

Nebraska

Minimum Wage Debate Not Over Yet In Lincoln

BY GRANT SCHULTE
Associated Press

LINCOLN, Neb. — Megan Hensley earned \$2.13 an hour plus tips when she started waiting tables in Lincoln 14 years ago.

She enjoyed the work so much that she turned it into a career, serving patrons at high-end restaurants from Florida to California. When she returned to Lincoln four years ago and found another restaurant job, Hensley was surprised to discover that Nebraska's minimum wage for tipped employees hasn't budged.

"Living here is so cheap, but it was definitely a shocker that nothing had changed," said Hensley, now 33. Serving "is not an easy job. People need to remember there's a person behind that apron and that notepad."

Despite resounding voter support last year to increase the minimum wage, Nebraska lawmakers could find themselves debating the issue yet again. The Legislature's Business and Labor Committee on Monday will review two new minimum wage bills.

One would increase the base wage that employers have to pay workers who are largely compensated through tips. The other would let employers pay the state's old \$7.25-an-hour wage to high school students in entry-level jobs.

The debate follows last year's cam-

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paign victory for the statewide ballot measure, which boosted Nebraska's minimum wage from \$7.25 to \$8 this year. The wage will increase again to \$9 in 2016.

Sen. Jeremy Nordquist of Omaha, a spokesman for last year's Nebraskans for Better Wages campaign, said the election shows clear public support for such measures, which lawmakers should heed.

"They can't dispute the fact that nearly 60 percent of Nebraskans voted to raise the minimum wage," said Nordquist. "I think that certainly translates to this issue as well."

Nordquist introduced legislation that would increase Nebraska's minimum wage for tipped workers from \$2.13 an hour — the same as the federal minimum — to \$3 in the first year. By 2017, the tipped wage would increase to half of the regular minimum wage, or \$4.50 an hour.

Federal law requires businesses to pay the tipped minimum wage to employees

who make at least \$30 a month in tips. Nordquist said inflation has eroded the buying power of the tipped minimum wage since it was last increased in 1992.

Nebraska had 15,220 waiters in restaurants in 2013, with a median hourly wage of \$8.59 an hour including tips, according to the U.S. Bureau of Labor Statistics. Nationwide, 32 states have adopted tipped minimum wages higher than Nebraska's, including neighbors Colorado, Missouri and Iowa.

A lobbyist for Nebraska restaurants plans to fight the bill. The new minimum wage and mandates of the federal health care law have already placed a strain on many local establishments, said Jim Partington, executive director of the Nebraska Restaurant Association. Raising the wage for tipped employees would add to the burden and could lead to higher menu prices, he said.

The student-wage bill by Sen. Laura Ebke would restore the old \$7.25-an-hour minimum wage for high school students who are younger than 19. Employers could only pay the old rate for 25 percent of the hours worked. Students who graduate or drop out of high school would have to receive the state's full minimum wage.

Ebke, of Crete, said the bill is intended to help restaurants, grocery stores and other businesses that might have to cut expenses or raise prices due to the increased minimum wage.

Lincoln Nightclub Damaged By Fire

LINCOLN, Neb. (AP) — Investigators are working to determine what caused a fire that heavily damaged a Lincoln bar and knocked out power in the surrounding area.

The fire started at the Karma Nightclub and Cabaret around 7:15 p.m. Saturday. Everyone was evacuated safely, but it took several hours to control the fire.

The club's owner Kyle Baun says he was heartbroken when he arrived to see his business in flames.

The roof collapsed during the fire. Lincoln Fire Battalion Chief Leo Benes said the business is a total loss.

Karma had been open just over a year. Previously the club was called The Q.

Bryan Ruhs, who worked as a DJ, says it was hard to watch the fire because the club was the first gay bar he ever went to.

SD Parks To Begin Taking Reservations

PIERRE (AP) — South Dakota state parks will soon begin taking camping and cabin reservations for the summer.

Reservations will open Feb. 14 for the weekend of May 15, which is the traditional kick-off to the state's summer camping season.

Arrangements for campsites and cabins can be made as many as 90 days before arrival, except at Custer State Park, which accepts reservations one year out. More than 40 parks offer camping reservations on the 90-day schedule.

State Parks Director Doug Hofer is encouraging interested campers to make reservations as soon as possible. Last year, more people camped at South Dakota state parks than ever before.

Reservations can be made 24 hours a day online and by phone.

Original Brookings School Bell Returns

BROOKINGS (AP) — A cast-iron bell that used to ring in the first Brookings High School more than 100 years ago has finally come home.

The *Brookings Register* reports that the school bell, which was likely made in the late 1800s, was returned recently by a Beverly Bergman, who lives in White. Bergman said her husband had purchased the bell that once hung in the town's original high school at an auction 50 years ago.

Brookings School District Superintendent Roger DeGroot says the school is still deciding what to do with bell, but said they'll likely refurbish it. The bell has become severely rusted over the decades.

DeGroot says he'll be talking with school officials about building a display for newly discovered piece of history.

Craft Beer Group For Women Begins

BROOKINGS (AP) — Call it the book club of beer.

A group of women in eastern South Dakota has begun gathering to sample and learn about craft beer. Together, they're trying to counter the idea that beer is man's territory.

Group member Charmaine Houck tells the *Brookings Register* that many women haven't tried beer because of the marketing surrounding the drink. She says the world of craft beer may be intimidating for some women.

The group was started when local bartender Cassie Tencate met other women interested in learning more about the drink.

At Least 2 Die On Snowy Nebraska Roads

LINCOLN, Neb. (AP) — At least two people died on snowy roads in Nebraska on Sunday, and authorities are urging people not to drive unless necessary.

On Interstate 80 in Lincoln, a 30-year-old truck

driver from Illinois died after his semitrailer collided with another semitrailer truck around 8:15 a.m.

Lincoln Police Capt. Danny Reitan says the driver who wasn't identified died at a Lincoln hospital.

Saunders County officials say a 62-year-old woman was killed in a head-on collision that also injured three people around noon Sunday. That crash happened on Highway 92 between Wahoo and Yutan.

By Sunday afternoon, the Iowa Department of Transportation was recommending that people stay off the roads if possible because of snow and ice on the roads. Travel was especially dangerous in eastern Iowa.

COMMUNITY CALENDAR

The **COMMUNITY CALENDAR** appears each Monday and Thursday. 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
Exercise, 11 a.m., The Center, 605-665-4685
Interchange, noon, Minerva's Bar and Grill, 605-760-7082
Whist, 12:30 p.m., The Center, 605-665-4685
Pinocle, 12:45 p.m., The Center, 605-665-4685
Cribbage, 1 p.m., The Center, 605-665-4685
Hand & Foot Cards, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W. 11th St, Yankton

FIRST MONDAY

Yankton Lions Club, 11:30 a.m. lunch, noon meeting, JoDeans, 605-665-4694
Servant Hearts Clinic, a free, Christ-centered medical clinic, 5:30-8 p.m., Technical Education Center (RTEC), 1200 W. 21st St, Yankton.

TUESDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
Explore the Bible, 10:30 a.m., The Center, 605-665-4685
Pinocle, 12:45 p.m., The Center, 605-665-4685
Wii Bowling, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
AA, Alano Group 7 p.m., step meeting, 1019 W. 9th St, Yankton.
Bingo, 7-9 p.m., The Center, 605-665-4685. (Open to the public)
Weight Watchers, 10 a.m., 413 W. 15th Street. Weigh in 45 minutes before meeting. For more information, call 605-665-2987.

FIRST TUESDAY

Yankton County Commission, 3:30 p.m., Yankton County Government Center, 3rd and Broadway.

WEDNESDAY

Line Dancing, 9:30 a.m., The Center, 605-665-4685
Nurse, 10 a.m.-noon, The Center, 605-665-4685
Exercise, 11 a.m., The Center, 605-665-4685
Whist, 12:30 p.m., The Center, 605-665-4685
Partnership Bridge, 1 p.m., The Center, 605-665-4685
Rummikub, 1 p.m., The Center, 605-665-4685
Penny Bingo, 1 p.m., The Center, 605-665-4685
Chair Massage, 1:40-3:50 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Meditation Sessions, Christ Episcopal Church (lower level), 513 Douglas, Yankton, 7-8:30 p.m., 665-3344 or 665-2456.
Narcotics Anonymous "Road To Recovery" Group, 8 p.m., open meeting, First United Methodist Church (northeast door), 207 W. 11th St, Yankton
AA, Alano Group 7 p.m., discussion, 1019 W. 9th St, Yankton.

THURSDAY

Table Tennis, 8:30 a.m., The Center, 605-665-4685
Wii Bowling, 9:30 a.m., The Center, 605-665-4685
Billiards, 10 a.m., The Center, 605-665-4685
ASHH Toastmasters Club 6217, noon, Avera Sacred Heart Pavilion, conference room no. 2, Yankton, 605-665-6776.
Pinocle, 12:45 p.m., The Center, 605-665-4685
Dominos, 1 p.m., The Center, 605-665-4685
English as a Second Language classes, 2-5 p.m., United Church of Christ, Fifth and Walnut, Yankton. (605) 660-5612.
Love Addicts Anonymous, 7 p.m., for women, 120 West Third Street, Yankton, 605-760-5307.
AA, Alano Group 8:30 p.m., speaker, 1019 W. 9th St, Yankton.
Weight Watchers, 5:30 p.m., 413 W. 15th Street. Weigh in 45 minutes before meeting. For more information, call 605-665-2987.
Take Off Pounds Sensibly (TOPS #SD 45), Weigh-in 5:30-6:30 p.m., meeting 6:30-7:30, RTEC building, 1200 W. 21st St. For more information call 605-665-8442

Oz And Roizen

How To Snack And Stay Healthy

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.

North America is under a snack attack — and the snacks are winning! Seems more and more of you are substituting grab-and-go foods for real meals. In fact, snacking is up 15 percent as quick munching replaces breakfast, lunch or dinner for almost half of you. But finding healthy snack foods can be tough — one reason Americans ended up spending \$48 billion a year on salty or sugary munchables, three times more than they spent on fruit and vegetables. That's a lot of buck for very little nutritional bang!

Now nothing replaces the nutritional and emotional benefits of a sit-down meal with the family, but everyone has to eat on the run occasionally. So here's how you can grab a "snack as a meal" that provides you with the fuel you need to do your best at work, school, home and play.

1. Make sure your snacky meals deliver what you need. Depriving yourself of fuel and nutrients in a snacky meal, then OVEREATING to make up for it later, is a formula for weight gain and nutritional de-

ficiencies. That's why it is important to make sure your "snack as a meal" provides 400 calories from a mix of protein (about 12 grams per meal for women; 15-18 for men) and complex carbs (from beans, fruits, whole grains and greens). That'll give you the minerals and vitamins you need, too.

2. Stock your fridge, freezer and pantry with easy grab-and-go foods. Keep unsalted nuts, dried fruit without added sweeteners and nut butters (peanut, almond, cashew) on hand. In the fridge, stock seasonal fruits and veggies you love, along with nonfat yogurt, hummus, low-fat cheese and whole-grain bread or small whole-grain pitas or tortilla wraps. In the freezer, keep frozen fruit (strawberries, raspberries and mango chunks) and veggies (bags of frozen kale, edamame and peas). Keep countertop goodies like ground flax seeds, roasted sunflower or sesame seeds, bananas, tomatoes and avocados handy, too.

2. Breakfast snacking. Whirl up a smoothie in 30 seconds to take on your commute — combine fresh or frozen fruit, yogurt, kale, unsweetened almond or soy milk and a little flax seed. Toss together a half-ounce of nuts and a half-

ounce of dried fruit in a baggie; eat it with a piece of fresh fruit. Or spread almond butter on a whole-grain tortilla, top with banana slices, sprinkle with raisins and cinnamon, then roll and go!

3. Lunch snacking. Put an easy-open pouch of tuna in water, pre-washed greens, avocado chunks and a drizzle of dressing made from olive oil and lemon juice into a tightly sealed container. Mash beans on a tortilla, top with tomato, avocado and cheese, fold it up and tuck into a sandwich bag. Toss eat-and-run sides into your lunch bag, too — like fresh fruit, baby carrots, red pepper and zucchini strips (cut in advance and keep in your fridge.) You can enjoy it at your desk — IF AND ONLY IF you make a point of standing up and walking around every hour for at least five minutes.

4. Dinner snacking. Not home at dinnertime? Try this make-ahead snack: Zucchini chips. Blot thinly sliced zucchini rounds with a paper towel; toss with a little olive oil and sea salt. Bake at 400 F for 10 minutes. Remove from

oven, cool, then re-bake at 350 F for extra crunch. Store in individual-size zip-lock baggies for portability. Enjoy them with grab-n-go broiled chicken tenders, seasoned with sriracha or a nonfat yogurt dill and cucumber sauce.

5. Just want a between-mealtime boost? Your best bet is a half-ounce of nuts plus an apple, orange, pear, a cup of berries or sliced veggies. And here's something different. Mix 1/2 cup almond butter with 1/2 cup of puffed quinoa and 1 teaspoon vanilla. Refrigerate for 20 minutes, then roll into marble-size balls. Store in the refrigerator, in a container lined with parchment paper. The next time you reach in for a snack, you'll be pleasantly surprised.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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BIRTHS

ALEXANDER MEYERS

Nick and Jessica Meyers of Dell Rapids announce the birth of their son, Alexander James Meyers, born Jan. 25, 2015, at 7:57 a.m. He weighed 8 pounds and 12 ounces, and was 22 inches long.

He joins his siblings Molly (5) and Elijah (3).

Grandparents are Diane and Jack Meyers Jr. of Yankton and Alice and Jack Majeres of Dell Rapids.

Great-grandparents are Loretta Albrecht and Faye Meyers of Yankton.

BIRTHDAYS

LENORE LAW

Lenore Law will celebrate her 99th birthday Feb. 5. Greetings may be sent to 613 Walnut St. #209, Yankton, S.D. 57078.



Law

ARLENE WAGNER

Arlene Wagner will celebrate her 80th birthday with an open house hosted by her children Feb. 8 from 2-4 p.m. at Peace Lutheran Church 5509 W. 41st St. Sioux Falls.



Wagner

If unable to attend, greetings may be sent to: 7010 W. 56th st. Sioux Falls, S.D. 57106 No gifts requested.

BUD SCHNEIDER

Congratulations and Happy 80th Birthday to Bud Schneider on Feb. 10, 2015. Cards may be sent to Bud at: 2803 Lakeview Dr., Yankton, SD 57078.

40th Anniversary Celebration



Mr. and Mrs. Schieffer

Mr. and Mrs. ValDean and Nancy Schieffer of Crofton, NE, will celebrate their 40th anniversary on Sunday, February 8th, 2015. Nancy Bart and ValDean Schieffer were married on February 8th, 1975, on a bitter cold day at St. Frederick's Catholic Church in Vernadale, MN. The couple has five children: Rosanne (Brian), Alan (Mindy), Diane, Carl (Nancy) and Jon. The couple has 9 grandchildren. A card shower is requested. Greetings may be sent to ValDean and Nancy Schieffer, 55247 895th Road, Crofton, NE 68730.

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