New At The Library

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

- **A Fatal Winter** by G. M. Malliet; Fiction
- Forgotten by Catherine McKenzie; Fiction
- Glass Boys by Nicole Lundigan; Fiction
 The J. M. Barrie Ladies' Swimming Society by Barbara J.
- Remember Why You Fear Me by Robert Shearman; Fiction Affordable Kitchen Upgrade by Steve Cory & Diane Slavik;
- Being Lakota by Larisso Petrillo; Nonfiction
- Good Dog Training by Babette Haggerty; Nonfiction
- The Ultimate Guitar Sourcebook by Tony Bacon; Nonfiction
- **ADULT AUDIO BOOKS**
- The Art Forger by B. A. Shapiro; Fiction • Collateral Damage by Dale Brown & Jim DeFelice; Fiction
- **Confessions** by Lisa Jackson; Fiction
- The First Prophet by Kay Hooper; Fiction
- In Sunlight and In Shadow by Mark Helprin; Fiction
- Political Suicide by Michael Palmer; Fiction
 Shadow Woman by Linda Howard; Fiction

- **Sweet Tooth** by Ian McEwan; Fiction
- Threat Vector by Tom Clancy; Fiction

• Heaven Changes Everything by Todd & Sonja Burpo; Nonfic-

ADULT DVDS

- Gone Baby Gone
- Heaven's Door Lawless

JUNIOR BOOKS

- Good Sports: Against All Odds by Glenn Stout; Nonfiction
- Katie's Day with Grandma by Liesbet Slegers; Fiction

- **EASY BOOKS**

Orchestra's 'Pancakes And Pops' Benefit Set

The Yankton High School Orchestra is hosting a "Pancakes and Pops" fundraiser on Jan. 21, running from 5-7 p.m. in the YHS Com-

Chris Cakes of Iowa will be providing an all-you-can-eat pancakes & sausage dinner in their unique and entertaining serving style.

The YHS Orchestra will also be performing a variety of light clas-

sical and popular music during the meal. Tickets are available from orchestra members or at the door. For more information, contact Mrs. Evander at YHS at 665-2073.

Penn's Works On Display At W.H Over Museum

VERMILLION — The W. H. Over Museum in Vermillion has opened an art exhibit depicting the work of the renowned artist Robert (Bobby) Penn. The works featured include three originals, "Sitting Bull's Account," "Buffalo Calf Woman" and "Babbling Brook."

Penn, noted as one of South Dakota's greatest contemporary Native American artists, has collections at the Smithsonian Institute, the Minneapolis Institute of Arts, and the Vincent Price Gallery in

Born in Omaha, Neb., Penn graduated from the University of South Dakota at Vermillion, where he worked as an understudy of Native American artist Oscar Howe. In 1992 Penn became a recipient of the South Dakota Governor's Award for Distinction in Creative Achievement in the Arts. Bobby Penn, who passed away in 1999, was a descendent of both the Omaha Tribe, and the Rosebud Sioux

Yankton Scrabble Tourney Deadline Is Jan 22.

Word lovers from Yankton and the surrounding area are invited to participate in the Yankton Area Literacy Council's third annual Scrabble Tournament, "Spellebrate for a Good Cause," on Sunday, Jan. 27. Tournament play will be held from 1-4 p.m. at The Center on 900 Whiting Drive, Yankton. Registrants can begin checking in for the tournament at 12:30 p.m.

"Spellebrate for a Good Cause" is a fundraising event is hosted by the Yankton Area Literacy Council (YALC), a United Way Agency. All proceeds are used to organize free tutoring classes for Yankton area residents who need to learn reading skills. YALC funds provide all tutoring materials and annual tutor certification for volunteer tutors.

The storm date for the event is Sunday, Feb. 3. The tournament registration form can be found online at bit.ly/YALC-Scrabble2013, at the United Way Non-Profit Center at 610

West 23rd St. or at the Yankton Community Library. Completed forms must be accompanied by the appropriate registration fee and returned to the YALC office at 610 West 23rd St. Ste 11, Yankton, SD. Registration categories include Youth (11 and under) \$10; Student (12-17), \$15; and Adult (18+), \$20. Final registration deadline is Tuesday, Jan. 22

To learn more about YALC or for additional information about the tournament, contact Bev Calvert at 605-665-3048 or yalc@iw.net.

'USD Night At the Washington Pavilion' Feb. 2

VERMILLION — The University of South Dakota College of Fine Arts will celebrate the creative talent of its students and faculty at the Washington Pavilion in downtown Sioux Falls at 7:30 p.m. on

This event will showcase USD students in 10 musical and theatrical ensembles at the Washington Pavilion's Husby Performing Arts Center. Featured performances inside Mary W. Sommervold Hall include the Chamber Singers, USD Jazz Ensemble, USD's Symphonic Band, the University Symphony Orchestra, USD Opera, theatre students from the New York Showcase, a scene featuring stage combat, a dance from the Theatre Department's production of "Brigadoon," and a dramatic scene from its fall production of

The event will also feature USD Department of Art student art and graphic design work along with printmaking and ceramic

"This event will provide a great opportunity to see and hear the talent that resides within the USD College of Fine Arts," noted Larry Schou, D.M.A., dean of the College of Fine Arts. "Sioux Falls is a cultural center for South Dakota, and the USD College of Fine Arts needs to be in that area showcasing its student and faculty talent.'

USD Night at the Washington Pavilion" is free and open to the public, and it begins with a reception from 5-7 p.m. at the Schulte Black Box Theater. Attendees can meet with current USD fine arts students and faculty, and speak with representatives from USD's other undergraduate colleges, including the College of Arts & Sciences, Beacom School of Business, School of Education and School of Health Sciences. Members of the USD Admissions Staff will also be available to answer questions and assist with the event.

We hope that this event will draw potential students and their families from the area to see a unique event from the College of Fine Arts, but also to see what our university community has to offer," stated Megan Rohlck, assistant director of admissions who is assisting with the coordination of the event.

Poetry Reading, Book Signing At Library

Author Norma Wilson will read poetry from her new chapbook 'Under the Rainbow: Poems from Mojácar" on Thursday, Feb. 7, at the Yankton Community Library, 515 Walnut Street. A book signing is scheduled for 6:30 p.m. with a reading at 7 p.m.

The book is the product of a decade of Wilson's life as a poet.

She conceived the book during a July 2002 poet's residency at Fundación Valparaiso, an artists' retreat in southeastern Spain. The poems she wrote there were inspired by mountainous desert land and Mediterranean seascapes, by the culture of the region, by the poetry of Garcia Lorca, by the convergence of U.S. and Spanish history and by Wilson's dreams of her home in southeast South

For further information, contact the library at 668-5275.

The Bookworm Sez

'Making Habits' Is Handy Guide

"Making Habits, Breaking Habits" by Jeremy Dean; © 2013, DaCapo Lifelong; 256 pages.

BY TERRI SCHLICHENMEYER

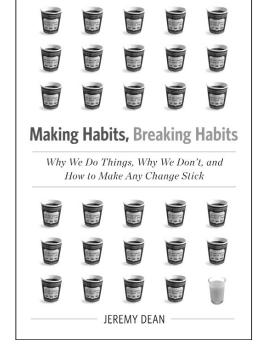
This year, you're really going to do it. No more unfulfilled promises. No more embarrassment, explaining, or excuses. You'll never have to hide that bad habit again because you're going to quit smoking, stop gambling, be kinder, resist going online every ten minutes, lose weight, whatever it is you've been meaning to do for months.

You're really going to do it. You are. And with "Making Habits, Breaking Habits" by Jeremy Dean by your side, you really might accomplish that goal.

Step into the self-help section of any bookstore or library, and you might think that "21" is a magic number: a lot of books claim that you can fix your life in that many days.

Jeremy Dean says establishing habits isn't that easy, however. Research shows that it takes an average of 66 days for a habit to be formed, depending on several factors. A "really strong" habit could take a year to create!

From the time we get up in the morning until the time we fall asleep, we follow habits without thinking about them, which is one of the main characteristics of a habit. Habits are also "curiously emotionless" and are generally followed in connection with another situation: you get in the car and turn on the radio because, well, you're in the car.



That's a habit made in "response to rewards from the environment." Conversely, making habits can also be intentional but it depends on how worthwhile we find them. You may intend to get to the gym every day, for instance, but if you'd really rather stay in bed, guess which acally worth achieving or the habit will be almost impossible to ingrain," says Dean. Muster all the willpower your body possesses, visualize until your head hurts, but nothing works if there's no internal rewards. External rewards, Dean says, are "laced with danger."

As for breaking habits, it's hard to stop doing something you're not aware you're doing. What's worse: studies show that trying to suppress a thought or action makes you want to do it all that much more. So forget about self-control, says Dean. Instead, change your cues, pay attention, know yourself, and learn some "happy habits."

Looking for a quick-fix for those New Year's Resolutions? Nope, "Making Habits, Breaking Habits" ain't it.

By helping us understand what makes us tick and why, author Jeremy Dean avoids platitudes and misty advice to give his readers the tools they need to stop being frustrated by change and lack thereof. He advocates patience and dispels a lot of myths about why we do the things we do (or don't), explaining why our willpower fails us or why we find some habits easy to make.

That's helpful, and could make a fix that

While there are times when this book seemed smaller than its subject, I think it would be advantageous to anyone who's serious about changing behavior. If that's you, then find "Making Habits, Breaking Habits" ... and then do it.



The works of Beth Vogel-Baker are featured in the exhibit "Fibers and Feathers" at Yankton's G.A.R. Hall Gallery through Feb. 19. A reception and gallery talk are slated for Feb. 1.

YAA Presents 'Fibers And Feathers' Exhibit, Reception

Yankton Area Arts, a non-profit organization with a mission to educate, advocate, and enrich Yankton by integrating the arts within the community, is currently featuring Beth Vogel-Baker's "Fibers and Feathers" exhibit through Feb. 19 at the historic

G.A.R. Hall Art Gallery.
Beth Vogel-Baker is a fiber artist from Norfolk, Neb. Since her retirement from small business ownership and Sign Language Interpreting in 2009, Vogel-Baker has delved into the art form of wet felting and has since achieved scheduled showings in nine regional galleries.

Says the artist of her passion for the process of wet felting, "The idea of transforming wool fiber into surface struck me as magical and the warmth, texture, and colors inspired me to create and design. More importantly, it has allowed me to tell a story that I have longed to tell.'

Vogel-Baker's art reveals her instinctive love of Native American culture and of nature itself in her wall pieces which range in size from 18 to 36 inches in width and are 72 inches long. She uses merino wool which provides the soft background to her artistic stories told through color, form, and the use of organic verity of found objects and created replicas of the natural world.

"As with all of our art exhibits, Beth's is unique in that it captures the mystery of story-telling within a very distinctive art form. I encourage everyone to come by for a peek and to most certainly come hear Beth tell her intriguing stories during our First Friday reception," said Yankton Area Arts executive director Jackie Quinn.

First Friday is a monthly event presented by Yankton Area Arts designed to promote access to and celebrate the arts in the Yankton community. The First Friday reception to honor Vogel-Baker will be held on Friday, Feb. 1, at the G.A.R Gallery from 5-7 p.m. The event is free, and the public is invited to attend. Light refreshments will be served. Vogel-Baker will introduce her exhibit during the Gallery Talk which will begin at 5:30 p.m.

The G.A.R. Hall Art Gallery and Yankton Area Arts are located at 508 Douglas in Yankton. The gallery is open to the public free of charge from 1-5 p.m. weekdays and from 1-3 p.m. on Saturdays. For more information call 605-665-9754 or visit www.YanktonAreaArts.org.

Writers' Conference 'Shared Read' Features Life, Works Of Vine Deloria Jr.

BROOKINGS — The life and works of South Dakota native Vine Deloria Jr., American Indian author and scholar, will be celebrated at the 2013 Great Plains Writers' Conference in Brookings March 24-26.

In anticipation of the upcoming conference, several faculty members at South Dakota State University are reading and incorporating a book of Deloria's essays into their spring 2013 courses: "Spirit and Reason: The Vine Deloria, Jr., Reader," published by Fulcrum Press in 1999. "Spirit and Reason" will also be the spring semester discussion book for the SDSU Honors College's First Lady's Literary Circle.

Conference organizer, English department professor Steven Wingate, invites local and regional book groups and schools to consider also reading the "GWPC Shared Read" book in preparation for the conference. "Our goal,"

said Wingate, "is to generate considerable pre-conference interest and discussion through a shared campus- and community-wide experience.

He adds that the GWPC Shared Read is modeled after the National Endowment for the Arts' Big Read and SDSU's Common Read programs. "These community-wide reading programs," Wingate explained, "encourage participation by diverse audiences in significant conversations. We want people to talk about books, and the success of reading groups throughout the country indicates that if more people read the same books, more conversation happens.

March 26, 2013, would have marked the 80th birthday of Deloria, arguably one of 20th century America's most vibrant and farreaching thinker and authors. The conference schedule also includes keynote addresses by his son,

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Philip Deloria, and Elizabeth Cook-Lynn in addition to academic and creative presentations that examine the elder Deloria's legacy as a scholar and activist.

Both the SDSU Bookstore and Textbooks for Less will stock "Spirit and Reason," and the Brookings Public Library will make extra copies available for the book-borrowing public.

For further information, visit http://greatplainswritersconference.wordpress.com or contact Wingate, coordinator of the Great Plains Writers' Conference, at Steven.Wingate@sdstate.edu.

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Yankton, SD 605-261-5753 Jake Westrum

Artist Set For School Residency At YMS

Visual artist Cheryl Peterson-Halsey will conduct workshops for grades 6-7 students at Yankton Middle School during the weeks of Jan. 21-25 and Jan. 28-Feb. 1 as part of the South Dakota Arts Council's Artists In Schools and Communities (AISC) pro-

Peterson-Halsey teaches students visual problem solving, a good work ethic, and increased spatial intelligence through art. A belief in the basic elements of arts and their relationship to all subjects is the foundation of Peterson-Halsey's educational philosophy. In her residencies, she uses individual, group, and all-school projects to stimulate students' curiosity and develop their problem-solving skills by investigating the endless possibilities involved in the creation of art. Exploring these possibilities and teaching that process to students with common and readily available material is her passion.

According to the artist, "The freedom to pursue a thought or idea lends itself to unique possibilities and the discovery of new solutions to problems. We can invent our own problems or solve existing ones."

Of the upcoming YMS residency Peterson-Halsey says, "We will be delving into a trendy technique called Zentangles. It honors 'doodling,' yet includes a lot of information about revising, resolving, and problem solving. It also teaches the value of sticking to what you've begun.'

Peterson-Halsey often works three-dimensionally-her favorite mediums being paper, glue, cardboard, and paint-but she also teaches drawing and mural painting. Her commissioned installations can be seen at Sioux Falls' Children's Care Hospital & School, Avera McKennan Hospital's Pediatric Clinic, Sioux Falls Surgical Center, the Middle Border Museum in Mitchell, and in private collections.

This AISC residency is sponsored by Yankton Area Arts, with support provided by the South Dakota Arts Council with funds from the State of South Dakota, through the Department of Tourism and State Development, and the National Endowment for the Arts.

"With the current budget restraints our schools operate under, we're thrilled to provide valuable arts experiences in our local schools," comments Yankton Area Arts Executive Director Jackie Quinn. "While these types of residencies are meant to be supplements to art curriculums not the art curriculum, Yankton Area Arts will continue to advocate for arts education in our area. We want not to just fill gaps, but set higher sights on the most well-rounded, most complete education we can provide for our children.'

Wewant to make you a loan! \$100 - \$3000

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