

## Dental Health



SUBMITTED PHOTO  
Dental hygienist from Ben Jensen Dental explained the correct way care for teeth to third graders at Stewart Elementary. The dental hygienist's also demonstrated how poor dental care and sugary foods can affect your teeth and cause tooth decay. After the presentation, the students received a toothbrush, toothpaste, and literature regarding the importance of dental health.

# 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  
**Pinochle**, 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

### SECOND MONDAY

**Yankton School Board Meeting**, 5:30 p.m., YSD Administration Building, 2410 West City Limits Road, 605-665-3998  
**Tri-State Old Iron Association Meeting**, 7 p.m., JoDeans Restaurant, 605-665-9785.  
**Yankton Area Writers Club**, 7 p.m., Fry'n Pan Restaurant, Yankton, 605-664-6582  
**Yankton City Commission**, 7 p.m., RTEC, 1200 W. 21st Street

### 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  
**Pinochle**, 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.

### SECOND TUESDAY

**Caregiver Dementia Support Group**, 4 p.m., The Center, 900 Whiting Drive, Yankton.  
**VFW Auxiliary**, 7:30 p.m., 209 Cedar Street

### 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.  
**Pinochle**, 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  
**Yankton Area Banquet**, 6-7 p.m., United Church of Christ, Fifth and Walnut

### BIRTHS

#### OLIVE ECKMANN

Travis and Mandy Moore Eckmann of Reno, Nevada, announce the birth of a daughter, Olive Winter Eckmann, on Feb. 26, 2015. She weighed 6 pounds, 8 ounces.

Grandparents include Garry and Connie Moore, Yankton, and Brad and Connie Eckmann, Bloomfield, Nebraska

Great-grandparents are Bob Moore, Yankton, and Norma Eckmann, Bloomfield.

### BIRTHDAYS

#### HARVEY FRIDRICH

Harvey Fridrich, Tyndall, will celebrate his 80th birthday, on Sunday, March 15.

His family would like to honor Harvey with a card shower.

Birthday greetings can be sent to: PO Box 503, Tyndall, SD 57066.



Fridrich

#### LLOYD SEGER

Lloyd Seger will turn 90 on March 16.

An open house will be hosted by his family on Saturday, March 14, from 3-5 p.m. at Majestic Bluffs Senior Living.

Lloyd's address is 2109 W. 11th St., No. 217



Seeger

## Nebraska

# State Center For Disabled Still Has Issues

BY GRANT SCHULTE  
Associated Press

LINCOLN, Neb. — Despite improvements, a state center for developmentally disabled Nebraskans is again struggling with complaints that its employees are overworked.

Employee overtime at the Beatrice State Developmental Center soared in the final months of 2014, according to a report to lawmakers obtained by The Associated Press.

Workers logged 19,220 hours of overtime in the fourth quarter of 2014, a 39 percent increase over the same period the previous year. Roughly one-third of the center's jobs were deemed "vacant" as of the end of last year.

Advocates for the center's residents stress that conditions have vastly improved since 2009, when one resident died due to neglect. The center regained federal certification after losing it several years ago, and the U.S. Department of Justice could be close to ending its oversight after uncovering hundreds of cases of abuse and neglect.

But the increase in work hours has prompted some workers to complain and raised new concerns about turnover among the staff, which cares for residents with physical and intellectual disabilities. Burnout and a lack of training were identified as major causes of past abuse and neglect.

"It really does concern us," said Carl Eskridge, a deputy state ombudsman who has fielded several recent worker complaints. "This was the kind of thing we saw prior to the problems from several years ago. When you've got that many people working those kinds of hours, it's not good for anybody."

The overtime and turnover were driven by several factors, including the stress of working with severely disabled people and a strict abuse policy, said Ted Buri, contract administrator for the Nebraska Association of Public Employees, a state employee union.

Buri said the zero-tolerance policy for abuse triggers an immediate suspension or reassignment while the matter is investigated, which can take weeks.

Although the policy protects residents from legitimate physical and verbal abuse, Buri said it also has been applied to minor

infractions such as speaking in a harsh tone or swearing. Employees who witness an incident are also suspended. The suspensions result in more overtime for employees who have to pick up the workload.

"You're working in a high-stress environment, and you're scared that you'll do something that will get you written up," he said. "People that are working under fear and pressure are more likely to make mistakes. The smallest thing gets you sent home, and that creates overtime for others."

State administrators say the overtime spiked due to recent suspensions, holiday vacations and workers with long-term illnesses. A quality improvement team is evaluating what caused the overtime and seeking to address employee concerns, said Jodi Fenner, acting director of the state's Division of Developmental Disabilities.

"It's very important to retain staff," Fenner said. "We recruit good people and want to keep them."

Although one-third of the positions were considered vacant, Fenner said the actual number of unfilled jobs was lower. The report counts some positions that will never be refilled, such as those assigned to buildings now closed.

The center had 116 residents and 576 permanent and on-call employees as of Friday — roughly five employees for each resident. Kathie Osterman, a spokeswoman for the Department of Health and Human Services, said the ratio has remained fairly consistent over the last year.

Nebraska lawmakers voted last month to retain a legislative committee that investigated problems at the center. The committee was scheduled to dissolve, but Sen. Bob Krist of Omaha said senators need to keep watch at least until the U.S. Department of Justice stops monitoring the facility.

"I think there's been progress, but I don't see the situation has been fixed," said Krist, who served on the oversight committee.

The earlier problems prompted state officials to divide the center into five smaller, independently licensed care facilities. They also reduced the number of residents from about 300 to the current 116 by moving more into community-based programs as providers became available.

## Man Killed In Rollover Crash Near Macy

MACY, Neb. (AP) — The Nebraska State Patrol says a driver is dead and two passengers injured following a rollover accident on the Omaha Reservation at Macy.

The Lincoln Journal Star reports that the crash occurred around midnight Friday, killing 50-year-old Angelo Freemont.

The patrol says Freemont was driving just west of Highway 75 near the borders of Burt and Thurston counties when he lost control of his vehicle and rolled into a ditch. Investigators say neither Freemont nor the passengers who suffered minor injuries were wearing seat belts.

## Meyer Center Construction On Track

ABERDEEN (AP) — Construction is right on track at a cancer center in Aberdeen that will be named for legendary college basketball coach Don Meyer and his wife.

The *Aberdeen American News* reports that construction for the \$13.5 million Don and Carmen Meyer Center of Excellence is on schedule to be completed by November. The center will be home to the Avera Cancer Institute.

The facility will have 27,500 square feet on a single floor, nearly triple the size of the current cancer facility. It could be expanded to four floors in the future. It will be outfitted with state-of-the-art equipment and will expand available services.

Meyer was one of the winningest coaches in college basketball history. He died in May after a long battle with cancer, at the age of 69.

## Flower Mix May Boost SD Pheasants

PIERRE (AP) — The South Dakota Department of Game, Fish and Parks is giving away a new seed mix that provides a habitat for insects eaten by upland game birds.

Brian Pauly, a private lands habitat biologist with the state agency, told *The Daily Republic* that the mix is a blend of nine species of flowering cover crops. He said birds like pheasants eat the insects, and planting the mix can help boost their habitat.

South Dakota pays landowners \$20 for each acre planted with the mix, and lets them enroll a maximum of 30 acres.

The flowering mix is the third being offered as part of the state program to increase food plots for wildlife. The others are corn and sorghum.

Biologists from Pheasants Forever and the Department of Game, Fish and Parks came up with the new mix, Pauly said, as they found a need to boost insect numbers.

There about 800 landowners who participate in the program, and they plant about 9,500 acres. That's down from a decade ago when there were 1,100 landowners taking part, Pauly said. The decline happened in the mid- to late-2000s due to high commodity crop prices, he said.

"We're trying to promote flowering mix this year, and we have had more interest in the program this year than we've had in the past couple years," Pauly said.

Landowners had committed to planting 1,200 acres of the new mix this year as of Wednesday, according to Pauly.

## Hundreds Learn About Cranes At Event

GIBBON, Neb. (AP) — Several hundred people attended a festival this weekend to learn more about the migrating cranes that will visit Nebraska in the next few weeks.

The *Grand Island Independent* reports many families attended the event at the Rowe Sanctuary on the Platte River on Saturday.

The sanctuary's education director Keanna Leonard says the event offered several activities to teach about the cranes.

Each spring, hundreds of thousands of sandhill cranes feed in farm fields between Grand Island and Kearney during the day and resting in shallow waters of the Platte each night for several weeks. The cranes then continue their journeys to arctic breeding grounds.

Jen Rodriguez brought her two sons to the sanctuary, so they could learn more and get out of the house.

## Some Producers Raise Japanese Cattle

HARROLD (AP) — A few South Dakota producers are giving expensive Japanese cattle a try.

The *Tri-State Neighbor* reports that some producers in the state are raising specialty Wagyu cattle.

Farmer Reid Jensen first got his hand on Wagyu cattle in 2010. He now has 70 cows and a couple of breeding bulls in his pastures in Burbank. Jensen says he started his herd for a pricey \$5,000 a head. Most of his beef goes to high-end hotels and restaurants.

The best-known breed is the black breed that comes from a region near Kobe, Japan. Kobe beef is a type of Wagyu.

A Wagyu steak can go for more than \$100. The meat is lower in cholesterol. Most of the Wagyu cattle in the U.S. are in Texas and New Mexico.

# Are You Tired Of Being Tired?

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

Hang on to your coffee mugs, North Americans. You lost 191 million hours of sleep on March 9, the first workday of Daylight Savings Time. Every year when clocks across the U.S. and Canada "spring forward," most of you are left longing for more — and better — zzz's. Quality sleep can make you look years younger and feel less grumpy, and protect you against weight gain, depression, heart disease and diabetes. Plus, new research suggests that good sleep can help prevent brittle bones and serious digestive-system problems.

Unfortunately, a whopping 50 million to 70 million of you don't get enough deep, refreshing sleep. You're up late working, tweeting, watching "The Tonight Show," opening a box of Girl Scout cookies ... and, often, doing all that at the same time. As a result, your body clock gets discombobulated, and that makes levels of the stress hormone cortisol and the feed-me hormone ghrelin rise; production of blood-sugar-controlling insulin gets messed up. As a result, you gain weight and may see your blood pressure and blood sugar rise. You become more vulnerable to infections because your immune system takes a hit too. One new study from Oregon Health and Science University suggests that the systems that erode and then rebuild your bones get thrown out of whack, so there's more tearing down and less reconstruction. And recent research from Massachusetts General Hospital and Rush University Medical Center has found that getting less than five to six hours of shut-eye on a regular basis increases risk for flare-ups of ulcerative colitis and Crohn's disease.



Dr. Mehmet Oz and Dr. Michael Roizen

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Sometimes it's wise to start your quest for better sleep at your doctor's office. Make an appointment if you have severe or long-standing insomnia or signs of obstructive sleep apnea (like extreme daytime tiredness or a partner's report that you snort and gasp for breath at night). Otherwise, try these better-sleep strategies:

Clean up your sleep routine. Good sleep hygiene tells your mind and body that it's time to sleep. We recommend: no coffee within three hours and no exercise within two hours of bedtime. Keep your bedroom cool and dark at night. No TV, computers or smartphone before bed (the blue light resets your brain to morning time!). And, of course, make time for intimacy.

Skip the nightcap. A drink at bedtime can help you fall asleep faster, but as your body processes it, your restorative stages of sleep are dinged. You'll feel drowsier in the morning, and a study from Australia's University of Melbourne suggests that you may have trouble with memory and sharp thinking, too.

Kick pets off your bed. A new Mayo Clinic study reported that 1-in-10 pet own-

ers had their sleep disturbed by their animals. Cats and dogs snored, whimpered, wandered and begged to go outside. If possible, have them sleep in their own cage or space, and if they keep you up, keep them out of the bedroom.

Eat healthy fats. Say "yes" to fish, like salmon, wild trout and sardines, or take 900 mg of algal-based DHA daily. They're all rich in omega-3 fatty acids, which is key for brain function. In one British study, getting plenty of these beneficial fats every day was associated with longer, deeper sleep. It could be because omega-3 levels are linked with healthy levels of the sleep-regulating hormone melatonin.

Take a power nap. In a new French study, stress hormone levels rose and a protein associated with strong immunity fell in sleep-deprived people. But those who caught a 30-minute catnap found that immune functions were restored and stress hormone levels returned to normal. Nap early (before 5 p.m.) so your bonus snoozing doesn't interfere with nightly sleep.

Still not sleeping? Try CBT-I. That's short for "cognitive behavioral therapy for insomnia," a short course of therapy aimed at retraining your mind and body for great sleep. Studies show that it works better than a sleeping pill. Find a CBT-I therapist through the websites of the American Board of Sleep Medicine or the Society for Behavioral Sleep Medicine.

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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## Keeping You Connected To The World

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### In Memory of Dorothy Stewart

We thought of you today, but that was nothing new. We thought of you yesterday and the day before that too. We think of you in silence and often speak your name. All we have are our memories and your picture in a frame. In life we loved you dearly, in death we love you still. In our hearts you hold a place no one can ever fill. It broke our hearts to lose you, but you didn't go alone, for part of us went with you the day God took you home.