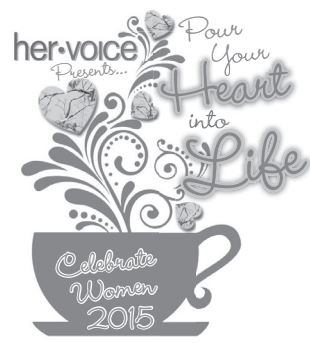


Time For Self-Care

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.

"Often times, 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 said. "This message is a chance to inspire women with some strategies to refill themselves and to get reinvigorated for life and all the roles they play."

However, don't expect a dismal lecture or a long list of self-help tips, Clark said. She plans to deliver an uplifting message.

"It's a fun, classy theme for the speech, filled with stories and with inspiration to help women get reinvigorated," she said. "The more that we spend time on ourselves and getting reinvigorated, the better we all are for the people around us and for playing all those roles."

CONTINUING A TRADITION

Clark will continue the event's tradition of fun and entertaining speakers, according to *Press & Dakotan* advertising director Micki Schievelbein.

"In the past, we've been very lucky to have some excellent speakers," Schievelbein said. "I saw Julie at another event and saw where we could have her speak at Celebrate Women. She offers inspiration and humor, and she's the author of several books."

Clark's work has drawn a national audience and recognition, according to her biography.


She is a national award-winning author and founder of the Inspirational Coffee Club, empowering women to live each day to the fullest.

Through the club, Clark shares strategies — what she calls Ground Rules — that help others create lives that overflow with happiness, success and joy.

■ **JULIE CLARK,**
Page 15




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AUCTION
Saturday, October 17, 2015 • 1:00 PM
1202 Maple Street, Yankton, SD 57078

HOUSEHOLD: Dining room table, 2 leaf w/6 high back chairs; full sized couch; coffee tables; end tables; corner table; long hall table; dresser w/mirror; variety of dressers: 5 drawer, 8 drawer; white 3-drawer; 4 drawer; 5 drawer w/dividers; futon; small bedside stand; white desk; 3-in-one foosball table; rock'n chair; small Colorado chest freezer; lamps; ice cream maker; foot spa; small Co-op pressure cooker; old aluminum meat pan; china dishes; kitchen utensils; lots of crafts; ceramics; typewriter; hand, leg & arm weights; Deluxe sewing machine in cabinet; games

TOOLS & MISCELLANEOUS: Toro rake/vac; 21" MTD push snowblower 3 1/2hp; lantern; Toro 8" electric trimmer; Pacific bicycle & helmet; 5' aluminum step ladder; lawn sprinklers; deck storage unit; Pro-series propane grill; solar lawn ornaments; small hand tools; white plastic lawn chairs (6); hose reel; metal patio set w/4 chairs; camping and fishing gear; miscellaneous items too numerous to mention

VINTAGE MUSICAL INSTRUMENTS: Trumpet; 120 bass accordian, violin

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White 2-105 tractor 2-hyds, 18.4 X 38 tires, motor OH; 1966 Oliver 1850 Gas tractor, 7176 hrs, 2-hyds. Fenders; 1955 Oliver Super 88 Gas, NF, new 13.6 X 38 tires, sold w/F-11 Loader bucket; chains comfort cover & manure bucket & grapple sold separate; 1954 Oliver 88 Gas tractor NF, hyd. complete; 1941 IHC B tractor complete; fenders for Oliver super 88; Oliver front wts; 1997 Chevy 1500 4 X 4 reg. cab pickup 5.7 V-8 auto red 118K miles sharp; 1990 Mazda B-2200 2wd pickup, 4-cyl. 5-spd trans gray 106K miles; 1978 Chevy 3/4 ton 4 X 4 blue & white, 350 auto; 1982 Keifer 6 X 16 stock trailer new floor; 2007 Yamaha Grizzly ATV 1284-miles blue very sharp;

MACHINERY - EQUIPMENT
JD 7000 6-30 and 4-RW planters; Gehl DM-160 disc mower; Vermeer 605E round baler; (2) Dakon 285 bu. Gravity wagons on Electric gears 20" truck tires; IHC 45 pull type FC 18"; Dakon 3pt. field cultivator 14"; Oliver 252 tandem disk 18"; New Idea 7-wheel rake; (2) S&H power boxes on electric gears; Winco 18,000 watt PTO generator; Feterl 7" X 52' pto auger; Feterl 8" X 55' auger (red); Fehr Mfg. 7" double spout snowblower; 3pt. hyd. forklift mast; Gehl 235 hydro-swing 14"; OMC 430 grinder/mixer stored inside; Oliver 3-bottom pull plow; M&M 2X16 pull plow; Oliver 565 5-bottom plow; 6-section drag w/cart; MF single disk; horse drawn road maintainer; 2-row horse cult; Dual hyd. cement mixer; 3pt post auger; 12' bin sweep; 4-round bale feeders

SHOP EQUIPMENT - FARM MISC. - ANTIQUES - HOUSEHOLD
Lincoln 252 arc welder; Oxy-Acetylene Torch; 30-ton hyd. press; knipco heater; chop saw; Drill Press; vises; anvil; assorted hand tools; alum. Ladder; 2-wheel ATV trailer; tin imp. Seats; avary jacks; Oliver 70 headlights; Firestone sign; Monarch balloon tire bike; Rendering kettle w/jacket; collection of Feed Sacks; Rinse Tubs; old wood doors; 2-burner stove; Hog Feeders & waterers; speedjack; buzz saw; hog panels; RR ties, steel posts; (3) 300 gal. OH tanks; 50' drivebelt; 10-Rural MFG. farrowing crates; cream cans; 49 chevy tailgate; large assortment of lumber; cream cans; Redwing Crocks 6-12 & 20 gal.; glassware; table 6-chairs 3-leaves; chest of drawers; bed; oil lamps; crib; cradle; vacuum;

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1,082 sq. ft. 2 bedroom home w/central air, full basement with a 36x48 shop building w/concrete floor. This property would make a great project home with lots of potential and a great location on the east side of Yankton, SD and out of the city limits.

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