

Sleeping Problems? New Home Testing Technology Available

BY ABBY GOEKEN, RPSGT, EEGT

Avera Sacred Heart Sleep Disorders Lab

Sometimes it seems impossible to get up in the morning. What's worse, the feeling often carries through the entire day. Millions of Americans suffer from sleep disorders, yet few people know the symptoms.

Suffering from one or more of the following may be the result of a sleep disorder: daytime fatigue, low energy levels, difficulty concentrating, irritability, personality changes, weight gain, hypertension, insomnia, acid reflux (heartburn), snoring, difficulty sleeping, chronic pain, jittery legs, depression, nightmares and sleepwalking.

Avera Sacred Heart Hospital Sleep Disorders Lab is now offering Portable Home Sleep Testing. A small wireless sleep device from Nox Medical provides an unobtrusive experience for a patient trying to measure a possible sleep disorder. Patients are able to hook up and wear this device at home and sleep in the comfort of their own bed. The Home Sleep Test monitors the patient's breathing effort, respiratory flow and sleeping positions. It also has audio recording to detect snoring. The results are scored by a Registered Sleep Lab Technician and are read by a Board Certified Pulmonologist.

To measure your risk, take the following Epworth Sleepiness Scale test.

Use the following numbers to rate each situation:

0 = would never doze or sleep

1 = slight chance of dozing or sleeping

2 = moderate chance of dozing or sleeping

3 = high chance of dozing or sleeping

Sitting and reading _____

Watching TV _____

Sitting inactive in a public place _____

Being a passenger in a motor vehicle _____

Lying down in the afternoon _____

Sitting and talking to someone _____

Sitting quietly after lunch (no alcohol) _____

Stopped for a few minute in traffic while driving _____

Total score (add the scores up) _____

If you scored a 10 or more, speak to your physician about further evaluation of your excessive sleepiness.

If you're having trouble sleeping, or you notice a loved one who is having problems sleeping, talk to your health care provider or contact Yankton Medical Clinic to be seen by our pulmonologists, Lori Hansen, MD, or Michael Pietila, MD. You may also stop by or call the Avera Sacred Heart Sleep Disorders Lab at 668-8773 for more information.

School Project



SUBMITTED PHOTO

Pictured from left to right are Hailey Oswald, Sergeant First Class Chasity Oswald, Cody Oswald, Arias Huntley and Aurora Huntley.

Beadle Students Send Care Package Overseas For School Project

Classrooms participated in a letter writing, coloring page and care package project at Beadle School to support one of our own parents who is deployed right now. Chad Huntley who serves in the Air National Guard is deployed with his unit currently. Chad and Aimee Huntley have two children attending Beadle, Arias and Aurora, and two other children that have attended, Aiden and Arion. Classrooms colored pictures and wrote letters to honor Veteran's Day and learn about service to country, patriotism and to show respect for our service men and women past and present. Students were asked to

bring one item for a care package for our Beadle parent and his unit in Al Udeid, Qatar. A special thank you to Verna and Tom Thon for sponsoring the shipping and handling costs of the care package.

Students also learned about patriotism and the military on November 12 when we had Chasity Oswald, Beadle parent and veteran, from the Army National Guard, visiting all classes to celebrate Veteran's Day. Sergeant Oswald shared her experiences during her deployment to Afghanistan and her missions stateside.

Gerstner said that the shortage is not uncommon and usually happens in the fall.

Though diesel prices are up, farmers and producers are in better shape than last year when it comes to propane.

"Prices are very stable compared to last year," said Daron Schenk of Tri County Propane Inc. in Irene. "The supply is looking really good right now."

Schenk said that he thinks propane prices will stay stable throughout the winter.

Follow Jordynne Hart on twitter at twitter.com/hartjordynne. Discuss this story at yankton.net.

Diesel

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get fuel from Sioux Falls, Sioux City, Omaha and Norfolk because of the shortage.

"Usually, we are able to get all of that out of terminal in Yankton," he said. "The demand and distribution is off on schedule."

Because of this, prices have spiked. Average diesel prices on Yankton Tuesday ranged from \$3.799 to \$3.999.

"Prices rose almost 50 cents on No. 2 diesel fuel," Gerstner said. "It's will start coming back down again soon."

Are Some People Born Bashful?

BY DR. MIKE ROSMANN

Sponsored By Lewis and Clark Behavioral Health

Some infants, toddlers and older youngsters who we expect should be comfortable in social interactions shun anyone with whom they are not immediately familiar. Quite a few farmers, especially single men and women involved in agriculture, also tend to be socially reclusive and avoid all but the most necessary social exchanges.

Perhaps farming enables bashful farmers to find a niche in society, but there is more to the story. Recently published research about socially reticent young children who do not want to leave their parent's protection after the usual period of "stranger fear" may offer an explanation why some farm people cautiously prefer to stay alone.

It's good news that most socially reserved youngsters grow into adults who can attend college and give business presentations comfortably, according to an article authored by Kirsten Weir in the November 2014 Monitor on Psychology. Shy children abound.

A person I know who is a highly successful young parent and heads up a legal firm, was so shy for a while before age 5 that she hid behind her mother's skirt in stores whenever someone talked with them while they were shopping.

With coaching that involved practicing how to behave bravely, this young person became more confident and can now comfortably address audiences of thousands of people during speaking engagements.

This person's mother says her daughter "hated" the practice sessions. Would this shy youngster be successful now if she had not practiced how to handle herself in situations that were scary for her?

Social shyness and sensitivity to others are positively correlated, according to research by Dr. Robert Coplan at Carleton University in Ottawa which is cited in the Monitor article. Behaving cau-



Dr. Mike
ROSMANN

Coplan.

Social anxiety occurs temporarily in most children but is problematic for about 10 percent who later are prone to anxiety disorders, depression and sometimes abuse of substances in an effort to feel more confident.

The majority become well-adjusted adults as they gradually learn healthy ways to manage their shyness. They learn to regulate their reactions, says Coplan, which gives them advantages in later life.

Sometimes harsh treatment by peers and others as youngsters contributes to their early shyness but they succeed in later life. One man I know was severely teased as a child for his small stature but today, some thirty years later, he is admired for his innovative farming methods and his service on many boards and committees.

In what has become well known through news stories, a local deceased farmer left many millions in his estate to a number of churches. This man was described as reserved, and even a bit eccentric in some media reports, but few suspected he had accumulated significant wealth during his farming career.

He set out to achieve what he wanted in life, and did he ever succeed!

Farmers and other people may be socially shy when young and sometimes later in life because of their biological

tiously and slowly warming up to people may have survival benefits, says Coplan.

But shyness has a downside because these youngsters spend less time interacting with others and may be subjected to bullying and rejection. Anxiety may be the biggest risk for bashful children, says

make-up. Research cited in the Monitor article indicates that the amygdala, a small part of the brain stem that controls the fear response, is more reactive in shy children.

These same researchers advise parents of shy children to back off a little, to be supportive and to let these children take small steps toward doing things on their own. Parents who focus too much on their shy children's behaviors can make them even more self-conscious, but showing these children how to act brave can also give them useful tools.

One teenage boy came with his parents to see me at my office some years ago because he was getting beat up by rowdy guys at school. He was so scared when walking through the high school hallways that he slunk along the walls when it was time to change classrooms.

Over several sessions I showed this nice-looking but fearful fellow how to stand up straight, to greet his peers assertively and pleasantly and to reciprocate "horse play" with guys who routinely pushed and shoved each other in fun. He also took karate and piano lessons.

The result: this young man became popular in school and now is a performing musician; he completed college and graduate school.

It's not unusual for shy youngsters and adults to be highly attuned to other people. They observe from a distance and gauge if it is okay to interact before approaching others.

These persons need our respect and sometimes our gentle assistance to help them acquire the skills to behave confidently. They will be our friends forever if we treat them right and help them in ways that make them feel comfortable.

Dr. Mike is a psychologist who lives on a farm near Harlan, Iowa. He invites questions and comments. Contact him at: www.agbehavioralhealth.com.

Pipeline

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Sen. Mitch McConnell, R-Ky., and the incoming majority leader, said within minutes of the vote, "I look forward to the new Republican majority taking up and passing the Keystone jobs bill early in the new year."

Her political career in jeopardy, Landrieu told reporters, "I'm going to fight for the people of my state until the day that I leave, and I hope that will not be soon."

Rep. Bill Cassidy, Landrieu's Republican opponent, said that Louisiana families "need better jobs, better wages and better benefits," and the pipeline would provide them.

Democratic divisions were on vivid display in a bill that pitted environmentalists against energy advocates.

While Obama opposes the measure, likely 2016 presidential candidate Hillary Rodham Clinton has repeatedly refused to take a position. Most recently, her spokesman did not respond to two requests

over the weekend to do so.

Among Senate Democrats, 14 had publicly announced their support for the bill in the hours before the vote, but several whom Landrieu had hoped would provide the critical 60th vote needed for passage failed to step forward. Among retiring lawmakers. Jay Rockefeller of West Virginia, Tim Johnson of South Dakota and Tom Harkin of Iowa all said in advance they would oppose the bill.

Sen. Angus King, I-Maine, who opened the door on Monday to becoming the 60th vote, slammed it shut a few hours later.

Several Democrats said the issue was discussed at some length at a weekly closed-door meeting of the party's senators. Sen. Joe Manchin of West Virginia, a supporter of the bill, said Landrieu pointed out that "this vote is going to happen, whether it happens now or it happens in January, same outcome, so why not do it now? She brought it to a head."

The project would move oil from Canada into the United States and eventually to the Gulf Coast. Supporters

say it would create jobs and ease American dependence on Middle East oil. A government environmental impact statement also predicts that a pipeline would result in less damage to the climate than moving the same oil by rail.

Critics argue that the drilling itself is environmentally harmful, and said much of the Canadian crude would be exported with little or no impact on America's drive for energy stability.

At the White House, press secretary Josh Earnest said the measure is something "the president doesn't support because the president believes that this is something that should be determined through the State Department and the regular process that is in place to evaluate projects like this."

On the home front, Landrieu's campaign announced during the day that musician Stevie Wonder would perform at a fundraiser on her behalf.

In the Senate, she has repeatedly cast herself as an independent lawmaker willing to stand up to Democratic leaders as well as the White House.

Even strong Democratic

opponents of the legislation credited Landrieu with making the effort to score a major victory for her oil-rich home state. "Let the record be clear forever that this debate would not be before this body if not for Sen. Landrieu's insistence," said Sen. Barbara Boxer of California.

That was as far as it went, though. Boxer strongly opposed the project in remarks on the floor.

In political terms, Republicans looked like they were in a win-win position, assured of dividing Democrats no matter the outcome, and in a position to force Obama to veto the legislation in the new year if it comes to that.

The proposed pipeline would run 1,179 miles from the Canadian tar sands to Gulf coast refineries. It has been at the center of a struggle since Calgary-based TransCanada proposed it in 2008. The most recent delay was caused by a lawsuit filed in Nebraska over its proposed route.

The delays have caused friction between the U.S. and Canada, which is interested in exporting its growing oil sands production.

BIRTHDAYS

MARTIS KULBEL

Martis

Kulbal will be celebrating his 90th birthday Thursday, Nov. 20. His wife and family are requesting a card shower in his honor. Birthday greetings may be sent to 640 Conklin St. Scotland, S.D. 57054.



Kulbel

YOUR NEWS! The Press & Dakotan

50th Anniversary Celebration

Mr. & Mrs. Harlin Neuharth

Harlin Neuharth and Joan Jerke were married November 29, 1964 at Emanuel Lutheran Church in Kaylor, SD.

The Neuharth's have four children: Allen & Eva Neuharth, Glen &



Kari Neuharth, James & Diane Neuharth, Darla & John Harris.

They have 4 grandchildren, Ashley, Nathan, Sarah & Kylie.

Harlin & Joan will celebrate their 50th wedding anniversary with an Open House on Sunday November 30, 2014 at St. Paul Lutheran Church in Freeman, SD from 2 - 4 p.m.

The event is hosted by their children. Let your presence be your gift.



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