

KIDS FIRST



## Upper Respiratory Tract Infections

*'Tis the season....*

Your child is hot, flushed, has no appetite, is listless, has diarrhea or vomiting, has a runny or congested nose and sounds like your Saint Bernard. OK, so it's this flu thing — it has been “going around” you say.

These words reverberate through our Centre every day. Some people take peace that other children are also afflicted. There seems to be some kind of safety in numbers it seems.

The other thing that we as a society have been taught, is that this child is sick. Yes, absolutely! There is no question in our minds. This is “sickness” at its best.

But wait.....

Let's look at this in some detail.

Your child has a fever. This is actually a good thing. It is your body's way of literally “burning” the bug. It is also the result of all the necessary body activities kicked into high gear to fight for survival. All this extra work produces extra heat — Fever. It is that simple. At the same time, however, the eyes take on a glassy appearance — the result of being continually washed with tears to cool down the cornea, which is very heat sensitive. In its wisdom, your child's body may want to get rid of this germ really fast — diarrhea and vomiting comes to mind. There isn't a quicker way!

**This is good!**

Your child may be competing with your Saint Bernard. It is simply another portal of exit for the germs that have invaded his body. Breathing and respiration also increase — your child literally exhales the invading organism faster. You'll notice that the skin is moist and clammy — simply another method of exit for the bugs.

At the same time, however, you notice that your child has no appetite. Even McDonald's, his all time fave' gives him the heeby-jeebies. The reason is that his body energy is geared towards survival and is on

emergency stand-by. There is no energy wasted digesting food.

You, by now, are probably thinking, “I didn't know that.”

There you have it — the logic behind the scenes. Pretty amazing isn't it? In case you didn't know this, your nervous system, that amazing computer-Internet complex that runs all of you, is responsible for all this marvellous activity. It is the system that causes your immune system to spring into action to protect you — any way it can. This is not “sickness.” It is an expression of health. It is your body doing **exactly** what it needs to do, in order to regain your health.

I am not saying you have to like it, though, but it is, nevertheless, in your best interests.

When your child is feeling like this, parents have the compulsion to intervene and interfere with this process unknowingly — cough suppressants, anti-fever medication, antibiotics, etc. We have been carefully taught that a child needs these drugs to be healthy. Nonsense! Your child simply needs no interference.

There are a number of things you can do, however, to help your child while his/her body is “doing its thing.”

- Have your child checked by a chiropractor to make certain his nervous system is functioning optimally so it can handle this “sickness” thing.
- High doses of Vitamin C. For a young child, I recommend 1000-2000 mg/day for a week. For adults, 5000-7000.
- Lots to drink. Water is best but kids don't like it. You can use diluted fruit juice
- Lots of rest and vegging out.
- Echinacea in drop form in a bit of juice. Do for a week
- Zinc lozenges. Use as a last resort. Taste awful for kids.

In the event that your child is not improving on his own in a week, it means that his immune system is weak and crisis care may be needed. Call us.

*If you need additional information, please call me personally at 605-665-8228 and visit my website: [www.plathwellness.com](http://www.plathwellness.com)*

**Plath Chiropractic & Wellness**  
402 E. 3rd Street • Yankton, SD

## Benoit

From Page 1

found himself interested in pursuing a college presidency. After learning of MMC's vacancy, he read the college's mission statement and values, which meshed with his strong Catholic faith and educational values.

He didn't apply at any other school. “The more I learned about the college, the more I knew that I had made the right decision,” he said.

### FINDING THE RIGHT CANDIDATE

Sister Jeanne Weber chaired the president search committee that recommended Benoit to the MMC board of trustees. During Friday's inauguration, she alluded to the ongoing search process that lasted a year. Three application and interview rounds were needed when two selections turned down the MMC presidency, one for professional reasons and the other for personal reasons.

“As you are probably aware, the work of that committee ... went on longer than we had first expected it would,” she said. “I am grateful to the committee for their dedication and persistence as well as for the very able guidance of Dr. Carol Krause, interim president of the college.”

The search committee took its time because it was looking for a unique set of attributes in a president, she said. The committee sought someone who would hold and uphold the college's Catholic and Benedictine heritage and values, along with someone able to advance MMC in the liberal arts, sciences and professional programs.

In addition, the college was seeking someone able to build relationships with the greater community and to conduct successful fundraising, she said.

Finally, the college needed someone who could foster faculty and staff development as well as put the students' needs first, she said.

“And we were looking for someone with all these attributes at a time when it is becoming more and more difficult to find people willing to take on the presidency of a small college,” Sister Jeanne said. “I am delighted to stand before you today and very confidently say that good things do indeed come to those who wait.”

For all his experience in the area of science and professional education, Benoit also brings to the presidency a solid commitment to the arts and liberal arts, Sister Jeanne said.

“There was some concern that his background might lead him to focus on science and professional education to the detriment of the arts,” she said. “However, when asked about this (during the search interview), he described growing up in a family that took great care to nurture the musical and artistic gifts of its members and of carrying on that tradition in his own family.”

As a sign of their commitment to the arts, the Benois' 11-year-old daughter, Adele, plays three instruments, sings in the Children's Choir and is active in drama, Sister



KELLY HERTZ/P&D

**Sister Penny Bingham (center), prioress of Sacred Heart Monastery in Yankton, speaks during Friday's inauguration ceremony at Marian Auditorium on the Mount Marty College campus. Jean Reed (left), chair of the MMC board of trustees, and Sister Jeanne Weber (right), chair of the presidential search committee and past chair of the board of trustees, look on.**

Jeanne said.

“He spoke of spending so much time in the arts building when he was in college that many people thought that was his area of study,” Sister Jeanne said. “And he spoke of the many ways in which he and his wife Caprice have patronized and supported the arts in their life together.”

### CHARTING A COURSE FOR THE FUTURE

During Friday's ceremony, Benoit spoke of the need to continue emphasizing the liberal arts at a time when its value is questioned and job training is emphasized.

“We have reached a time in the history of the world where everyone has access to massive amounts of information,” he said, but added that that information must be accompanied by social, political, ethical and other thought.

“It is my belief that the problems of tomorrow will need to be addressed by individuals who are capable of interconnecting humanness, information technology, interdisciplinary thought and service to mankind,” he said.

Mount Marty can remain strong by continuing to offer a strong Christian liberal arts education in the Benedictine tradition, he said. “We will develop educated leaders in all fields who understand what it means to be human,” he said.

While looking forward, Benoit also paid tribute to the firm foundation laid by MMC's sponsors, the Benedictine Sisters of Sacred Heart Monastery in Yankton.

“We are all aware of the commitment of our founding President, Mother Jerome Schmitt, who in the midst of the Great Depression, started a College on the bluffs overlooking the Missouri River,” he said.

He noted the inauguration program included remarks from two of his predecessors, Sisters Evangeline Anderson and Jacquelyn Ernster, “who served before me during some of the most formative years in Mount Marty College history.”

He also acknowledged Carol Krause, who was in attendance. Krause served as MMC interim president twice, most recently during the vacancy prior to Benoit's selection.

### ENJOYING OTHERS' SUPPORT

Sister Penny Bingham, prioress of Sacred Heart Monastery, spoke of the Benedictine Sisters' strong role in Mount Marty's history. She noted the importance of education during the Benedictines' 1,500-year tradition and during the monastery's heritage of the past 130 years.

“Many of our Sisters are alums of Mount Marty; many have taught or served as staff members and administrators of this great college,” she said. “As its proud and loving sponsors, Dr. Benoit, we Sisters of Sacred Heart Monastery celebrate today your inauguration as ninth president of Mount Marty College. We welcome your leadership of this fine academic community as you share our mission of serving God and God's people in our time

and place.”

Also offering remarks were Ashton Walter, president of the Student Government Association, and Andrew Huff, a faculty member and chair of the Academic Senate.

Walter, a member of the presidential search committee, commended Benoit for his willingness to hear students' concerns and maintain communication with them.

“Even though we leave after four years, the impact (of MMC on our lives) will be part of us forever,” she said.

Benoit shows the ability to fill the college's many needs, from academics to fund-raising, Huff said. “As Vice President Bob Tereshinski said, ‘(Benoit) is just the guy we need,’ the professor added.

The inauguration also celebrated the talents of Mount Marty College students and staff, from the College Wind Quintet and Organ to the “Smooth Benediction” vocal ensemble to “The Postal Service” band and English professor Jim Reese's dedicatory poem that he wrote and recited for the inauguration.

Jean Reed, chair of the MMC Board of Trustees, placed the presidential medallion around Benoit's shoulders as an outside symbol of his office, responsibilities and devotion to the college.

Benoit offered his thanks to the audience, which included representatives of other colleges and universities. He encouraged others to join him in building a bright future for the college as it embarks on its next 75 years.

“I am optimistic and excited about the journey that we will take and know that together we will raise Mount Marty College to new heights,” he said.

## Audit: N.D. University Awarded Unearned Degrees

BY DALE WETZEL

Associated Press

BISMARCK, N.D. — Facing pressure to bring in more students as North Dakota's booming oil industry made it tougher to coax new high school graduates into college, Dickinson State University began looking overseas to boost its enrollment.

China, which sends more students to U.S. universities than any other nation, became one of the school's more reliable suppliers of young people.

But as an audit made public Friday revealed, lax recordkeeping and oversight resulted in hundreds of degrees being awarded to students who didn't finish their course work. Others enrolled who couldn't speak English or hadn't achieved the “C” average normally required for admission.

The report depicts Dickinson State as a diploma mill for foreign students, most of whom were Chinese. Of 410 foreign students who have received four-year degrees since 2003 — most of them in the past four years — 400 did not fulfill all the graduation requirements, it said.

The report raises questions about whether public universities, strapped for cash at a time of sharply declining state support for higher education, are cutting corners to attract foreign students who typically pay full out-of-state tuition. It also comes amid an unprecedented boom in the number of Chinese students studying at U.S. universities.

Dickinson State could face penalties from the U.S. State Department for violations of the federal student visa program, as well as sanctions from the Department of Education, the Department of Homeland Security and the Higher Learning Commission in Chicago, an accreditation agency, the report said.

William Goetz, chancellor of the North Dakota university system, and Dickinson State's new president, D.C. Coston, did not respond to emails and phone calls from The Associated Press. They held a news conference Friday in Dickinson to present the audit's findings.

“We will be telling (the affected students) that their records do not indicate they sufficiently completed the requirements,” Coston said at the news conference. “Dickinson State stands ready to work with them individually to figure out what might be necessary for them to reach a point of completion.”

Coston also held a meeting with students that was interrupted by a university lockdown after a professor was reported missing with a gun. Doug LaPlante, 59, was found dead of an apparent self-inflicted gunshot wound Friday afternoon near a Dickinson intersection, police said.

The audit did not mention LaPlante, but it said some affected students were business students. LaPlante was dean of Dickinson State's college of education, business and applied sciences.

## WELCOMING TWO NEW RADIOLOGISTS



Angeline Young, MD, FRCPC



Ralph Tullo, MD

At Avera Sacred Heart Radiology, we're proud to welcome two new doctors to our department. Drs. Angeline Young and Ralph Tullo will be joining Dr. Gregory Taylor to provide top-notch radiology services to patients at Avera Sacred Heart Hospital.

Both Dr. Young and Dr. Tullo have years of experience with radiology and are looking forward to working with the well-rounded team at Avera Sacred Heart Hospital.

The next time you need diagnostic images taken, choose experience to read your images. Choose Avera Sacred Heart Radiology.



Gregory Taylor, MD

## DELIVER THE MAIL!



**SOUTH DAKOTANS FOR  
TIMELY, SIX DAY MAIL DELIVERY**

Show your support for timely mail delivery in South Dakota.

Go to [www.deliverthemail.org](http://www.deliverthemail.org) or stop by  
your local newspaper office to sign a petition.

Sponsored by South Dakota Newspaper Association.



**Blackburn Basement Systems**  
Waterproofing & Repair

**Basement & Foundation Specialists™**

**Wet Basement? Basement Wall Bowed?  
Foundation Settling?**

\*Free Estimates \*Financing Available  
**Toll Free 1-800-392-3389**  
[www.blackburnbasementrepair.com](http://www.blackburnbasementrepair.com)

**Avera**  
Sacred Heart Hospital

Look no further.