Paid Advertorial



Digestive Health:

Crohn's Disease, Ulcerative Colitis & Irritable Bowel Syndrome Part II

Two weeks ago I mentioned that your body is a self-healing and self-regulating organism; it is designed to heal itself and regulate its own internal functions. In the case of Crohn's disease, for an example, cells in the intestine die and are not necessarily replaced by new healthy cells. This is why the intestine eventually deteriorates and ulcerates. This can be life threatening.

One must also remember that your nervous system runs your whole body and all of its functions; your immune system, your heart, your healing ability, etc., even your digestive system. All these function under direct orders from your nervous system. It therefore stands to reason, that if there is an interference with the normal function of your nervous system, your body will not work the way it

should. A number of studies have actually shown that this is exactly the case with Crohn's, Ulcerative Colitis, and IBS; that these conditions are neurologically based. This means that the nervous system is no longer able to control the normal function of the intestinal area.

As a Chiropractor, I am mainly concerned with re-establishing the normal function of the nervous system so that the body is able to heal itself. It's that simple. People affected by these conditions have responded very well with chiropractic care. (And you thought chiropractic is just for back pain I bet)

As well as seeing a chiropractor, which I feel is crucial, there are a number of things you can do for your child or yourself on your own;

- 1. A **hot water bottle** placed on the stomach
- area will relieve much of the abdominal cramping.

 2. **Charcoal tablets** will help absorb excess gas if your child is bloated. Do not use for a prolonged time though, as they also absorb most of the nutrients from the digestive tract.
- 3. **Slippery elm** will often relax the intestinal muscles and reduce cramping.
- 4. **Multi-vitamin and Mineral complex** that contains copper, manganese selenium and potassium is very important because Crohn's,

etc., are characterized by malabsorption.

- 5. **Vitamins E** is essential in the repair of epithelial tissue of the intestinal tract and acts as an anti-oxidant.
- 6. **Vitamin A**, approximately 50,000 IU per day unless you are pregnant. You may take this in capsule form, but I suggest raw carrots put though a juicer. The carrots should be peeled as the skin contains most of the chemicals and pesticides that can irritate your intestine.
- 7. Calcium and Magnesium, at least 2,000mg
- 8. **Vitamin C,** in very high doses combined with bioflavonoids is essential as it minimizes inflammation.
- 9. **Garlic,** is known for preventing free radicals from attacking the intestinal lining.
 - 10. Vitamin B12 and Folic acid,
- 11. **N-acetylglucosamine (NAG),** protects intestinal lining from enzymes that could damage it. Drinking lots of fluids, herbal teas, cabbage juice, papaya seeds, avoiding stress, chocolate (boo), alcohol, Coke and Pepsi, are all essential.

The above will help you and your child deal with these conditions a little easier, but the number one recommendation I could make is to call us; we can help!

JOIN US!

Tuesday, Jan. 29th, 2013 @ 7pm

For a special lecture on

Digestive Health: Crohn's
Disease, Ulcerative Colitis &
Irritable Bowel Syndrome
Minerva's Grill & Bar • 1607 East Hwy 50

Call 605-665-4284 To Reserve Your Seat

Dr. Scott Plath has practiced in Yankton for 33 years. He is a

Certified Industrial Consultant, Certified Med X Rehab technician and a fellow of Applied Spinal Biomechanical Engineering and is a member of their advisory board.

If you need additional information, please call me personally at 605-665-8228.

Plath Chiropractic & Wellness

402 E. 3rd Street · Yankton, SD

Parade

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The upcoming expedition isn't the first time that the Marching Wolves will appear at an inaugural parade. The band was one of eight collegiate bands selected to appear in the 2005 parade.

In 2006, the NSU Marching Wolves were the lone selection from South Dakota in the Waikiki Holiday Parade commemorating the 65th Anniversary of the bombing of Pearl Harbor.

Perkins believes the band's performance at both the 2005 and 2006 parades played a major role in its selection for the upcoming inaugural parade.

STEPPING ON A WORLD STAGE

Pospishil, a freshman double major in vocal and instrumental music education, performs in a number of NSU musical organizations, percussion ensemble, orchestra and dance team. She said she was stunned at learning of the band's selection for the upcoming Washington parade.

"I didn't know we were nominated," she said. "Our band director applied for it and never got a response, so he figured that we did not make the cut. But then, SUR-PRISE, we were entered in the parade!"

The band couldn't undertake additional rehearsals until after the holidays, leaving only three weeks to prepare for the parade, she said. Once students were back on campus, five intensive rehearsals were scheduled for 2 to 2 1/2 hours each in the Barnett Center.

"We are also holding fundraisers to help pay for this trip, with performances at the Wings hockey arena and an indoor performance at NSU's Johnson Fine Arts Center," she said.

Pospishil is no stranger to the nation's capital. While at Yankton High School, she performed with the YHS Dawn Patrol and marched in the Cherry Blossom Festival.

"I'm really looking forward to all of the sites I didn't get to see when I was on the YHS band trip," she said. "There is so much in DC that you can't see all its amazing sites in one trip."

For the inauguration parade, the band will undergo intense security procedures, Pospishil said. The 1.5-mile parade runs from the Capitol to White House on Pennsylvania Avenue, roughly 15 city blocks.

The parade itself carries a number of exacting requirements, she said.

Permits

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- is at least 18 years old;
 has never pled guilty to, nolo contendere to, or been convicted of a felony or a crime of violence;
- is not habitually in an intoxicated or drugged condition;
- has no history of violence;
 has not been found in the previous 10 years to be a "danger to others" or a "danger to self" or is not currently adjudged mentally incom-
- has physically resided in and is a resident of the county where the application is being made for at least 30 days immediately preceding the date of the application;
- has had no violations of firearms control, unlawful use of weapons, or controlled substances; marijuana, constituting a felony or misdemeanor in the five years preceding the date of application or is not currently charged under indictment or information for such an offense;
- is a citizen of the United States;
- and
 is not a fugitive from justice.
 The sheriff issues a temporary
 permit within five days from the date
 of application. Once the application
 is received in the Secretary of State's
 Office, a permanent permit is issued
 and is valid for four years.

"They give us all these specific guidelines: to march with 28-inch steps, a tempo of 112 and that we have to be 30 feet behind the people in front of us," she said. "It's pretty strict, but with this (large) parade, it's not a surprise."

Pospishil isn't sure if the NSU band will visit with the president or First Lady Michelle Obama. However, the band won't remain long in Washington after its performance.

"It's an overnight stay because school is in full swing already and we have other concerts and performances that we need to prepare for," she said.

Boyd, a sophomore instrumental music education major, graduated from YHS in 2011. He plays tuba for the NSU Marching Wolves and is making his first trip to Washington.

Boyd felt mixed emotions upon learning of the Marching Wolves' upcoming trip to D.C.

"I was both surprised and excited to be participating in a oncein-a-lifetime event like the inaugural parade," he said.

"I am very excited to march in the parade because I'm not only representing Northern State University, I'm also representing the state of South Dakota."

Besides the parade, Boyd looks forward to sightseeing and going to the Smithsonian Institute.

Wintersteen, a sophomore, plays clarinet for the Marching Wolves. "I have never been to Washington before, so I am super excited about this experience," she said.

She was stunned to learn of the upcoming trip.

"I was completely in shock getting selected. I had no idea that Dr. Perkins had sent in a submission to get selected," she said. "We have a very short amount of time to prepare for this. We came back a day early (from holiday break) and have rehearsals in the evenings to fit everybody's schedules. Dr. Perkins is pushing us, but in the end it will be well worth it."

Buchholz, a freshman majoring in history and vocal music performance, plays tenor sax with the

Follow these easy steps to enroll:

For more information contact:

marching band. She was cast in the performance of "Legally Blonde" last fall, is part of the chamber choir and will perform this spring in the production of "Spring Awakening."

"I've never been to Washington before, so I was thrilled when I got the email saying our band had been selected to march in the inaugural parade," she said.

"I'm really looking forward to doing some sight-seeing, exploring the city with my friends in the band, and, of course, showing the country what our band is capable of doing."

The trip has generated a great deal of excitement among NSU band members, Buchholz said.

"Many of us have never been to D.C. before, so this is the chance of a lifetime. The best part of being a part of the marching band here is that we love to have fun!" she said.

"Not only do we sound great, but we put on a great show for any audience. I think that anyone at the inaugural parade will be impressed with our performance."

Pospishil said her YHS background has prepared her well for the intense glare of the spotlight during the inaugural parade.

"I was born and raised in Yankton, and I couldn't be more proud to say I graduated from YHS. All my experiences at YHS have fully prepared me for college," she said.

"The teachers challenge you and help you to learn what it means to have a good work ethic. I appreciate all that YHS has done for my education."

A LIFELONG IMPACT

Perkins believes his band members will enjoy "an experience of a lifetime" with this trip. The lessons won't be limited to the music, he said.

"Experiencing the swearing in of a president and the whole change of power process in the nation's capital is a tremendous lesson in civics for our students, as well," he said. "Of course, it's not an actual change of power this

Will your child turn 5 years old on or before September 1, 2013?

If so, NOW is the time to register for Jr.K or Kindergarten in Yankton!

can be picked up any of the 4 elementary schools after January 24.

will be held on April 30 & May 1 at the Yankton Community Library.

Thursday, February 7 from 4:00 p.m. - 6:00 p.m.

2 – Bring all of the completed forms, along with your child's certified birth certificate, to

 \mathcal{S} – Make your Jr. K/ Kindergarten Screening appointment on Registration Night. Screening

7 – Attend Jr. Kindergarten/Kindergarten Open House on Thursday, January 24 at any one of

the 4 Yankton elementary schools from 4:00 p.m. - 6:00 p.m. Pick up your Registration

Packet at the Open House. If you can't attend the Open House, the registration packet

Beadle School for the District-Wide Jr. Kindergarten/ Kindergarten Registration Night on

time (with a re-elected president), but the process is there."

The trip allows the students to see sights in Washington, including a laying of a wreath at Arlington Cemetery, on the weekend prior to the inauguration, Perkins said.

"Of course, the highlight is performing on international television for the president and vice president and their families and advisors," he said. "The parade is one of the top three prestigious invitational parades in the country, along with the Rose Parade and Macy's."

The NSU band's selection for the inaugural parade says volumes about the school, community and state, Perkins said.

"It is quite an honor to be in a university and community that has such a strong support for their students and the band," he said. "I am excited to see our students grow through this process and develop a sense of pride in where they come from and our institution and state."

The tremendous hard work has paid off, with the ultimate reward coming before a worldwide audience during Monday's parade, Perkins said.

"Very few colleges the size of NSU would make the commitment both from a musical standpoint and community and university support standpoint to pull this off," he said. "I am very humbled by the whole experience."

For more information about the inaugural parade, visit online at http://2013pic.org/about/parade.

For more information about the Northern State band, visit online at www.northern.edu. To donate toward the band's

To donate toward the band's trip, contact the NSU Foundation by calling (605) 626-2550 or emailing michael.bockorny@northern.edu.

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf

350 Ellsworth Airmen Set To Deploy

ELLSWORTH AIR FORCE
BASE (AP) — The U.S. Air Force
says about 350 airmen from
Ellsworth Air Force Base in
South Dakota are preparing to
deploy to Southwest Asia.

Officials say the base also will be sending several B-1

bombers from the 28th Bomb Wing, equipment and supplies to support the military's objectives in the region.

Since 2007, the wing that flies B-1 bombers has had an average of 560 airmen deployed at any one time.

City
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"I have been listening to city residents for many years and have tried to represent their views while serving on the City Commission," he said. "I would like to continue serving the citizens of Yankton. My financial background and my experience should serve as an asset for the community and the Commission."

Woerner is wrapping up his first term on the commission. "As of today, I do plan to run

again," he said this week. "There are still several things in front of the commission that I feel will make Yankton a better place for all."

Candidates may begin circulating petitions Jan. 25. The deadline

ing petitions Jan. 25. The deadline for filing a nominating petition is 5 p.m. Feb. 22.

The deadline for voter registra-

tion is March 25.

Follow Nathan Johnson on Twitter as Twitter/AnInlandVoyage

What's For Dinner?

Hy-Vee Kitchen Daily Specials **served 4-8pm**



ITALIAN NIGHT

² PIECES OF \$300

PIZZA & 1

BREADSTICK

MONDAY NIGHT

2-PIECE

2-PIECE CHICKEN DINNER \$\(\frac{1}{4}\)00



WEDNESDAY NIGHT
HOT TURKEY
SANDWICH
\$300

HINESE EXPRESS 2 ENTREE MEAL





BIG BOB'S COD DINNER \$500

6-INCH SUB & CUP OF SOUP \$500





sunday night
1/2 LB. BURGER
WITH FRIES
\$300



2100 Broadway Yankton, SD 665-3412



Yankton School District 2410 West City Limits Road

www.ysd.k12.sd.us