

VISITING HOURS:

Healthy Sleep Is Key For Back-To-School Success

BY ABBY CAMERON, PSGT, EEGT

Avera Sacred Heart Sleep Diagnostics Lab
Information provided by the National Sleep
Foundation

National Sleep Foundation and Avera Sacred Heart Sleep Diagnostics Lab urge parents and kids to make sleep a priority during the school year and offer tips for back-to-school sleep schedules.

As the new school year approaches, the National Sleep Foundation (NSF) and Avera Sacred Heart Sleep Diagnostics Lab encourage parents and kids to put healthy sleep on the list of back-to-school necessities. NSF and Avera Sacred Heart Sleep Diagnostics recommend gradually adjusting sleep schedules now in order to be alert and energized as well as to assure optimal learning, participation and health.

"Kids tend to sleep and wake up later during the summer, making the transition to the school year sleep schedule difficult," explains NSF CEO Richard Gelula. "As tempting as it is to enjoy sleeping late in the final days of summer break, getting up earlier for school will be much easier if kids begin adjusting their sleep schedules now.



Cameron

Going to bed as little as 15 minutes earlier each night until the desired "school's-in-bed-time" is achieved will help start a new schedule.

All children - even adolescents - need more sleep than adults.

According to NSF's 2004 and 2006 Sleep in America polls, which focused on children aged 0-10 and 11-17 respectively, most kids in the U.S. do not get the amount of sleep experts recommend. Optimal sleep is essential to children's health, safety and academic performance. The study also found that kids who do not sleep well are more likely to have behavioral problems and face academic challenges.

"Adequate sleep is just as important to kids' health and well-being as diet and exercise," says Daniel Lewin, Ph.D., director of the Pediatric Behavioral Sleep Medicine Program at Children's National Medical Center in Washington, D.C. "Inadequate sleep can lead to attention and mood problems in children and sleepiness increases the likelihood of drowsy driving crashes, which

are particularly common among drivers aged 25 and younger. Adequate sleep also facilitates learning and improves memory, both vital to improving academic performance as well as optimizing participation in social and athletic activities.

Parents may also find themselves unprepared for the sleep challenges that the new school year brings. Many parents need to wake up earlier in order to pack lunches, drive their kids to school or help them get to the bus stop on time. This is particularly true of mothers, many of whom are already sleep-deprived. NSF's 2007 Sleep in America poll revealed that 60 percent of women in the U.S. report only getting a good night's sleep a few nights a week or less, leaving them time-pressed, stressed-out and too tired for romance and spending time with their friends.

NSF and the Avera Sacred Heart Sleep Diagnostics Lab recommend these sleep tips to help parents and children start the school year strong:

- Gradually adjust to earlier sleep and wake schedules 7-10 days before school begins. This will set biological clocks to the new schedule.
- Keep a regular sleep schedule and

avoid extremes on weekends. Having a regular bedtime increases the likelihood that kids - including teens - will get optimal sleep.

- Establish a relaxing bedtime routine. Reading before bed is a good choice for kids of all ages and for parents.

- Create a sleep environment that is cool, quiet, dimly lit and comfortable.

- Keep television, video games and other electronics out of the bedroom. NSF's 2006 Sleep in America poll revealed that having electronic devices is associated with an increased risk of falling asleep in class and while doing homework. Eliminate exposure to electronic media (television, video, and computer games, etc) within an hour of bedtime.

- Limit caffeine, especially after lunchtime.

- Eat well and exercise.

NSF's 2006 poll also showed an awareness gap between kids and their parents. While more than half of adolescents reported not getting the sleep they need, 90 percent of the parents felt that their adolescent was getting enough sleep. Parents should talk to their children about their sleep and

seek help for any sleep problems that may arise.

Here are more sleep-smart tips from NSF and Avera Sacred Heart Sleep Diagnostic Lab for parents:

- Be an example. By practicing good sleep habits, your kids are less likely to adopt bad ones.
- Talk to your kids about the importance of healthy sleep and the consequences of sleepiness, including drowsy driving.
- Recognize that children - including teens - need more sleep than adults.
- Children who have difficulty waking in the morning on more than 3 days a week or who snore may not be getting adequate sleep.
- Establish a one-hour "electronic-free" time before bedtime.
- Ask teachers whether your child is alert or sleepy during class and take steps to improve your child's sleep if you feel that he or she may have a sleep problem.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

Justice Gives AZ. Sheriff Deadline In Rights Case

BY PETE YOST

Associated Press Writer

WASHINGTON — The Justice Department on Tuesday notified an Arizona sheriff's office known for its efforts against illegal immigrants that it has refused to cooperate with a civil rights investigation, is not in compliance with federal law and the department is threatening to sue.

Since March 2009, the U.S. Justice Department has been investigating Maricopa County Sheriff Joe Arpaio's office in Phoenix for alleged discrimination and for unconstitutional searches and seizures. Arpaio says the inquiry is focused on his immigration efforts.

Robert Driscoll, a Washington lawyer representing Arpaio, said Justice Department lawyers "have picked the man and the department and are trying to find a violation, rather than find a violation and then seeking to vindicate someone's rights."

"They have been investigating for two years," said Driscoll, who added that most people assume it has something with racial profiling.

But Driscoll said, "If it was going on now, presumably they would have evidence of this now."

In a letter, assistant attorney

general Thomas Perez, head of the Justice Department's civil rights division, said the sheriff's office is not turning over material that Perez's lawyers are requesting. Over a year ago, Arpaio's lawyers asked that the Justice Department's Office of Professional Responsibility investigate alleged attorney misconduct regarding the investigation. In his letter to Arpaio's lawyers, Perez said such "unfounded allegations" are not a basis for refusing to cooperate with the Justice Department probe.

In June, the office concluded that no civil rights division attorney at the Justice Department committed professional misconduct or exercised poor judgment in the probe of Arpaio's office.

Perez gave the sheriff's office until Aug. 17 to turn over documents first requested last year in what the department calls an inquiry into claims of discrimination based on national origin.

Arpaio and his legal counsel said a year ago that the sheriff's office would not cooperate with the inquiry.

The office "has continued its unwarranted refusal to cooperate," Perez wrote.

In June, the office supplied a position statement regarding the operation of its jail facilities.

COUNTY

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Hart and the rest of the board members for their efforts to make the memorial a reality, saying they receive many compliments on it.

"That's an awesome thing you guys did," Jensen said.

In other business Tuesday, the commission:

- was informed by Yankton County Sheriff Dave Hunhoff of plans for building a new juvenile detention center in Sioux Falls. The county is a member of the Southeast Regional Detention Authority, a consortium of 14 counties that formed in 1995 to expand the current Sioux Falls facility. In order to meet future needs, members of the consortium believe a new \$13.9 million facility is needed;

- discussed briefly that the upcoming budgeting process for 2011 could be difficult because of growing needs that are not being accompanied by growing revenue;

- were updated on a situation in the Yankton County

Government Center where water leaked onto an electrical board during a recent heavy rain and caused damage. Commissioners agreed that steps must be taken immediately to deal with some ongoing leakage problems in the building; and

- was told that there was a collapse of a major drainage system in Gayville. Replacing the aging pipe has been a topic the commission has discussed many times in the past until it was decided a ditch board would be formed to oversee the project. Auditor Paula Jones said she will meet with members of the ditch board this week to gather information necessary to move the project forward.



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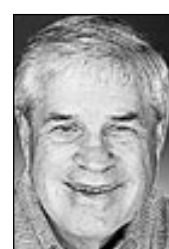
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What A Difference Self-Esteem Makes

BY VAL FARMER



VAL FARMER

What is self-esteem, and why is it so important? Self-esteem is an overall judgment we make about our own ability to cope with life, the worth of our actions and how acceptable these actions are to ourselves and others. We base these judgments on standards learned from our families, our culture and our religious training.

People with low self-esteem often feel incapacitated by their own attitudes and emotions. This prevents them from fully enjoying and participating in life. They are beset with fear, doubt and uncertainty.

People with low self-esteem are less assertive, more dependent and, in general, more vulnerable to the stresses of life. They may feel anxious, depressed, fearful and defensive or sense a lack of control over the things they want from life. Such people often are preoccupied with themselves and chronically concerned about being accepted and approved of by others.

On the other hand, people with high self-esteem are peaceful and calm, optimistic about their ability to cope and believers in the goodness of the world. They have a creative, problem-solving approach to the challenges of life. Such positive people have more ambition and persistence in working toward goals.

Are there different degrees of self-esteem, like everything else? We can feel prepared and capable in some situations but totally inadequate in others. We don't always fit in. We don't always know what to do.

People with high self-esteem don't judge themselves too harshly for these feelings of inadequacy. Their basic belief in themselves is unshaken by temporary factors. Those with low self-esteem, however, interpret such situations as further evidence of their own overall shortcomings.

How much of the way we feel about ourselves today can be traced to childhood? We learn to value ourselves by the way we are valued and loved by our parents and others close to us. Families provide building blocks for self-esteem by giving us love and acceptance, opportu-

nities to learn, freedom to make choices and expressing consistent messages of worth.

School success is important to self-esteem as is feeling liked and approved by one's peers.

"Nothing succeeds like success" starts early and leads to future success.

If we've grown up not feeling good about ourselves, can we rise above our backgrounds?

A person's perceptions and early experiences linger and are powerful. The love and acceptance of others can provide an emotional corrective experience to an early experience. A person's old beliefs about him or herself can change.

People can and do learn to be more accurate in their appraisals of themselves. They find their niche in life and learn to be confident of their judgments, priorities and abilities despite competing standards of acceptable behavior.

Where does guilt figure in?

People can fall in their attempts to measure up to their own legitimate expectations and ideals. Abraham Lincoln said, "When I do good, I feel good and when I don't do good, I don't feel good." In his simplicity, Lincoln was on to something.

Our conscience may not let us rest if we are dishonest about or afraid to do what we know is right. Deep inside, our conscience demands our loyalty and integrity. It demands that we be as good as we can be. Guilt is real and can be a legitimate cause for low self-esteem.

If the problem is current, then the issue is our fear or laziness

that prevents us from doing what needs to be done. If we believe some action is important and we are not taking it, our self-image will suffer. If we are not happy with ourselves, others will suffer, too.

Can people be too hard on themselves? If we have truly learned from and corrected a problem, then forgiveness is in order. Aside from the merits of dealing with guilt based on our religious beliefs, self-forgiveness is also essential. This isn't about rationalizing or justifying past wrongs.

We learn from our mistakes. Experiences that have been corrected are stepping stones in growth. We ought to judge ourselves for what we are now, not what we have been.

Some things happen that are out of our control. These setbacks affect self-esteem and confidence. They bring feelings of failure, rejection, and displacement. This can be confusing and dispiriting. As a person copes successfully with crisis and change, they recover their feelings of competence, importance and belonging. A person who has endured hardships has confidence to cope with new problems when they occur.

What else can we do to raise

our self-esteem? We need friends and loved ones to be honest with us. Our friends and loved ones affirm our positive qualities and gently remind us of our negative ones. More often than not, such friends are good listeners who don't judge us as we're sorting things out. Counseling and self-help groups can also help.

Another key to developing self-esteem is having a strong feeling of optimism and belief in oneself that allows us to take risks. We work toward becoming the kind of person we want to be.

The path to self-esteem is encouraged by parents, spouses, friends and neighbors who share love, loyalty, approval and belief in our possibilities. With that kind of support, seeds of self-confidence can bud, blossom and bear wonderful fruit!

For more information on self-esteem, visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist with MeriCare in Fargo, North Dakota. He specializes in rural mental health and family business consultation.

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David J. Abbott, M.D.
Board Certified Otolaryngology

Catherine A. Wright, M.D.
Board Certified Otolaryngology

Beth J. Beeman
Au.D., CCC-A

Todd A. Farnham
Au.D., CCC-A