

**Neb. Author To Give Presentation Sept. 29**

D. R. Haskin of Royal, Neb., will be at the Yankton Community Library at 7 p.m. Thursday, Sept. 29, to speak about his books "The Hills of Mars," "Samuel's Journal" and "Beyond the Hills of Mars." Books will be available for purchase and will be signed by the author.

"The Hills of Mars" is a true story about pioneer life in Nebraska in the 1870s and 1880s. The book, which is written as a novel, follows the author's great-great-grandfather, Samuel Haskin, as he leads a group of people from Wisconsin to Nebraska in 1873.

"Samuel's Journal" contains the diary entries of Samuel J. Haskin, and provides a first-hand account of pioneer life in northeast Nebraska during the mid 1880s. In his diary, Samuel Haskin documents the development of Nebraska agriculture, historic weather conditions, and prices of goods.

"Beyond the Hills of Mars" is the sequel to Haskin's first book and tells the story of the struggles during the economic downturn of the mid 1890s. Based on actual events, "Beyond the Hills of Mars" is a touching story of survival.

The presentation is free and open to the public. For further information, contact the library at 668-5275.

**Artists Reception Set For Tyndall Gallery**

TYNDALL — A public reception for the artists involved in the 12th annual Young Artists Show at the Art & Antique Gallery in Tyndall will be held at 9:30 a.m.-1 p.m. Saturday, Oct. 1, at the gallery, located at 1610 Main.

Multi-media works depicting the theme "Exploring Still Life" will be exhibited from Oct 1-29. Patrons are invited to vote for their favorite People's Choice again this year.

Regular hours are 9:30 a.m.-5:30 p.m. Wednesday through Saturday. Class tours are welcome; this includes a tour of the public spaces in the historic gallery.

For more information, call 605-589-4050.

**Benefit Poker Run Slated For Saturday**

There will be a free Poker Run on Saturday, Oct. 1 for the Winckler and Staples family, the members of which were a victim of a fire in Tyndall on Sept. 15.

Registration is at noon at the Cheers Bar in Yankton, with the second stop at the Keg in Tabor, third stop at Norm's in Springfield, fourth stop at Pour Corner in Avon and the fifth stop at the Sportsman Rendezvous in Tyndall. First, second and third places will be determined that day. There will be a 50-50 drawing also.

For more information or to make a donation, contact Peg Metteer at 660-1786 after 4 p.m. or email jmpm@iw.net.

**Scholarship Prizes Offered In Speech Contest**

PIERRE — Winners of the 2012 state Resource Conservation Speech contest in South Dakota will be eligible to win a total of \$2,300 in college scholarships.

All South Dakota students in grades 9-12 are eligible to compete for \$2,300 in higher education scholarships provided by the East River and Rushmore Electric Power Cooperatives and South Dakota Rural Electric Association. Scholarships are awarded to the top three finalists: first place is \$1,100; second place is \$750; and third place is \$450.

The theme for the 2012 contest is "75 Years of Conservation: What's Next?"

All contestants participate in contests coordinated by local conservation districts. Local winners advance to area contests held in seven locations. The top area speakers will compete at the state finals in Pierre on April 14, 2012.

The contest is sponsored by the South Dakota Department of Agriculture (SDDA), in cooperation with Touchstone Energy Cooperatives of South Dakota, the U.S. Fish and Wildlife Service, and the South Dakota Association of Conservation Districts.

For more information on the 2012 Resource Conservation Speech Contest, contact your local conservation district or call Cec Johnson, Natural Resources Specialist for SDDA, at 605-773-3623 or 800-228-5254 (in S.D.).

An entry form and complete list of rules can be found online at: <http://sdda.sd.gov/Forestry/educational-information/resource-conservation-speech.aspx>.

**Mental Illness Candlelight Vigil Oct. 3**

The week on Oct. 2-8 is Mental Illness Awareness Week. To commemorate the event, the public is invited to a Candlelight Vigil at 7 p.m. Monday, Oct. 3, at Trinity Lutheran Church, 403 Broadway Ave., hosted by the National Alliance for Mental Illness.

Speakers, spiritual reflections, refreshments and testimonials are all a part of the agenda.

The public is asked to join in to symbolically shine a light honoring the challenges encountered by those facing mental illness, as well as celebrating the recoveries others have embraced.

**ASHWC Parent/Child Aquatics Classes Slated**

Avera Sacred Heart Wellness Center will be holding Parent/Child Aquatics Classes in October and November.

This American Red Cross Class is for children ages 6 months to 3 years old. Classes are 30 minutes in length, last four weeks, and are limited to the first 8 participants for each session. There is a cost for the class.

Sessions are:

- October Tuesdays (Early) — 5:20-5:50 p.m.; Oct 4, 11, 18, 25
- October Tuesdays (Late) — 6-6:30 p.m.; Oct 4, 11, 18, 25
- November Tuesdays (Early) — 5:20-5:50 p.m.; Nov 1, 8, 15, 22
- November Tuesdays (Late) — 6-6:30 p.m.; Nov 1, 8, 15, 22

Sign up at Avera Wellness Center, or call 668-8357.

**BIRTHS**

**MACI MEAD**

NORTHFIELD, Minn. — Jeremy and Melissa Mead of Northfield, Minn., announce the birth of their daughter, Maci Ann, born on Sept. 9, 2011. She weighed 7 pounds, 2 ounces and was 19 1/2 inches long. She joins siblings Eli, 6, and Emersen, 4 1/2.

Grandparents are Bob and Marilyn Lyngstad of Volin, Nancy Smith of Aberdeen, and Roger and Rachel Mead of Readsburg, Wis.

Great-grand parents are Colleen Slagle of Yankton, Dorothy Heine of Hartington, Neb.; Mary Mead of Readsburg, Wis.; and Victor and Eleanor Gross of Bowdle.

**BIRTHDAYS**

**IRENE IMGIG**

Irene Imig will be celebrating her 92nd birthday with her family on Sunday, Oct. 2, 2011. Best

wishes can be sent to: 2205 Burleigh, Apt. 106, Yankton, SD 5078.

**VISITING HOURS**

**Celebrating Women's Health**

BY ANGIE O'CONNOR

Avera Sacred Heart Wellness Center Coordinator



O'Connor

In an effort to encourage women to take control of their health, I would like to take a little time to recognize today, Sept. 28, as National Women's Health and Fitness Day.

Women have to be aware of many health factors, especially as they become more mature. This means regular checkups with their physician, regular exams after reaching a certain age — mammograms, bone density tests, cervical exams, etc.

I encourage all women to explore these issues with their health care providers and to explore their family history as heredity can play a major role in many women's health issues.

As an exercise physiologist, I'd like to take this time to talk about fitness and how it can help reduce your risk factors for disease and generally help you live a healthier life.

I believe that inactivity is one of the worst fitness problems we face in this country. Life has become so convenient that living a sedentary lifestyle is so much easier than taking a half hour each day to get some exercise. It's

really not that hard and we are presented with so many opportunities each day to get exercise — we just need to recognize them.

Here are a few simple things out of everyday life to get you started in the right direction:

- Don't take the elevator — take the stairs. Walking stairs is a great way to get your heart pumping and leg muscles working.
- Walk like you mean it — It's wonderful to see people walking around the park and on the trails in the area. My only concern is that many of them are just taking a casual stroll. If you're going to go for a walk, make the most of it and get your heart rate up, even work up a little sweat. You'll feel great afterwards.
- Is it really necessary to get the close parking spot? For those with disabilities, it can be. But, if you're in relatively good health and it's a nice day, park as far away from the entrance as you can and enjoy the walk (and appreciate the fact that you can).
- Play as often as you can. Many of us have

children. If they ask you to play, go ahead and do it. Who cares if it's during your favorite TV show, it's great exercise for you and your kids and it's even better just to have that family time.

• During the summer months — if you take your kids to the pool or to the lake, go swimming with them. Swimming is great exercise.

These are just a few simple ways to live up everyday living and get yourself fit without too much effort.

In the best-case scenario, we'd all have time to join a gym and start a regular exercise routine — but sometimes life doesn't afford us that luxury, so we have to do what we can to stay fit. And, although I'm not a nutritionist, it's also a good idea to eat healthy as well. In our time-crunched world, it can be so much easier to just pick up a little fast food for the family, but that shouldn't become part of the daily routine.

There are many reasons for us, as women, to stay healthy and fit — our children, our loved ones — but most importantly, we must want to stay healthy and fit for ourselves. It's easier than you might think.

**Can Tragedy Be A Good Thing For Us?**

BY VAL FARMER



Val FARMER

Post-traumatic stress disorder is the long lasting negative effects of trauma on a person's well-being. But have you ever heard of "post-traumatic growth?"

Psychologists Richard Tedeschi and Lawrence Calhoun at the University of North Carolina at Charlotte use post-traumatic growth to refer to ways trauma victims see positive outcomes from the trauma they have experienced. Their summary of the research about growth after trauma is in their book, "Trauma and Transformation: Growing in the Aftermath of Suffering," Sage Publications, Thousand Oaks, Calif.

Their approach involves looking at bereavement in a new way. They document how people come to recognize the benefits, strengths and personal growth a trauma struggle produces.

Most research shows 40 to 70 percent of victims of who suffer severe burns, traumatic accidents, incest, bereavement, and cancer believe some good has emerged from their traumatic experience. Tedeschi and Calhoun's research shows findings of 90 percent or more.

Tedeschi and Calhoun outline seven principles to explain how this process of growth occurs:

- 1. Growth occurs when schemas (understandings of the world) are changed by traumatic events.** People are forced to rethink their spiritual beliefs because of the loss of control and meaning the traumatic event has caused. More growth occurs when the suffering person dwells and ruminates extensively on their situation soon after the traumatic event. Their desperate and painful ordeal forces them to struggle and open themselves to a period of rapid learning. They are teachable.
- 2. Certain assumptions about the world are more resistant to change.**
- 3. The search for meaning and control after trauma happens best when both the self and the world are viewed positively.**
- 4. Growth comes from the response people make to the crisis.** It is the response that gives new meaning rather than the type of crisis itself. Growth occurs when a radical lifestyle change or life goal changes have to be made during the crisis.
- 5. Personality characteristics are related**

to the possibility for growth. Optimism, extroversion, openness to experience and a tendency to act on the environment make it more likely that a person will engage in radical changes.

**6. Growth occurs when the trauma assumes an important role in an individual's life story.** It is only upon looking back and seeing the changes that took place that the trauma

will carry meaning. People will understand life and themselves much better because of what they learned through the tragic event. The event is a watershed event in the history of one's life and they understand its significance. Also the way one plans to live life is referenced to the learning that took place after the traumatic event.

**7. Growth is not the same as "adjustment" or "well-being" and may occur at the same time with psychological distress and pain.** Feeling "bad" is independent of experiencing comfort or feeling "good." Distress is more related to growth than well being. Tedeschi and Calhoun state, "Persons who experience significantly negative life events are more likely to report growth than are persons who experience no negative events, and persons who report negative events describe more growth than persons who experience positive events."

They quote a somber observation by writer Reynolds Price, "It's kind of awful to have to conclude that human beings [grow] only through suffering, but it seems to be true." But it becomes less somber when we consider what people typically say about the ways they have grown. They have grown by:

- **Strengthening and deepening relationships.** The value and importance of family and friends are appreciated. They develop a greater capacity for intimacy, love and closeness.
- **Learning to turn to others in time of need.** Friends, family and others prove to be faithful providers of care, concern and com-

passionate support. Social support during this critical time imparts a renewed faith in humanity and in community.

• **Learning to become more expressive of emotion.** They become more willing to reveal personal and honest information about their true feelings.

• **Learning to be more compassionate and understanding of others.**

• **Obtaining a greater understanding of life and its fragility.** Life is more precious.

They take charge of choosing how they want to live by reordering their priorities. They are willing to try new things. They value the present and are excited by the future. They live life more fully with greater enjoyment and serenity.

• **Strengthening and deepening their religious beliefs and spiritual understandings.** They turn to God and take comfort in religious faith. They struggle to find new meaning to life and incorporate the tragic event into renewed trust and hope.

• **Gaining in confidence and self-assurance.** Going through the trauma experience helps them see how strong, resilient and resourceful they are. They regained control and defined a new purpose despite the overwhelming negative circumstances they faced.

• **Obtaining a more profound understanding of themselves.** They accept their limitations and yet see possibilities in the midst of their trials and the new reality. They are better people because of their ordeal. This wisdom has been purchased with a painful price.

For more information on surviving trauma, visit Val Farmer's website at [www.valfarmer.com](http://www.valfarmer.com).

For Val Farmer's book on marriage, "To Have and To Hold," send a check or money order for \$10 plus \$3.95 for shipping and handling for the first book and \$2.00 for each additional book to JV Publishing, LLC, PO Box 886, Casselton, ND 58012.

Val Farmer is a clinical psychologist specializing in family business consultation and meditation with farm families. He lives in Wildwood, Mo., and can be contacted through his website.

This column is sponsored by Lewis & Clark Behavioral Health.

**Trinity Church To Host 'A Night In Africa'**

Trinity Lutheran Church of Yankton and Jane Pugh present "A Night in Africa" at 7 p.m. Tuesday, Oct. 4.

The public is invited to come share Jane's personal and spiritual journey in Kenya and Tanzania. Her stories, photos and passion for

Africa will delight and uplift you. African-themed refreshments and fellowship to follow program.

Trinity Lutheran Church is located at 403 Broadway. See [www.tlcyankton.com](http://www.tlcyankton.com) for more information.

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**Larsons Celebrate 70 Years of Marriage**

Louis and Alice Larson of Yankton will celebrate their 70th wedding anniversary with a private family gathering. Louis and Alice Larson were married on Oct. 4, 1941. They have four children — Karen, Allen, Lois & Linda; 10 grandchildren, 16 great-grandchildren and 1 great-great-grandchild. Their family requests a card shower in their honor.

Greetings may be sent to  
901 Memory Lane Apt. 7, Yankton, SD 57078