OLDER YOUTH

Grinding teeth can affect overall health



By Caitlyn Lint, RDH, MPH

The holiday season is officially upon us. Whether it be holiday travel, family gatherings or end-of-year deadlines, the season of celebration can also bring increased stress for many. During this time, you may find yourself more prone to headaches, waking up with sore jaw muscles or sleeping poorly. These can all be a result of bruxism, the habit of clenching or grinding the teeth. Bruxing can occur during regular daytime activities or at night. Most often, a person may be completely unaware of their bruxing habits.

Bruxism is believed to result from a combination of factors. Some occur in everyday life which can include stress, anxiety, sleep apnea, caffeine, alcohol consumption or tobacco use. Others may be related to the structure and function of the mouth, such as missing teeth or an abnormal bite. Repeated instances of clenching and grinding can have long-term effects on the teeth, making them more susceptible to cracks and chips. Existing work like fillings, crowns and implants may be at a greater risk for failure. Bruxism can create excessive forces on the teeth and the supporting structures, which lead to tooth mobility, gum recession and other concerns. Beyond the mouth, effects of bruxing can be felt in the muscles and nerves of the face and neck.

If you suspect that you may be clenching and grinding your teeth during the day or while you sleep, here are some common signs and symptoms to monitor:

-Teeth that appear to be cracked, worn or flat on the chewing surface

-Morning headaches or soreness in the jaw muscles

-Clicking or popping sounds in the jaw

-A partner reporting sounds of your grinding during the night

If you or a loved one finds that these apply to you, the best first step is to schedule a visit with your dentist. Through X-rays, photos and clinical assessments, your dental team can help strategize to come up with the most appropriate treatment options for you. Many patients find that options such as orthodontic retainers, nighttime mouth guards, sleep apnea devices like a CPAP or even physical therapy to be helpful in treating the symptoms associated with bruxism. In addition to a professional dental exam, symptoms can also be treated with interventions targeted towards overall health. Stress management techniques can help to reduce bruxing as well as limiting caffeine and alcohol consumption before bed to ensure a better night's sleep. Identifying the appropriate course of action is a key step in treating a small problem before it can turn into a larger one.

While bruxism is fairly common, it is something that should not be overlooked. Early detection and treatment are crucial to protecting your long-term oral health. A simple tip this holiday season is to remember that your teeth should only touch throughout the day during the acts of chewing and swallowing. If you find your teeth together while working, driving, or exercising you are likely clenching and grinding without even realizing it.

Caitlyn Lint, RDH, MPH, is an assistant professor of practice at the University of South Dakota in the Department of Dental Hygiene, where she is involved in teaching and clinical outreach. Follow us on Facebook, Instagram, YouTube, and TikTok to stay connected. Our programming includes the medical Q&A show On Call with the Prairie Doc® (most Thursdays at 7 p.m. on YouTube, and Facebook), along with two podcasts and a weekly radio program (Sundays at 6 a.m. and 1 p.m. on SDPB).

LOOKING BACK

50 years ago

Mr. and Mrs. Clifford Hess of Valley Center celebrated their 25th wedding anniversary by renewing their vows at First Christian Church. Their daughter is **Shauna Hess**.

Marine Pvt. First Class **Kenneth M. Harrison** was promoted after graduating from recruit training at the Marine Corps Recruit Depot in California. The son of **Mr. and Mrs. Harry L. Harrison** is a 1976 Valley Center High School graduate.

45 years ago

Butler County Community College won the national title in football with a 21-14 win over Northeastern Oklahoma. **Tom Truman**, **Jim Speer** and **Vernon Branson**, all of Valley Center, were members of the team. All three were freshmen.

Brenda Weber of Valley Center was a member of the Bethel College volleyball team that placed third at the NAIA national tournament in West Virginia. Weber was a freshman.

40 years ago

Burl Anderson announced the addition of VHS movie rentals at his Valley Center Audio-Visual business at 200 W. Main. Anderson repaired VCRs and audio-visual equipment at his shop and planned to add a collection of at least 500 VHS tapes for customers to rent.

Dean and Mary Myers announced plans to open the Santa Fe Bakery and BBQ at the former site of Mike's Barber Shop on Main Street in Valley Center. The restaurant specialized in cinnamon rolls, breads, sandwiches and barbecue. Dean and Mary planned to open a few weeks later after remodeling was completed. The couple previously owned and operated a similar restaurant in southwest Kansas.

Valley Center native **Steve Stribling** opened Before and After at 6130 N. Oliver. Stribling and partner, Steve Carl, decided to open a wood refinishing business after they were laid off from their jobs as geologists in the oil industry. Carl had been refinishing furniture for several years using a technique he learned from his father.

Navy seaman recruit **Shawn R. Waldie** completed recruit training at Recruit Training Command in Illinois. He is the son of **Charles E. Waldie**.

35 years ago

Steve Taylor won The Ark Valley News' football picks contest. Taylor edged out both **Darren Stults** and **Ralph Gillmore** by one point.

Sgt. **Roger K. "Kurt" Ashpole** received the Navy Commendation Medal from the Marine Corps for service during Operations Desert Shield and Desert Storm. Ashpole and his squad gained control of a building near Ahmed Al Jabel military airfield and apprehended approximately 120 prisoners of war. The son of **Raymond and Julie Ashpole** is a 1981 Valley Center High School graduate.

30 years ago

Donald and Marilyn Mosiman were recognized as the 1996 Sedgwick County Farm Family of the Year. The Mosimans lived on the same farm roughly 10 miles east of Valley Center near Furley for 40 years. Their farm was divided between 1,000 acres for raising crops for feed grain and 1,000 acres for feeding cattle. Donald and Marilyn had five children — **Bret**, **Rhonda**, **Carolyn**, **Tracy** and **Diane Hosler**.

Valley Center residents competed in the Kansas Special Olympics bowling tournament in Salina as members of the Sedgwick County Thundercats. **Max Gordon** and **Chris Wright** each earned silver medals. **Ken Wiechman** received a bronze medal.

Air Force Airman **Quentin C. Leeks** graduated from basic training at Lackland Air Force Base in Texas. He is the son of **Booker T. Leeks** and **Mary E. Johnson**.

25 years ago

Jim and Candy Detwiler announced plans to open Landscape Concepts Inc. at 2850 W. 77th North, just west of Schwan's, the following month. The Detwilers, who had lived in Valley Center for 27 years, planned to construct a 4,800-square-foot building.

Mike and Lisa Vermillion, **Arnold and Nancy Klein**, and **Robert and Joni Webber** announced plans to open Get Fit Bee Fit Toning and Tanning at 117 S. Park the following month. Lisa previously operated Get Fit Bee Fit personal training out of her home. She partnered with the Kleins and Webbers to open a fitness center and tanning business.

The Ark Valley News talked to Valley Center City Superintendent **Dick Dunn** about the new 16,000-square-foot public works shop at 545 W. Clay. It was more than double the size of the old city shop at 521 W. Second. The city spent approximately $400,000 for the building. City employees worked with Darrell Leffew of Meridian Construction as the management contractor for the building. Dunn said the construction process the city used likely cut the cost in half by excluding items like subcontractors' bids.

Valley Center High School football players received all-state recognition from The Wichita Eagle and Topeka Capital-Journal. Quarterback **Chad Wilmott** and defensive lineman **Nick Nyp** were first-team All-Class 5A selections by The Eagle. Offensive linemen **Jesse Mays** and **Ryan Clary** received honorable mentions. The Topeka newspaper chose Wilmott as a first-team defensive back. Defensive lineman **Darrick Steinkirchner**, punter **Jared Simon** and Mays received honorable mentions. Coach **Mike Smith** said he felt **Michael Campbell** also should have been recognized because he was the only player in the league who was an all-league selection on both offense and defense.

20 years ago

The Ark Valley News talked to **Dave Strunk** after he announced his retirement as a high school football referee. Strunk and another Valley Center resident, **Chris Truman**, had recently been recognized for 30 years of officiating in between the state eight-man championship games in Newton. Strunk had officiated the previous four years with the crew of **Jason Watkins**, **Russell Parker** and the **Maris** brothers, **Roger** and **Rex**.

Kaylee Wiechman was a second-team All-Kansas Collegiate Athletic Conference selection in soccer for Bethel College in North Newton. The 2006 Valley Center High School graduate played forward for the Lady Threshers.

David and Delores "Dee" McNew celebrated their 50th wedding anniversary with an open house at Park City Senior Center. They were married on Nov. 3, 1956, in Wichita. David had been a Baptist minister for 50 years and still served as pastor at Northpoint Baptist Church in Park City. Their sons are **James**, **Jere** and **John**.

15 years ago

Three Valley Center High School volleyball players received all-state recognition in Class 5A. Seniors **Ashlyn Driskill** and **Emily Otte** were first-team selections, and junior **Meagan Williams** received an honorable mention. It was Driskill's third consecutive first-team all-state selection. Otte was a second-team selection in 2009 and received an honorable mention in 2010. It was the sixth consecutive year the Hornets had all-state representation. **Bri Kaiser** was a first-team pick in 2008 and a second-team pick in 2007, and **Kit Spears** was a second-team pick in 2006.

Doug O'Rear won The Ark Valley News football picks contest. O'Rear and **Chad Clark** were tied at the end of the final week, but Doug's tiebreaker guess for the total score of the Kansas State versus Texas A&M game was 28 points closer than Clark's.

Jesse Ingle was a second-team All-Jayhawk Conference selection as an offensive lineman for the Butler Community College football team. The Grizzlies were 10-1 after winning the Region VI championship over Hutchinson. Ingle is a 2010 Valley Center High School graduate.

10 years ago

A trio of Valley Center High School softball players signed letters of intent to compete at the collegiate level. **Wylie Glover** signed with Marshall University in West Virginia. Glover was an all-state selection as an outfielder her junior year. She said she chose Marshall over Dartmouth because she was interested in the school's forensic chemistry program. **LaTaylah Perez** signed with Cowley County Community College. She was a second-team all-state selection as a second baseman in 2016. Perez, a 4.0 student at VCHS, was already a certified nurse's assistant. She said she was also interested in sports broadcasting and athletic training. **Kaylee Burnett** signed to play for Butler Community College. Burnett received all-league recognition as a pitcher and first baseman in 2015 and 2016. Burnett planned to study accounting.

The VCHS marching band placed third in Class 5A (10th overall) at the Kansas Bandmasters Association State-Wide Marching Competition at Washburn University. The Hornets were awarded the High Color Guard in the class. A week prior, the band attended the Kansas City Marching Championships for the first time ever. The band was directed by **Jan Verboom** and **Amanda Jolly**.

5 years ago

The Ark Valley News talked to Valley Center High School senior **Matthew Allbritten** after he received his Eagle Scout Award as a member of Troop 494 in Valley Center. Allbritten and volunteers built two wooden receptacles in which community members could place U.S. flags to be retired. The receptacles were placed in the lobby of the Valley Center Community Center and in the True Value hardware store.

Area students graduated from Fort Hays State University. Receiving degrees were: **Brenda Lee Nash**, master's in special education; **Karli Kay Winter**, master's in special education; **Gary S. Chavez**, master's in information analysis and communication; **Christopher Freeman**, bachelor's in psychology; and **Ashley Kay Kracke**, bachelor's in human resource management. **Linda Morrison** received a master's in early childhood education from Emporia State University.

Park City Senior Center menus

Meals are being served around 11:30 to 12 p.m. You may call 744-0751 to arrange to pick up a meal. Meals are still being delivered via Meals on Wheels.

Nov. 30 — Lemon caper chicken, mashed red potatoes, green peas with onions, multigrain bread, fresh fruit, milk, margarine.

Dec. 1 — Turkey cacciatore, parslied penne pasta, green bean almandine, Texas bread, fresh banana, milk, margarine.

Dec. 2 — Teriyaki diced chicken, rice, ginger carrots, dinner roll, graham crackers, milk, margarine.

Dec. 3 — Meatloaf with brown gravy, mixed beans, broccoli, cornbread muffin, fruited lemon gelatin, chocolate milk, margarine.

Dec. 4 — Potato crusted fish, baked potato, okra and tomatoes, Texas bread, oatmeal cream cookie, milk, margarine.

Valley Center Senior Association

Senior events take place at the VC Community Bldg., 314 E. Clay.

No senior activities. City Offices Closed Nov. 26 and 27.

No Pickleball. Saturday, Nov. 28.

Red Cross Blood Drive. Monday, Nov. 30, 12 to 6 p.m., VCCB, 314 E. Clay. *To schedule an appointment, call 1-800-REDCROSS or visit www.redcrossblood.org.*

No WellREP or Pickleball. Tuesday, Dec. 1.

Hermes Footcare Clinic. Monday, Dec. 1, Cottonwood Room, 314 E. Clay. BY APPOINTMENT ONLY. Call 316-260-4110 to schedule an appointment.

Movie Matinee. A Christmas Story, Friday, Dec. 4, 11 a.m., Sunflower Rm. Free popcorn.

10 Point Pitch. Tuesdays, 5:30 to 8 p.m.

Next week's meals:

Dec. 1 — Chicken and noodles.

Dec. 3 — Pork tenderloin.

Sedgwick Co. public notice

(Published in The Ark Valley News Nov. 26, 2026. Subsequently published on Dec. 3, 2026.)

IN THE INTEREST OF:	Born in	Case No.:
Javon K. Barber	2020	SG-2026-JC-000566
Jakiro S. Barber	2020	SG-2026-JC-000567
Royale K. Barber	2022	SG-2026-JC-000568
Makayli R. Barber	2024	SG-2026-JC-000569

NOTICE OF PROCEEDINGS

STATE OF KANSAS to: MARVA S. ROSE, MATERNAL GRANDMOTHER; EDWARD M. BALDWIN, MATERNAL GRANDFATHER; DESHAZAR BARBER, FATHER TO JAVON K. BARBER, JAKIRO S. BARBER, AND ROYALE K. BARBER, AND ALLEGED FATHER TO MAKAYLI BARBER; DEANNA M. BARBER, PATERNAL GRANDMOTHER TO JAVON K. BARBER, JAKIRO S. BARBER, AND ROYALE K. BARBER, AND ALLEGED PATERNAL GRANDMOTHER TO MAKAYLI BARBER; ANY KNOWN OR UNKNOWN FATHER OF MAKAYLI BARBER; ANY KNOWN OR UNKNOWN MATERNAL OR PATERNAL GRANDPARENTS, RELATIVES OR NEXT-OF-KIN OF MAKAYLI BARBER; AND ANY OTHER PERSONS WHO ARE OR MAY BE CONCERNED.

A petition has been filed in this court requesting that the court adjudge Javon K. Barber, Jakiro S. Barber, Royale K. Barber, and Makayli R. Barber a child/children in need of care as defined in the Kansas Code for Care of Children K.S.A. 38-2202(d), as amended.

You are required to appear before this court at **09:30 AM on Friday, December 4th, 2026,** in the District Court, Juvenile Department, 1900 East Morris, City of Wichita, Sedgwick County, Kansas, 67211; or prior to said time file your written response to said pleading with the Clerk of this court. Failure to either appear or respond may result in the court entering judgment granting the requested action.

Each parent, guardian or other legal custodian of the child has the right to hire and be represented by an attorney. The court will appoint an attorney for a parent who is financially unable to hire one.

CLERK OF THE DISTRICT COURT
by: Williams, Deputy Clerk
PUBLISH: 11/26 and 12/3, 2026.