



PHOTO: LOIS QUATIER

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# Time For Self-Care

## Motivational Speaker Brings A ‘Selfish’ Message To ‘Celebrate Women’

BY RANDY DOCKENDORF  
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Julie Clark wants women to be selfish. Too often, women put everyone else ahead of themselves, according to the Sioux Falls author and inspirational speaker. In the process, women burn out with little or nothing left to give, she said. “Oftentimes, we forget that the most important person that we have to take care of is ourselves,” she said. “Without that (self-care), we end up getting sick or to the point where we can’t function. We’re not able to take care of anybody else. You have to take care

of yourselves to be there for all the people who need us.”

It’s a message she’s bringing to the 11th annual Celebrate Women event, set for Oct. 17 at the NFAA Easton Archery Complex on the east side of Yankton. The doors open at 11 a.m. with vendors offering exhibits on the main floor. The soup, salad and sandwich buffet runs from 12:30-1:45 p.m., and Clark speaks at 2 p.m. The event also features wine tasting.

Celebrate Women is co-sponsored by the *Press & Dakotan*, Hy-Vee and Yankton Medical Clinic.

Clark has previously appeared in Yankton and entitles her current talk “Pouring Your Heart Into Life.”

“Women have hearts of gold because we do so much for others,” she said. “It’s one thing that makes us special — the many roles that we play.”

However, that special trait also tends to make women neglect their own needs, Clark said.

“We feel guilty if we take a little bit of time for ourselves. We have all the other things that we do instead, like the dishes and everything else that needs to get done,” she said. “It extends to all other areas of life, including our families, careers and community involvement.”

At the Celebrate Women event, Clark wants to leave the women with more than a pep talk. She wants to provide them with a plan for building a better life.

“Women have a tendency to put themselves out to others,” she



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This week at

## MOUNT MARTY COLLEGE

OCT. 10 - OCT. 17

Join us for any and all of our events this fall semester! Learn more at [www.mtmc.edu](http://www.mtmc.edu).

Bede Art Gallery | Monday - Friday | 8:00 am - 4:30 pm | Framed Illuminations from *The Saint John's Bible* | October 5 - November 20

The Saint John's Bible on display in MMC Library | Mon-Thurs: 7:30 am - 10 pm | Fri: 7:30 am - 5 pm | Sat: 1- 5 pm | Sun: 1-10 pm

|                              |  |          |
|------------------------------|--|----------|
| <b>SATURDAY, OCTOBER 10</b>  |  |          |
| 9 AM - 12 PM                 | <i>The Saint John's Bible</i> visits The Theology Institute - Sacred Heart Monastery                                 | 6:00 PM  |
| 9:00 AM                      | JV Volleyball - Grace University - Cimpl Arena   |          |
| 10:00 AM                     | Cross Country - Briar Cliff Invite - Sioux City, IA  | 6:00 PM  |
| 10:30 AM                     | Volleyball - Grace University - Cimpl Arena  | 7:30 PM  |
| 2:00 PM                      | Women's Soccer - Nebraska Wesleyan University - NFAA Complex   |          |
| 4:00 PM                      | JV Volleyball - Presentation College - Cimpl Arena   |          |
| 4:15 PM                      | Men's Soccer - Nebraska Wesleyan University - NFAA Complex   | 12:00 PM |
| 5:30 PM                      | Volleyball - Presentation College - Cimpl Arena  | 1:00 PM  |
|                              | <i>Theme for all home games: Sock It To Them Saturday!</i>   | 2:30 PM  |
| <b>SUNDAY, OCTOBER 11</b>    |  |          |
| ALL DAY                      | <i>The Saint John's Bible</i> visits St. Mary Catholic Church - Rock Valley, IA                                      | 8:30 PM  |
| <b>MONDAY, OCTOBER 12</b>    |  |          |
| ALL DAY                      | Native American/Columbus Day - MMC Holiday   | 6:00 PM  |
| 5 - 7 PM                     | Lancer Coaches Corral - Czeckers Bar & Grill   | 7:30 PM  |
| 7:30 PM                      | Choral Union Rehearsal - Greg Hall   |          |
| <b>TUESDAY, OCTOBER 13</b>   |  |          |
| 12 - 5 PM                    | Theatre Box Office Opens for <i>The O'Conner Girls</i>   | 12:00 PM |
| 12:30 PM                     | Mass - South Dining Room, Roncalli   | 1:00 PM  |
| 1:00 PM                      | CAL: <i>Affairs of the Heart: Love Stories in Classical Novels and Films</i> with Dr. Janis Hausmann - Bede Hall 230 | 1:30 PM  |
| 2:00 PM                      | Women's Soccer - Briar Cliff University - Sioux City, IA   | 3:30 PM  |
| 4:15 PM                      | Men's Soccer - Briar Cliff University - Sioux City, IA   |          |
| 6:00 PM                      | Yankton Children's Choir Rehearsal - Bistro  |          |
| 9:30 PM                      | Rosary - Peace Chapel  |          |
| <b>WEDNESDAY, OCTOBER 14</b> |  |          |
|                              | CAL: <i>Rediscovering Mary for the 21st Century</i> with Dr. Helen Ciernick - LIB 205                                |          |
|                              | JV Volleyball - Dordt College - Cimpl Arena  |          |
|                              | Volleyball - Dordt College - Cimpl Arena   |          |
| <b>THURSDAY, OCTOBER 15</b>  |  |          |
|                              | Noon Forum: “ <i>The Educational Benefits of Travel</i> ” with MMC Students and Faculty - South Dining Room          |          |
|                              | CAL: <i>Psychology of Happiness</i> with Dr. Alan Ferris - SLC 106   |          |
|                              | CAL: <i>Catching the Big One: Fishing the Missouri River</i> with Dr. Erin Riibe - LIB 205                           |          |
|                              | Adoration - Peace Chapel   |          |
| <b>FRIDAY, OCTOBER 16</b>    |  |          |
|                              | JV Volleyball - Doane College - Crete, NE  |          |
|                              | Volleyball - Doane College - Crete, NE   |          |
| <b>SATURDAY, OCTOBER 17</b>  |  |          |
|                              | JV Volleyball - York College - York, NE  |          |
|                              | Women's Soccer - Central Christian College - Denver, CO  |          |
|                              | Volleyball - York College - York, NE   |          |
|                              | Men's Soccer - Central Christian College - Denver, CO  |          |

THEME:  
Wacky Wilson Wednesday!



Join Us For  
**LANCERS COACHES CORRAL!**  
CZECKERS BAR & GRILL  
MONDAY, OCTOBER 12  
5:00 - 7:00 PM

MOUNT MARTY COLLEGE

**FAMILY  
WEEKEND**  
OCTOBER  
23-25

MMC THEATRE PRESENTS:

**THE O'CONNER GIRLS**

OCTOBER 22-25 | MARIAN AUDITORIUM  
THURSDAY, FRIDAY & SATURDAY - 7:30 PM | SUNDAY - 2:00 PM  
FOR TICKETS CALL 668-1234 OR VISIT [WWW.MTMC.EDU/ARTS](http://WWW.MTMC.EDU/ARTS)

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