


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.”

A. Have your child checked by a chiropractor to make certain his nervous system is functioning optimally so it can handle this “sickness” thing.

B. High doses of Vitamin C. For a young child, I recommend 1000-2000 mg/day for a week. For adults, 5000-7000.

C. Lots to drink. Water is best but kids don't like it. You can use diluted fruit juice

D. Lots of rest and vegging out.

E. Echinacea in drop form in a bit of juice.

Do for a week

F. 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*

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

# Taxes

From Page 1

accepted was in the county's computer system.

“We thought we would be collecting taxes today,” Marchand said. “I thought everything was ready to go.”

But because the process had been so difficult up to this point, Skinner said she decided to remain diligent.

“Just to double check, I asked the county treasurer to send me the tax list she received from the county auditor,” she stated. “The tax list that (Marchand) sent to me lists every taxpayer in Yankton County and what their taxes would be for the first half and second half of the year. That report does not match the tax report that was approved by the Department of Revenue.”

Jones had supplied the Department of Revenue with two reports — a tax recap and a general ledger — with what Skinner had determined to be the correct amount of taxes to be collected by the county. The tax list Jones gave to the treasurer had an amount that was more than \$16,000 off from the approved figure.

Marchand said she was troubled by this latest development — particularly because she was so close to making the tax bills public.

“I'm questioning the fact that I received these notices (from Jones) and yet nothing was balancing,” she stated.

At this point, Skinner said the county could technically release the bills, but she has advised officials her not to do so because they are obviously not correct.

“We're just trying to help them,” Skinner stated. “We are giving them our best advice, but they can do what they want.”

Rectifying the matter is in the auditor's hands, she said.

“(Jones) has to figure out why the numbers are different,” Skinner stated.

Jones had indicated to Skinner Friday that she believes it is a software issue that is causing the discrepancy. Skinner was told that officials with the tax software company were being asked by Jones to investigate the situation.

If the issue does come down

to software, it is a problem unique to Yankton County. Some other counties in the state utilize the same program, but all counties in South Dakota but Yankton had the approval of the Department of Revenue to proceed with running taxes by the beginning of the year.

After working through several other issues with the Department of Revenue, approval of Yankton County's taxes earlier this month came down to figuring out how much value was in which Yankton County fire district. The valuation of the fire districts plus the property not in a fire district was not adding up to the county's total valuation. In the test scenarios being run, taxpayers in the Yankton Fire District were being taxed approximately \$15,000 too much.

Jones told the Press & Dakotan earlier this week that her office was not able to produce the information sought by the state to resolve that issue.

“When they asked for this (information that included property not in a fire district), I had emailed and said, ‘I'm sorry, but there is no way I can create a report that would have that information using our current program,’” Jones stated.

She eventually went to the Yankton County Department of Equalization and sought its assistance in creating the report and figuring out the cause of the \$15,000 error. Staff there found that a couple of fire districts had not been coded correctly for the computer software and were able to produce the report with corrections, she stated.

The report was requested on Jan. 15, according to Skinner. It was finally turned in to the Department of Revenue Jan. 25.

Completion of that task allowed the state to approve Yankton County's tax figures earlier this week.

**COUNTY COMMISSION TO SEEK ANSWERS TUESDAY**

When the Yankton County Commission convenes Tuesday for its regular meeting, Chairman Bruce Jensen said it will seek answers to why the process is taking so long to finalize.

“As a commission, we have concerns. We've got to get to the bottom of it,” he said. “Honestly, I don't think anybody really knows exactly what is occurring. We've got to get that answer. The public demands it, and they have a right

to know.”

The auditor is elected to office and the commission has limited influence over her, Jensen said. However, he stated there may be a way for the commission to intervene if Jones is open to the option.

“(The Department of Revenue) has said they would come down to assist the auditor if we invite them. That would be up to the commission,” Jensen said. “I personally would not have a problem with that, and I know Paula will be cooperative with them.”

Yankton County State's Attorney Rob Klimisch said he does not know of a reason the County Commission could not take such an action.

“I'm not aware of any limitation on them so that they couldn't do that,” he stated.

As the issue draws on, Jensen said it has far-reaching effects: Not only can property taxes not be paid to the treasurer, but other county entities such as the Department of Equalization and the Yankton Planning and Zoning Office cannot carry out their work.

Without the ability to pay 2012 taxes and without good data upon which to base estimates of 2013 taxes payable in 2014, the real estate market faces hurdles in completing transactions, he added.

Furthermore, Jensen said, the county has no revenue coming into its coffers. That means other entities that depend on it for a monthly apportionment of property taxes also have no incoming revenue.

“It's already February,” Jensen said. “You have to have cash flow, and our cash flow comes from taxes.”

He stated the commission will attempt to put to rest Tuesday the rumors circulating in the public about what is occurring with the property tax issue.

“There are a lot of rumors out there,” Jensen said. “It's time to stop the rumors and get down to brass tacks. We need to figure out what the problem is and move on. This is not about the auditor, it's about the whole county. We have to try to correct the situation so the county can get back to operating normally.”

*You can follow Nathan Johnson on Twitter at Twitter.com/AnInlandVoyage*

PRESS & DAKOTAN

2013 Beautiful Baby Contest

Chance To Win Prizes!



We will be featuring our annual “Beautiful Baby Contest” in print and online on **Wednesday, February 27, 2013.**

If you or someone you know has a child we would love to include them in our feature!

To enter, simply submit your photo and entry form with a \$10 submission fee by **Monday, February 18.**

First place winners in the following categories will receive a framed winners print and prizes from the following sponsors: Photography by Jerry, LilyCrest and JCPenney.

1) 0-12 Months

2) 13-24 Months

3) 25 Months-3 Years

4) 4-7 Years

5) Multiple Births

Beautiful Baby Contest 2013

Category # \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Child's Name \_\_\_\_\_

Parents Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Winners will be selected by the staff of Yankton Media Inc. Employees and family members of Yankton Media Inc. are ineligible to win.  
\*Submission of this form authorizes the publication of child's photo in this contest in print and online at [www.yankton.net](http://www.yankton.net).  
Submission fee (\$10) must accompany entry form to be valid.

Submit Entry To:  
Yankton Daily Press & Dakotan  
319 Walnut Street  
Yankton, SD 57078

Entry Deadline:  
Mon., Feb. 18, 2013

# Bill Would Provide Tax Credit To Caregivers

BY ALISSA SKELTON  
Associated Press

LINCOLN, Neb. — Advocates for the elderly asked Nebraska lawmakers to approve a \$500 income tax credit for caregivers on Friday.

Suzy Campbell, who runs a nonprofit called Caregiver Chicks, told the Legislature's Revenue Committee during a hearing that caregivers assume a lot of costs that insurance doesn't cover. The Lincoln woman said a tax credit would provide them with much-needed financial relief for medical supplies and other necessities the insurance company won't handle.

The credit might even help pay for respite care so a caregiver can take some time off, she said.

“I know how vital it is for caregivers to have relief. You concentrate on who you're taking care of and neglect yourself,” said Campbell, who for 16 years cared for her late husband, Fred, whose bladder cancer led to several other health problems before his death in 2010.

Sen. Kate Bolz, also of Lincoln, proposed a bill to offer a tax credit to middle-class families after hearing from Campbell and other constituents. Former Lincoln Sen. Tony Fulton came up with a similar measure in 2009.

If Bolz's bill is approved, caregivers would receive the annual \$500 credit starting this tax season for taking care of anyone over the age of 65 who has physical, mental or emotional disabilities. Only caregivers with incomes above \$27,925 a year could qualify for a refundable tax credit.

“Staying at home after becoming ill is a very important thing,” Bolz said. “Having that tax credit can extend the time a person can stay in the care.”

According to census data, 12,664 Nebraskans over the age of 65 had a self-care disability, meaning they could be cared for at home.

Estimates show the tax credit would cost the state more than \$1.6 million over the first year,

but Campbell said, “If you are able to keep people living at home, it saves the state significant dollars.”

AARP Nebraska advocacy director Mark Intermill said putting someone on Medicaid costs three times what it does for in-home care. AARP estimates that caregivers offer about 210 million hours of unpaid care valued at \$2.2 billion annually.

Intermill, who spoke in support of the bill at the hearing, said providing support for caregivers like Campbell should be an important part of Nebraska's long-term care policy.

No one spoke against the bill Friday.

\_\_\_\_\_

The bill is LB264.

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-Package-

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- 6 red roses in a vase -yours to take home
- Bottle of champagne and chocolate
- Chef inspired dinner delivered to your room
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per couple

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Feb. 8, 9, 14, 15, & 16

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[www.riverfronteventcenter.com](http://www.riverfronteventcenter.com)

Avera HEART & SOUL

Mission: Nutrition





Healthy Night Out

Thursday, February 7, 2013

5:30 p.m. - 8:00 p.m.

Professional Office Pavilion  
Avera Sacred Heart Hospital

Spend a fun-filled night celebrating heart health. Enjoy food and wine, stress-melting massages, nutrition education and some quality time with friends.

Tickets are \$10 at the door with a limited number of tickets available. Register for your healthy night out by calling 605-668-8080, or stop by Avera Sacred Heart Hospital's Information Desk located at 501 Summit.

Remember to wear red in celebration of heart month!

Avera Heart Hospital Dietitians

Avera Sacred Heart Hospital Dietitian Nicole Haberer