

New At The Library

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

ADULT BOOKS

- **City of Whispers** by Marcia Muller; Fiction
- **The Cradle in the Grave** by Sophie Hannah; Fiction
- **The Devil in the White City** by Erik Larson; Fiction
- **Double Dexter** by Jeff Lindsay; Fiction
- **Girls in White Dresses** by Jennifer Close; Fiction
- **In Too Deep** by Jayne Ann Krentz; Fiction
- **The Litigators** by John Grisham; Fiction
- **Salvage the Bones** by Jesmyn Ward; Fiction
- **Serial** by John Lutz; Fiction
- **The Tehran Initiative** by Joel G. Rosenberg; Fiction
- **Block Party** by Alissa Carlton & Kristen Lejniaks; Nonfiction
- **Destiny of the Republic** by Candice Millard; Nonfiction
- **Final Rights** by Joshua Slocum & Lisa Carlson; Nonfiction
- **The 5 Languages of Love** by Gary Chapman; Nonfiction
- **Ghost Towns of the Black Hills** by Bruce A Raisch; Nonfiction
- **Haiti After the Earthquake** by Paul Farmer; Nonfiction
- **Hungry Girl 300 Under 300** by Lisa Lillien; Nonfiction
- **Jacqueline Kennedy Historic Conversations**; Nonfiction
- **Nearing Home** by Billy Graham; Nonfiction

ADULT AUDIOBOOKS

- **Bonnie** by Iris Johansen; Fiction
- **The Christmas Singing** by Cindy Woodsmall; Fiction
- **The Cut** by George Pelecanos; Fiction
- **Feast of the Day** by James Lee Burke; Fiction
- **New York to Dallas** by J.D. Robb; Fiction
- **The Night Stranger** by Chris Bohjalian; Fiction
- **Shock Wave** by John Sanford; Fiction
- **Jacqueline Kennedy Historic Conversations**; Nonfiction

YOUNG ADULT BOOKS

- **Flyaway** by Lucy Christopher; Fiction

JUNIOR BOOKS

- **The Mostly True Story of Jack** by Kelly Barnhill; Fiction
- **Storm Runners: The Surge** by Roland Smith; Fiction
- **13 Gifts** by Wendy Mass; Fiction

EASY BOOKS

- **If You Give A Dog A Donut** by Laura Numeroff; Fiction
- **The Pout-Pout Fish** by Deborah Diesen; Fiction

THE BOOK WORM

How To Deal With Breast Cancer

"Breast Cancer: 50 Essential Things You Can Do" by Greg Anderson, foreword by Christiane Northrup, M.D.; © 2011, Conari Press; 304 pages

BY TERRI SCHLICHENMEYER

Though you tried, there was really no way you could ignore it.

The first time your fingertips spotted the lump, you were sure it was nothing. Just a little abnormality beneath the skin, probably one of those weird things everybody's body does now and then.

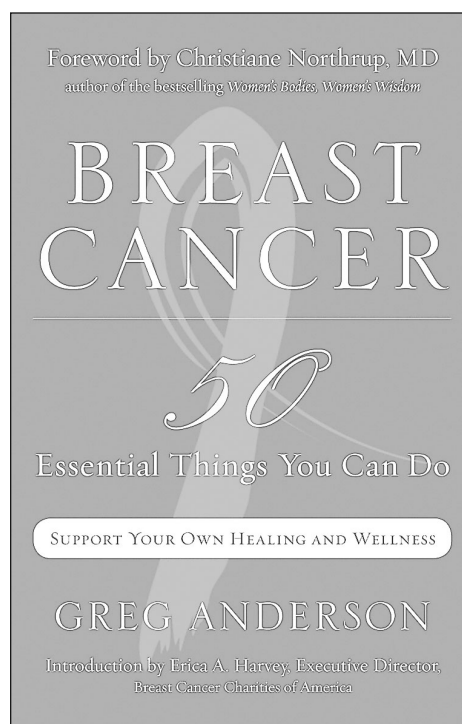
But the lump was there the next time, and the next, and you couldn't ignore it anymore. With a big lump in your throat (ironic, huh?) you saw your doctor and got the diagnosis you dreaded.

So what next? How can you get past breast cancer and stay well?

You can begin by finding "Breast Cancer: 50 Essential Things You Can Do" by Greg Anderson.

Before you start reading, though, Anderson says to grab some paper and create a Wellness and Recovery Journal. Write whatever comes to mind: your insights, thoughts, fears, questions you have for your doctor, success stories. Paste in it articles you find interesting. Use it as a reference on your journey.

Next, remember three things: there is no single cause for all breast cancers and there is no one cure. The names of the kinds of breast cancer may be similar (and you'll find a listing in here) but you're an individual and



so is your disease. Remember that you're "not looking for more medicine. You are seeking the best medicine. The two are not the same." And remember that hope is your "greatest ally."

So you're ready to fight. Anderson, who is founder and CEO of Cancer Recovery Foundation International, says that you should ask,

ask, ask questions. Don't be intimidated by your doctor. If you're uncomfortable with him or her, look for a doctor with which you have great rapport.

Studies show that exercise boosts long-term survival rates for breast cancer, as do healthier eating and nutritional supplements. Learning to focus will stop negative thoughts from swirling around in your head. Put yourself in charge of your disease, and learn as much as you can about it. Reframe statistics and ignore pessimistic predictions. Know your options and believe in the one you choose. Laugh, play, sleep, love more, and share your experiences.

When you get a cancer diagnosis, it's natural for your mind to do frantic loops of doom but in order to get through what lies ahead, you need real answers. "Breast Cancer: 50 Essential Things You Can Do" can help.

From the panic of first opinion to surgery and beyond, author Greg Anderson takes patients through every step as he offers nurturing advice along the way. There's a lot of new information in this book, as well as plenty of common sense guidance of which breast cancer fighters need to be reminded. Anderson doesn't step lightly here; he charges through the battlefield, which is the perfect tone.

Though bits of this book are a little on the new-agey side, "Breast Cancer: 50 Essential Things You Can Do" would, overall, be of great benefit to patients. If you've just received the diagnosis that set your world a-tip, this is a book you can't ignore.

Vermillion Literary Project Sponsors Short Story Writing Contest Nov. 5

VERMILLION — The Vermillion Literary Project will hold its 15th annual Short Story Contest on Saturday, Nov. 5, running from noon-3 p.m. in McKusick Technology Center room 101 on the University of South Dakota campus.

The winning writer wins \$200, and the winning story will be published in the 2011 VLP magazine. Second place receives a \$50 gift certificate and publication in the magazine. The contest is open to anyone, including USD students, staff, faculty, and the general public.

Participants will be given a prompt at the begin-

ning of the contest and must write their entire story at the contest within three hours, with the prompt figuring prominently in the story. The contest is held in a computer lab, and computers will be set up with blank Word documents for participants to use. Participants may also hand-write their stories.

The VLP is an award-winning literary and creative writing student organization at USD and annually publishes the U's only student-produced literary journal. To register for the contest, or for more information, visit <http://orgs.usd.edu/projlit> and click on the Short Story Contest link.

USD Choral Programs Present Choral Showcase

VERMILLION — The first choral performance to feature University of South Dakota ensembles in the newly renovated Bailey and Kathy Aalfs Auditorium is at 3 p.m. on Sunday, Oct. 30.

Under the direction of David Holdhusen, Ph.D., director of choral activities and assistant professor of music at USD, the 2011 Fall Choral Showcase presents the Men's and Women's Chorus, the USD Concert Choir and the Chamber Singers, who were recently named finalists for The American Prize. This inaugural performance of the USD choral program at Aalfs Auditorium in Slagle Hall is free and open to the public.

"I can't wait to hear the collegiate choirs in this wonderful new space," explained Hold-

husen. "The hall will certainly add professionalism to the presentation."

The choirs will perform music by master composers like Handel and Mendelssohn, as well as modern repertoire, spirituals and folk songs. The performances will feature Brandon Hendrickson, D.M.A., assistant professor of voice at USD, singing the title role in selections from "Elijah," which will be accompanied by the restored Skinner organ in the auditorium.

"I felt it was important to utilize all aspects of Aalfs Auditorium in this first concert," Holdhusen said. "The organ is one of the unique aspects of the auditorium and it is an instrument that needs to be showcased."

For more information about

the Fall Choral Showcase or the choral activities program at USD, contact Holdhusen at David.Holdhusen@usd.edu or (605) 677-5721. A calendar of choral events is also available online at www.usd.edu/fine-arts/music/vocal.cfm.

Auditions For YCTC Holiday Show Slated

Yankton Children's Theatre Company is announcing auditions for the Christmas musical "A Christmas to Remember" by Marilyn Kratz. Audition dates are 3:30 p.m. Nov. 5 and 7 p.m. Nov. 6 at the YCTC headquarters, 407 Walnut, Yankton.

Because it is a musical, auditions will require participants to sing a song and read from the script.

YCTC is looking for four girls to play the parts of a 5-year-old girl, 7-year-old girl, 10-year-old girl, and a 15-year-old girl, a mother and a grandma and grandpa, plus the teacher (woman). There will also be a choir.

The performance date is Saturday, Dec. 17, with shows at 2 p.m. and 7:30 p.m. at the Dakota Theatre.

Ballet Magnificat! Performance Sunday

Ballet Magnificat!, which has toured extensively nationally and internationally for the last 25 years, now brings the ballet "Deliver Us!" to Yankton on Sunday, Oct. 30. The show is set for 2:30 p.m. at the Yankton High School/Summit Activities Center theatre.

This ballet, set to the music of Dreamworks' "The Prince of Egypt," portrays an enslaved people led to hope, making this story jump off the stage and into your life.

Ballet Magnificat! will set the performance in motion with "The Arrival." Choreographed by Tara Drew, "The Arrival" is an encouraging piece that intends to move the audience to a place where they are eagerly waiting the arrival of the Lord and persevering through this life through faith. This piece is set to the music of Kristene Mueller and Phil Wickham.

For more information, call The Academy of Dance at 605-665-7729.

Classic Silent Film Shown Sunday Night

The classic 1925 silent film "The Phantom of the Opera" is coming to Yankton at 7 p.m. Sunday, Oct. 30, at the United Church of Christ, Yankton.

The film is an American silent horror film adaptation of the Gaston Leroux novel of the same title directed by Rupert Julian.

Ted Powell, organist at The United Church of Christ-Congregational, will be providing the improvisation in accompanying the movie.

The film is free to the public.

MMC Club's Foreign Film Series Continues

Mount Marty College's Gregorian Club will screen the foreign film, "The Secret in Their Eyes," at 2 p.m. Sunday, Oct. 30, in the Scholastica Learning Center, Room 108.

In 1999, retired Argentinian federal justice agent Benjamin Espósito is writing a novel, using an old closed case as the source material. That case is the brutal rape and murder of Liliana Coloto. In addition to seeing the extreme grief of the victim's husband, Ricardo Morales, Benjamin, his assistant, Pablo Sandoval, and newly hired department chief, Irene Menéndez-Hastings, were personally affected by the case as Benjamin and Pablo tracked the killer which is the reason why the unsatisfactory ending to the case has always bothered him. Despite the department already having two other suspects, Benjamin and Pablo ultimately were certain that a man named Isidoro Gómez is the real killer. Although he is aware that historical accuracy is not paramount for the novel, the process of revisiting the case is more an issue of closure for him. He tries to speak to the key players in the case ...

The 2009 film is directed by Juan Jose Campanella.

The public is invited to this free event.

Comedian Pauly Shore To Perform In Yankton

Comedian and actor Pauly Shore will appear in Yankton for two shows in December.

Tickets for the 5:30 and 9:30 p.m. shows scheduled for Dec. 15 at Minerva's are on sale at www.minervas.net. Tickets can be purchased at the Yankton Minerva's starting Nov. 1.

For more information, visit www.minervas.net.

Idle Hour Is Re-Opening! October 28-29-30

THIS IS OUR TIME
OUTDOOR FOOTBOOSE
Fri. 7:30 PM - Sat. 7:30 PM - Sun. 4 PM
Students \$2.00 Adults \$5.00
Idle Hour Theatre
Tripp, SD

We're going **Crazy for Coupons** Fri. Sat. Sun. Oct 28/29/30

EXTRA 25% OFF entire stock Alfred Dunner	EXTRA 25% OFF entire stock of Coats & Dresses
EXTRA 25% OFF entire stock from Sag Harbor, Notations Gloria Vanderbilt	EXTRA 25% OFF entire stock from Morning Sun/Top Stitch Hartfield Design

Coupons available at every store - clipping not required

on top of savings up to **80% OFF** Friday, Saturday, Sunday

Schweser's fashion for less
Yankton Mall

New exclusions apply
*Selected items may not have resulted in sales
**Only 1 extra 25% discount per item

You're News!
The P&D

Celebrate **Veterans Day** November 11, 2011
PRESS&DAKOTAN MISSOURI VALLEY SHOPPER

Military Salute
Recognize a Veteran or Military Personnel in our November 11th issue of the Yankton Daily Press & Dakotan & November 15th issue of the Missouri Valley Shopper



Deadline: Tuesday, November 8, 2011

Mail to: "Military Salute", Yankton Media, PO Box 56, Yankton, SD 57078
Email to: classifieds@yankton.net and we will call for Credit Card Payment
OR Submit at www.yankton.net and we will call for Credit Card Payment

Submission Fee: \$20

Includes a photo and 20 words
(\$1 per word over 20 words)

Runs in the

Yankton Daily Press & Dakotan and Missouri Valley Shopper

Veterans Name: _____

Branch: _____

Rank: _____

SPECIAL MESSAGE (20 Words or Less)
