Contributions to this list of upcoming events are welcome and should be submitted two weeks before the event. Submissions MUST be typewritten or legibly printed and include the name and phone number of a contact person. Send items to P&D Calendar, 319 Walnut, Yankton, SD 57078, or email to news@yankton.net.

### **MONDAY**

Line Dancing, 9:30 a.m., The Center, 605-665-4685 Quilting, 9:30 a.m.-3 p.m., The Center, 605-665-4685 Exercise, 11 a.m., The Center, 605-665-4685 Daily Reprieve, noon, open meeting non-smoking, 1019 W 9th St. Interchange, noon, Minerva's Bar and Grill, 605-660-8849. Cribbage, 1 p.m., The Center, 605-665-4685 Pinochle, 12:45 p.m., The Center, 605-665-4685

Whist, 12:45 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
River City Harmony Sweet Adelines, 6:30 p.m., First United Methodist
Church, 11th and Cedar, 605-661-7162

Divorce Care, 7 p.m., Calvary Baptist Church Divorce Care For Kids, 7 p.m., Calvary Baptist Church

Daily Reprieve, 7 p.m., closed meeting non-smoking, 1019 W 9th St.

#### THIRD MONDAY

Yankton Golf Advisory Board Meeting, noon, Fox Run Golf Course, 600 Friends Of The Yankton Community Library, 5:15 p.m., Yankton Library,

Yankton Lions Club, 6 p.m. dinner, 6:30 p.m. meeting, JoDeans, 605-

Yankton American Legion Auxiliary, 7:30 p.m., VFW Building, 209

#### **FOURTH MONDAY**

NARFE Chapter 1053, 10 a.m. at The Center, located at 900 Whiting

#### **TUESDAY**

**Table Tennis,** 8:30 a.m., The Center, 605-665-4685 Yankton Community Forum, 8:30 a.m. coffee, 9 a.m. meeting at Hill-

Ladies Pool, 10 a.m., The Center, 605-665-4685 Weight Watchers, 10:30 a.m., 413 W. 15th Street. Weigh in 1/2 hour be-

Yankton Alanon, noon, non-smoking session, 1019 W 9th Street Nurse, 12:30-3:30 p.m., The Center, 605-665-4685 Pinochle, 12:45 p.m., The Center, 605-665-4685 **Bingo**, 7-9 p.m., The Center, 605-665-4685. (Open to the public) **Open Billiards**, 7-9 p.m., The Center, 605-665-4685 Yankton Alcoholics Anonymous STEP Sessions, 7 p.m. and 8:30 p.m..

Vermillion Unity Alcoholics Anonymous, 7:30 p.m., closed session,

Trinity Lutheran Church at 816 E Clark St. Vermillion.

Vermillion Alcoholics Anonymous, 8 p.m., non-smoking closed session,

VFW Auxiliary, 7:30 p.m., 209 Cedar Street

#### THIRD TUESDAY

Yankton Area Banquet, 6 p.m., United Church of Christ, Fifth and Walnut

#### WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685 Nurse, 10 a.m.-noon, The Center, 605-665-4685 Quilting, 10 a.m.-3 p.m., The Center, 605-665-4685 **Exercise,** 11 a.m., The Center, 605-665-4685 Daily Reprieve, noon, non-smoking open session, 1019 W. 9th St. Whist, 12:45 p.m., The Center, 605-665-4685 SHIINE, 1-4 p.m., The Center, 605-665-4685

Yankton Alcoholics Anonymous, 7:30 p.m., non-smoking session, 1019

Springfield Footprints, 7:30 p.m.,non-smoking open session, Catholic church, Springfield

### THIRD WEDNESDAY

The Center To Host

Casino Trip Oct. 1

Departure time from The

a.m., and the entourage will re-

Participants must be 18 or

Call The Center at (605) 665-

4685 to inquire about the price

Center in Yankton will be at 8

Falls Casino trip Oct. 1.

turn by 4 p.m.

and sign up.

The Center will host a Grand

Partnership Bridge, 1 p.m., The Center, 605-665-4685

### BIRTHDAYS



John And Evangeline Hiltner

## THE HILTNERS

John and Evangeline Hiltner will celebrate their 85th birthday on Sept. 22 (John) and Aug. 29 (Evangeline). Happy birthday mom and dad. Best wishes and love from your children.

They have 25 grandchildren and eight great-grandchildren.

## **JACKIE KOSTER**

Jackie Koster is turning 60 tomorrow! Please help her celebrate by sending her birthday cards, letters of your favorite memories together, and warm wishes. We hope you have a great birthday mom! We love you!

Love, Your Family Mail can be sent to: Jackie Koster, 100 Poison Oak Dr., Yankton, SD 57005

## **EILENE SWENSEN**

Eilene Swensen of Mission Hill will celebrate her 94th birthday on Sunday, Sept. 23, with an open house at 2 p.m. at Avera Yankton Care Center, 1212 W. Eighth Street. Friends and relatives are invited to attend.



A card shower will also be held. Greetings can be sent to her at 1212 W. 8th Street, Yankton 57078.

## BIRTHS

## **JOSLYN KOTALIK**

Ben and Jill Kotalik of Tabor announce the birth of their daughter Joslyn Ellen, born Sept. 4, 2012, at 1:37 p.m. She weighed 7 pounds 8 ounces and was 20 inches long.

Joslyn joins sister ReAnna, age 10, and brother Brock, age 6.

Grandparents are Allen and Mary Ann Cuka of Tyndall and Arthur and Geraldine Kotalik of

Great-grandparents are Lawrence and Irene Wuebben of Yankton

# Taking Control Of What Happens In Life Can Make All The Difference

© 2012, Chicago Tribune

Caryn Beth Rosenthal ceremoniously dumped her boyfriend of 10 years on July 5, 2009 — the very same week Maryjane Fahey

was dumped by her boyfriend of seven.
On the surface, only one of those scenarios seems like a choice. But as both women will (happily, loudly, hilariously) tell you, the decisions following their breakups are the ones that really count.

"Everything in life is a choice," Rosenthal says. "You can choose to be happy, you can choose to take a proactive stance and get your autonomy back. You are driving the

Rosenthal and Fahey decided to team up and write the newly released "Dumped: A Grown-Up Guide to Gettin' Off Your Ass and Over Your Ex in Record Time" (Sellers Publishing). It's a joyous, raucous pick-me-up filled with reminders that you're better off having moved on.

It's also a not-so-subtle reminder that you may not like what life is dishing up, but you don't have to eat it. (And you certainly don't have to ask for seconds.)

'We talk in the book about exploring what you want in life, as well as who you want," Fahey says. "It's so important to understand that you're a free person.'

A bitter breakup may not be in your recent past (or future). But statistically speaking, something is likely to be gnawing at you these days. Forty-seven percent of Americans report experiencing "a lot of happiness and enjoyment without a lot of stress and worry,' according to the most recent Gallup-Healthways Well-Being Index, which tracks our wellbeing via telephone interviews with 1,000 adults. That leaves a majority of us experiencing a little less.

Jonathan Alpert, a New York-based psychotherapist, says that many of his patients believe themselves mired in situations over which they have no control.

"I can't tell you how many clients came to me after they wished and wished for better lives, only to see their lives continually get worse," Alpert says. "Rather than being proactive and taking the initiative, people spend time hoping that the right person will magically walk into their life, that the job promotion will just materialize or that their spouse will suddenly start behaving in a less irritating way."

Setbacks, some of them dire and gutwrenching, will certainly occur during your lifetime. No amount of good decision-making will protect you from the pain of losing a beloved family member, for example.

But if you feel as if life is handing you a series of lousy breaks, it may be time to take a full accounting of your role in the less-thanideal outcomes.

"Rather than looking at others as the reason you are stuck or can't accomplish something, you need to look at what is within your control," says Alpert, whose new book, "Be Fearless: Change Your Life in 28 Days" (Center Street), suggests a five-step plan to break your stasis. "The blame game is a form of avoidance. The more we focus on others being the reason for our problems, the longer we go without addressing our own issues. Solutions will elude people who look at others as the culprit.'

Acknowledging that we have the power to effect change means deciding whether — and how — to wield that power.

"For many, the fear of the unknown is far more daunting than living with the anxiety they know," Alpert says. "We get comfortable being uncomfortable.

"Waiting and wishing for change are two of the biggest things that hold people back from achieving their goals and success. They are about as effective as doing nothing," Alpert says. "If you wait or wish for your dreams to unfold, they will remain dreams. If you take action with a smart and practical plan, then you'll turn your dreams into a reality.'

Problem is, a smart and practical plan is no small achievement for those of us who are decision-challenged. Which is to say most of

"When you ask most people, 'How do you make big decisions?' they say, 'I go with my gut," says Hal Mooz, author of "Make Up Your Mind: A Decision-Making Guide to Thinking Clearly and Choosing Wisely" (Wiley). "Boy, is that risky. You might as well just flip a coin."

By approaching decisions more mindfully measuring what's at stake, characterizing alternatives, applying appropriate judgment — we can introduce real, positive change in our lives, Mooz argues.

"If you are decision fit, you will naturally be physically fit because you'll be making the right food choices and exercising and taking care of yourself," he says. "Decision fitness

makes us good parents, good mates, good at business. It's the most important skill we can

But we often get stuck, Mooz says, in that spot between deciding to make changes and actually making the changes.

"Individuals will usually judge themselves by their best intentions," Mooz writes in 'Make Up Your Mind," "even though the intentions may never get implemented by the triggering action."

Conversely, "people will usually judge others by their worst action," he says.

Particularly if we can blame our own problems on someone else's worst actions.

Enough is enough, Alpert says.

"Defy the norm, be curious and don't accept the status quo," he says. "By taking ownership of your life, you'll feel fulfilled, happy and life will have a purpose. Those who do things simply to satisfy others end up feeling resentful or empty at best. Those who establish their own goals based on their own expectations go on to feel accomplished.'

#### YOU'VE DECIDED TO CHANGE. NOW WHAT?

Three steps to get that change ball rolling. Change your self-talk. "Draw a line down the center of a paper," says psychotherapist Jonathan Alpert. "On the left write the negative, self-defeating statements you find yourself thinking. On the right, reframe those thoughts. 'She'll never agree to join me on a date' can be reframed with, 'I don't know if she'll say no or yes to me, and I won't know unless I ask.' Over time, people will start to catch their negative and self-defeating selftalk and will be able to think in a positive and fearless way.'

Identify what you can control. "I worked with an actress who blamed others for her not getting picked for parts in movies," Alpert recalls. "I suggested she look at what she can actually control and examine her acting skills. She can control what roles she tries for, and how she studies and prepares to play the characters. The adjustments in how she thought about the problems proved to be a game-changer for her."

Ditch your routine. "I try to do one new thing a day in my hometown," writes Maryjane Fahey, co-author of "Dumped." "It might be as simple as using the gorgeous reading room at the New York Public Library or exploring a different part of the city on my bike or maybe nursing a cocktail at a much-ballyhooed lounge. Be curious!"

## **Wagner Resident To Present At 2012 Festival Of Books**

SIOUX FALLS — Wagner resident and author Vince Two Eagles will be featured as a presenter at the 2012 Festival of Books scheduled for Sept. 28-30 at the Holiday Inn (100 W. 8th St.) in Sioux Falls.

Two Eagles is an enrolled member of the Yankton Sioux Tribe. His columns, known as The Rez of the Story, Teatured in several South Dakota newspapers, were born out of a desire to bridge the cultural and racial gap that exists between Indian and non-Indian people. In these attempts, he hopes to portray Indian people in the positive light

of non-stereotypes with the dignity and respect all people deserve and have the inherent right to expect.

Two Eagles published a collection of his writings in "The Rez of the Story," a 155-page book in which he speaks of Dakota Sioux customs, philosophy and some of the ongoing issues his people have dealt with since European settlers began arriving in America. In his every day, conversational style, Two Eagles has written about how the Yankton Sioux Tribe is organized, values held dear by Dakotah peoples and what it means to be Native.

He has also skillfully addressed issues such as stereotyping, the benefits of cultural diversity and the origin of some common terms such as "Red Man."

Two Eagles has played an important role in organizing and facilitating the Horizon Study Circles that have been held in his hometown of Wagner over the oast four years. His dedication to furthering reconciliation activities across the state of South Dakota has motivated him to play an active role in implementing ongoing dialogue in his community.

"Because of my native teach-

ings, I believe all people are brothers, regardless of color," Two Eagles says. "I've always been an advocate of reconciliation. Change is going to happen whether we participate or not. If we don't participate, how can we direct the change? I believe people in our community are starting to see we could have a hand in directing change for the good of everyone."

More information about Two Eagles, his book and his writings is available at www.rezofthestory.com.

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