for purchase at Amazon.com in both print and Kindle versions.

A book trailer video for "Modified Flight Plan" is posted at http://youtu.be/mp_4vSKeQc Brian is a member of the Nebraska Writers Guild, Aircraft Owners and Pilots Asso-

ciation (AOPA), Experimental Aircraft Association (EAA), Cessna Owners Association, Pilots of America, Aircraft Maintenance Technicians Society (AMT Society), and is a Certified Peer Visitor with Amputee Empowerment Partners.

Brian is the son of Ray and Trish Thomas of Springfield. He is a graduate of Bon Homme High School of Tyndall and Lake Area Technical Insti-

tute of Watertown.

Lisa Kovanda is the current President of the Nebraska Writers Guild, Municipal Liaison for the Nebraska: Lincoln, and Nebraska: Elsewhere regions for National Novel Writing Month, NaNoWriMo, and an active member of the Nebraska Writers Workshop, Local Muse, and a charter member of the Nebraska Film Association.

It's the first of the month...

AUGUST						
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