

## New At The Library

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

### ADULT BOOKS

- **Alex Cross, Run** by James Patterson; Fiction
- **Arsenic and Old Puzzles** by Parnell Hall; Fiction
- **Bubble Gum Thief** by Jeff Miller; Fiction
- **Did You Miss Me?** by Karen Rose; Fiction
- **Ghost Man** by Roger Hobbs; Fiction
- **Guilt** by Jonathan Kellerman; Fiction
- **Lover Awakened** by J. R. Ward; Fiction
- **Me Before You** by Jojo Moyes; Fiction
- **Promise Me This** by Cathy Gohlke; Fiction
- **The Promise of Stardust** by Priscille Sibley; Fiction
- **Shiver** by Karen Robards; Fiction
- **The Shortest Way Home** by Juliette Fay; Fiction
- **Archery** edited by USA Archery; Nonfiction
- **Bully** by Lee Hirsch & Cynthia Lowen; Nonfiction
- **Fat Chance** by Robert H. Lustig; Nonfiction
- **Harvest: An Adventure into the Heart of America's Family Farms** by Richard Horan; Nonfiction
- **The Hour of Peril** by Daniel Stashower; Nonfiction
- **It's Not About You, Except When It Is** by Barbara Victoria; Nonfiction
- **Life Code** by Dr. Phil McGraw; Nonfiction
- **The Power of Parable** by John Dominic Crossan; Nonfiction
- **Remembering Whitney** by Cissy Houston; Nonfiction

### ADULT AUDIO BOOKS

- **Scent of Darkness** by Margot Berwin; Fiction
- **The Shortest Way Home** by Juliette Fay; Fiction
- **Speaking from Among the Bones** by Alan Bradley; Fiction

### ADULT DVDS

- **Alex Cross**
- **Argo**
- **Flight**
- **Here Comes the Boom**
- **The Perks of Being a Wallflower**
- **Taken 2**

### YOUNG ADULT BOOKS

- **Breaking Point** by Kristen Simmons; Fiction
- **Cross My Heart, Hope to Die** by Sara Shepard; Fiction
- **Perfect Scoundrels** by Ally Carter; Fiction
- **Under Current** by Tricia Rayburn; Fiction

### JUNIOR BOOKS

- **The Colossus Rises** by Peter Lerangis; Fiction
- **Hokey Pokey** by Jerry Spinelli; Fiction

### EASY BOOKS

- **Betty Bunny Didn't Do It** by Michael B. Kaplan; Fiction
- **Busy-Busy Little Chick** by Janice N. Harrington; Fiction
- **Maisy Grows a Garden** by Lucy Cousins; Fiction
- **Monsters Love Colors** by Mike Austin; Fiction
- **Dig Those Dinosaurs** by Lori Haskans Houran; Nonfiction

## Bede Art Gallery Reception Slated Today

Mount Marty College's Bede Art Gallery reception for artist Andres Torres, which was scheduled for Friday, Feb. 22, has been rescheduled for 3-5 p.m. today (Friday). The public is invited to attend.

## County Music Jam Set For Tyndall Sunday

TYNDALL — The South Dakota Country Music Hall of Fame (SD-CMHOF) will hold a jamboree at Gibby's in Tyndall at 3 p.m. Sunday, March 3.

All musicians and fans are welcome. There will be a free-will offering. Lunch will be offered by Gibby's. There will also be door prizes and games.

This event is a fundraiser to benefit Tyndall Elementary and SD-CMHOF.

The sound system/keyboard/drums will be furnished. Bring your own guitars/instruments and amps.

## ‘Over South Dakota II’ To Include Yankton

VERMILLION — SDPB Television presents “Over South Dakota II” this March, featuring fascinating aerial views of South Dakota.

The one-hour high-definition special, a sequel to the breath-taking “Over South Dakota,” features additional footage, filmed via helicopter, of our beautiful state. It premieres on Sunday, March 3, at 8:30 p.m. (7:30 MT).

“Over South Dakota II” takes us to a number of locales, including: 1880 Train, Aberdeen Railroad, Bear Butte, Corn Palace, Crazy Horse, Custer State Park, Deadwood, Ellsworth Air Force Base, Hot Springs/Battle Mountain Sanitarium, Hoven, Huron, Lead, Minuteman Silo, Mitchell, Mount Rushmore, Norwegian Stave Church, Pierre, St. Joseph Cathedral, Sica Hollow, Sisseton/Song of the Spirit Building, Spearfish Canyon, Spirit Mound, Split Rock Park, Wall Drug, Winner rodeo, Wounded Knee and Yankton.

South Dakota singer and songwriter Boyd Bristow narrates and the program concludes with words from Badger Clark, the late cowboy poet (1883-1957) who became the state's first poet laureate in 1937. Tune in for a unique and powerful perspective of our state.

The incredible vistas for “Over South Dakota” and “Over South Dakota II” were filmed during the summer of 2011 by SkyWorks, an internationally acclaimed production organization, in partnership with SDPB. The project is supported by the South Dakota Departments of Tourism and Game, Fish and Parks.

## Stewart School Presents ‘Bebop With Aesop!’

The fourth- and fifth-grade students at Stewart Elementary school will present the musical “Bebop with Aesop” at 7 p.m. Monday, March 4, at the YHS/Summit Activities Center theatre.

During the performance, a Greek chorus portrayed by fifth-grade students will be narrating the stories while the other fifth-grade students will be dramatizing five of Aesop's fables. The fourth- and fifth-grade students will be singing musical selections to tell the morals of the stories.

The concert is directed by Lori Leader and accompanied by Kathleen West.

The public is invited to attend and there is no admission charge.

## MMC To Host Menno One-Act Play Tuesday

Mount Marty College will host Menno High School's one-act play performance of “Nora's Lost” at 7 p.m. Tuesday, March 5, Marian Auditorium on the MMC campus in Yankton.

The play, which deals with effects of Alzheimer's disease, won a superior rating recently at the South Dakota State One-Act Play Festival in Brandon.

The public is invited to attend this performance. Admission is free, but goodwill donations will be directed to the Avera Sister James Care Center's Eden Fund.

## Friends Of Library To Host ‘Gourmet Guys’

Where can you taste sumptuous foods, listen to relaxing music, visit with friends, and have a great time all in one evening? It's at the Friends of the Library's fifth annual Gourmet Guys, which will be held on Saturday, March 9. The Yankton Community Library, 515 Walnut, is hosting the event with doors opening to ticket holders at 6 p.m.

The evening's Gourmet Guys are Andy Bryan, Gerald Dobrovolsky, Shane Gerlach, Jeff Martyka, father/son team Wendell and Darric Mortenson, Todd Rothenberger, and Bruce Viau who has been a “Guy” all five years.

The Henricksens will entertain diners, and there will be two raffles with prizes that will go home with the lucky winners. You will also have the opportunity to join the Friends of the Yankton Community Library that evening.

Tickets are now available at Hy-Vee or through a member of Friends of the Library. A limited number of tickets are available, so get yours today.

If you have any questions, contact Library Director Kathy Jacobs at 668-5276.

## The Book Shelf

# Book Aids Alzheimer's Caregivers

*“Dr. Ruth's Guide for the Alzheimer's Caregiver” by Dr. Ruth K. Westheimer with Pierre A. Lehu; © 2012, Quill Driver Books; 188 pages.*

BY TERI SCHLICHENMEYER

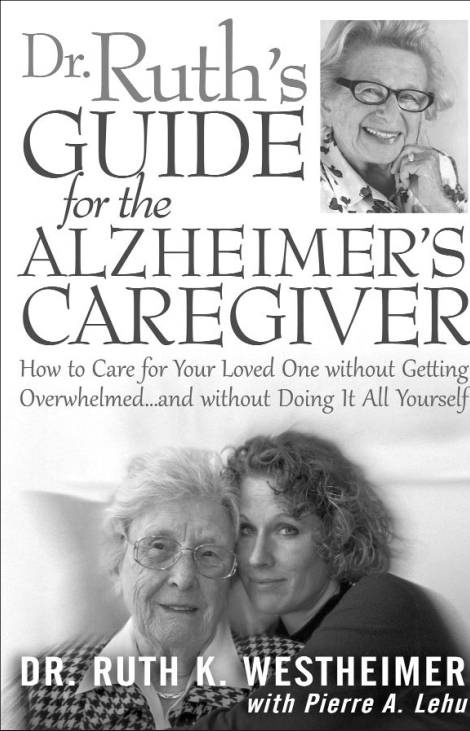
Your mother scared the daylights out of you last week.

She said she was going for a quick walk but when she didn't return three hours later, you went looking for her. You were frantic, she was confused, you were embarrassed. She has early-stage Alzheimer's and you're trying to cope but things are getting worse for her. Things are getting worse for you.

You never thought you'd have to be a parent to your parent, but here you are. And in the new book “Dr. Ruth's Guide for the Alzheimer's Caregiver” by Dr. Ruth K. Westheimer with Pierre A. Lehu, here's some help.

It's not the job you grew up wanting but you've taken the responsibility anyhow. Being a caregiver for someone with Alzheimer's may be a burden and there may be joy in it — but however you see it, you're not alone. Dr. Ruth says there are some fifteen million people just like you, caring for a parent, partner, spouse, or relative. That amounts to over \$183 billion of unpaid care each year.

And that can be overwhelming. For starters, the authors say, don't “draw lines in the sand.” Remain flexible, figure out other ways to do what needs doing, and never turn down offers of help; even delegating the tiniest chores will feel like a relief.



And don't even think about doing housework when you've got some precious time to yourself.

“Alzheimer's is a terrible disease, but it mustn't claim two victims,” say the authors. Ignoring that fact may lead to Caregiver Burn-Out.

Recognize that your feelings are probably

going haywire. You may have crushing guilt, anger, or sadness. You might feel lonely, shameful, or depressed. Maybe you're filled with grief. Don't repress those feelings; instead, manage them by preparing for or deflecting them. Preparing early for other inevitabilities will help, too.

Learn to understand Alzheimer's and its stages, as well as possible treatments. Teach children and grandchildren to adapt, and learn how to get siblings to pitch in. Find a good lawyer. Know how to deal with combativeness, frustration, and when it's time to seek new accommodations.

Let's lay this on the table: “Dr. Ruth's Guide for the Alzheimer's Caregiver” includes information on sex. You'd be disappointed if it didn't, wouldn't you?

The thing is, that's not the focus in this fine book.

With extreme sensitivity, authors Dr. Ruth Westheimer and Pierre Lehu offer comfort and direction for caregivers who want to avoid being overwhelmed by their situations. This book touches on a lot of aspects on both sides: there's personal and practical info for caregivers, as well as insight on how the patient might be feeling. I liked the individual stories included here, and the authors' advice seems sound — even when the advice is to ask a professional.

Overall, this is one of those books you hope you'll never need, but you'll be glad you've got it if you do. For Boomers, elders, and caregivers now and in the (possible) future, “Dr. Ruth's Guide for the Alzheimer's Caregiver” sheds a lot of light.

## Art Forms

# The Arts Make Integral Impact On Youth

BY JACKIE QUINN

Yankton Area Arts

Since March is Youth Art Month, it would be fitting to test our knowledge of art's impact on young people by answering the following questions:

**1. In a well-documented national study using a federal database of more than 25,000 middle and high school students, researchers from the University of California at Los Angeles found students with high arts involvement performed \_\_\_\_ on standardized achievement tests than students with low arts involvement.**

- a. better
- b. worse
- c. the same

**2. Students highly involved in the arts:**

- a. watch fewer hours of TV
- b. participate in more community service
- c. report less boredom in school
- d. all of the above

**3. In a 2005 study, students who took four years of arts coursework outperformed their peers who had a half-year or less of arts coursework by:**

- a. 24 points on the verbal portion and 14 points on the math portion of the SAT
- b. 37 points on the verbal portion and 20 points on the math portion of the SAT
- c. 10 points on the verbal portion and 5 points on the math portion of the SAT
- d. 58 points on the verbal portion and 38 points on the math portion of the SAT

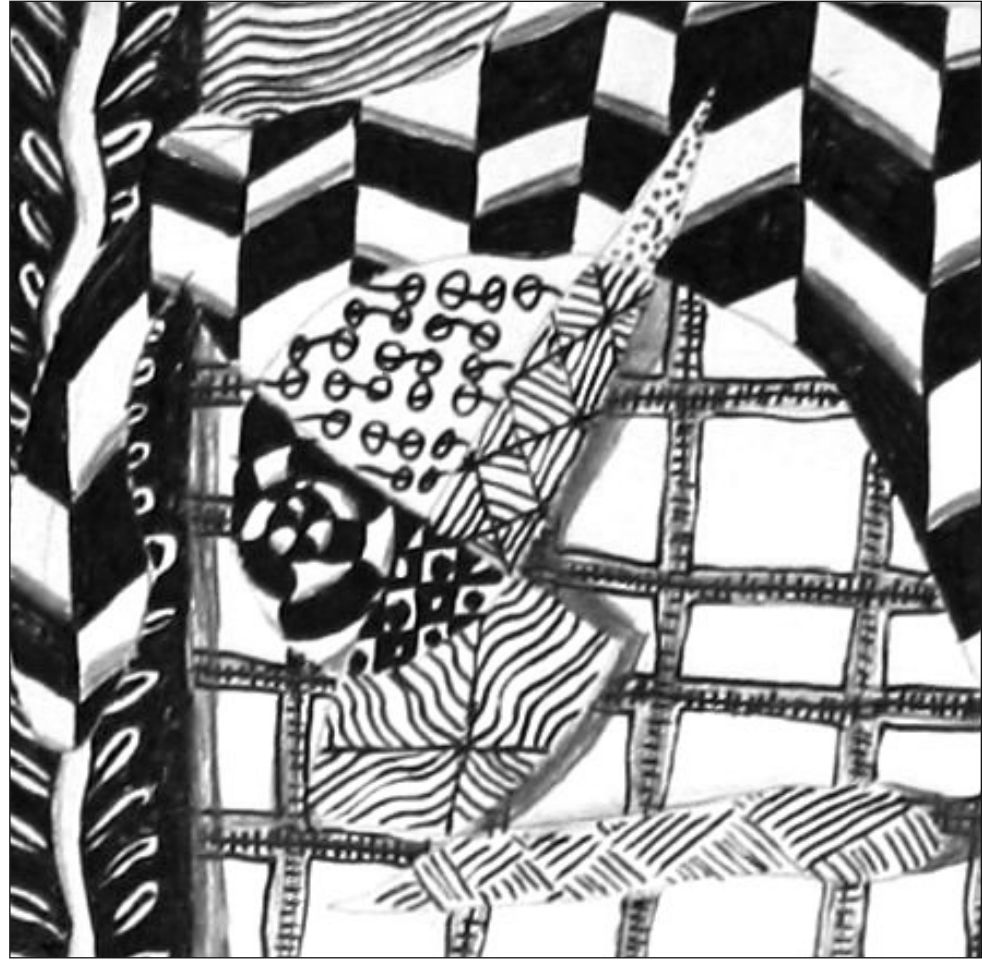
**4. Sir Ken Robinson reports in “Out of Our Minds: Learning to be Creative” that the largest number of students, beyond premed majors, being admitted to medical school are:**

- a. computer science majors
- b. music majors
- c. criminal justice majors
- d. business majors

**5. This U.S. president proclaimed the following: “Art is a nation's most precious heritage. For it is in our works of art that we reveal to ourselves and to others the inner vision which guides us as a nation. And where there is no vision, the people perish.”**

- a. Barack Obama
- b. Abraham Lincoln
- c. Lyndon Johnson
- d. Theodore Roosevelt

**6. The 21st century business leaders listed below have spoken in high favor of the arts and arts' impact on developing successful skills for work and innovation.**



COURTESY IMAGE

This is a Zentangle piece done by a seventh grade student at Yankton Middle School under the direction of artist-in-residence Cheryl Peterson-Halsey. A collection of those works are currently on display at the G.A.R. Hall Gallery in Yankton.

**Match the leader to his arts-promoting comments.**

- a. Clifford V. Smith, President of the General Electric Foundation
- b. Paul Ostergard, Vice President, Citicorp
- c. Paul G. Allen, Co-Founder, Microsoft
- d. Steve Jobs, Founder, Apple

Quote #1 — “We want young people who can do more than add up a string of numbers and write a coherent sentence. They must be able to solve problems, communicate ideas and be sensitive to the world around them. Participation in the arts is one of the best ways to develop these abilities.”

Quote #2 — “It is in Apple's DNA that technology alone is not enough-it's technology married with liberal arts, married with the

humanities, that yields us the results that make our heart sing.”

Quote #3 — “In my own philanthropy and business endeavors, I have seen the critical role that the arts play in stimulating creativity and in developing vital communities ... the arts have a crucial impact on our economy and are an important catalyst for learning, discovery, and achievement in our country.”

Quote #4 — “A broad education in the arts helps give children a better understanding of their world. ... We need students who are culturally literate as well as math and science literate.”

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# Endangered Species Day Youth Art Contest Set

WASHINGTON — Elementary, middle and high school teachers are encouraged to have their students participate in the annual Endangered Species Day Youth Art Contest, an integral part of the eighth annual national Endangered Species Day, celebrated on May 17.

The U.S. Fish and Wildlife Service and numerous conservation organizations will observe Endangered Species Day to recognize conservation efforts underway across the nation aimed at helping America's imperiled species. This year also commemorates the 40th anniversary of the Endangered Species Act.

Started in 2006 by Congress, Endangered Species Day is a celebration of the nation's rarest plant and animal species. The Youth Art Contest provides students from kindergarten to high school with an opportunity to learn about threatened and endangered species and express their knowledge and support through artwork. Young artists who are home schooled and participate in youth groups are also eligible to submit their art. Previous winners have come from California, Minnesota, New Jersey, Louisiana and as far away as Alaska. Entries must be postmarked by March 15, 2013.

This year, the Endangered Species Day Youth Art Contest finalists will be judged by a prestigious panel of artists, photographers and conservationists, including Wyland, renowned marine life artist; Jack Hanna, host of “Jack Hanna's Into the Wild;” David Littschwager, a freelance photographer and regular contributor to *National Geographic Magazine*; Susan Middleton, a photographer who has collaborated with Littschwager and whose own work has been published in four books; and Alice Tangerini, botanical illustrator for the Smithsonian Institution.

The International Child Art Foundation (ICAF) will select the 40 semifinalists from thousands of entries. It takes empathy, direct action and awareness to prevent the extinction of endangered species. Art can certainly play an important role. The Youth Art Contest is an ideal

platform to engage the next generation.

Winners will be chosen in four categories: K-Grade 2, Grades 3-5, Grades 6-8 and Grades 9-12, and will receive plaques and art supply gift packs. In addition, one grand prize winner will be honored with their name engraved on a special trophy and receive a round-trip flight to Washington, D.C. with one guardian to attend a reception in May. The grand prize winner will also receive art supplies and a special art lesson (via Skype) from Wyland, the artist.

The Youth Art Contest is organized by the U.S. Fish and Wildlife Service, the Endangered Species Coalition, the Association of Zoos and Aquariums and the International Child Art Foundation. For more information, including judging criteria and an entry form, visit <http://www.endangered-speciesday.org/>.

Many of the Service's field and regional offices will be hosting events in their communities and providing unique programs to visitors on endangered species conservation in celebration of Endangered Species Day. For

more information on how you can find an event near you, please visit <http://www.fws.gov/endangered/ESDay/index.html>.

To learn more about the Service's Endangered Species program, go to <http://www.fws.gov/endangered/> where you can download podcasts and find links to follow the Service on Twitter and Facebook.



AM 1450

**MORNING COFFEE**

**WEEKDAYS MONDAY-FRIDAY**

**Friday, March 1**

7:40 am YAPG (Mike Dellinger)

8:20 am YAA (Jackie Quinn)