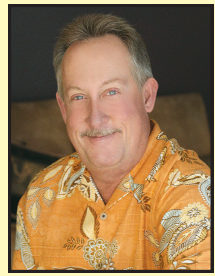


# KIDS FIRST



## Are You Poisoning Your Kids?

How many of you have felt uneasy over the amount of Odet soft drinks your children are consuming each day? If your intuition has given you internal warnings, you are correct.

As a chiropractor with a focus on Pediatrics, I am very concerned with the increasing use of artificial sweeteners, especially by children. The most widely used of these is **ASPARTAME**, marketed as "NutraSweet", "Equal", and "Spoonful". At a recent World Environmental Conference, the EPA (Environmental Protection Agency) announced that there was an increasing epidemic of Multiple Sclerosis and Systemic Lupus, among others, caused by a then

unknown toxin. It was soon discovered that the toxin in question was Aspartame.

When the temperature of Aspartame exceeds 86 degrees F, the wood alcohol (methanol) in Aspartame converts to formaldehyde and then to formic acid which then causes metabolic acidosis. If you think this is not a problem, think again. Body temperature hovers around 98.6 degrees, perfect conditions for aspartame to be converted to formaldehyde. This then affects the retina of the eye; not a pleasant side effect. Formaldehyde is grouped in the same drug class as cyanide and arsenic - deadly poisons. It is also used to embalm corpses and as a preservative in vaccines. It has no business being in your child.

Aspartame changes the brain's chemistry and has been responsible for many neurological problems such as seizures, manic depression, rage, violence, etc. This methanol toxicity *mimics* Multiple Sclerosis; thus people were being diagnosed with MS in error.

In the case of Systemic Lupus, it is becoming rampant especially among Diet Coke and Diet Pepsi drinkers. It is triggered by Aspartame. With continued use, it can be life threatening. When kids get off Aspartame, those with Systemic Lupus usually become asymptomatic but the disease cannot be reversed. Those diagnosed with MS (when in reality the disease is methanol toxicity), have noticed most of their symptoms disappear.

If your children are suffering from fibromyalgia symptoms, spasms, shooting pains, numbness in the legs, cramping, dizziness, headaches, joint pains, depression, anxiety attacks, slurred speech, blurred vision, or memory loss, they may be suffering from **Aspartame Disease**.

This product is being promoted to children as a weight-loss sweetener. Nothing could be further from the truth. Aspartame makes one actually *crave* carbohydrates. Dr. Roberts, a diabetic specialist and a world expert on aspartame poisoning, stated at a Congressional hearing recently, that the average

weight loss was 19 lbs. in people who got off this chemical. Dr. Blaylock, a neurosurgeon, said that it stimulates the brain causing brain damage of varying degrees.

Why has this chemical not been taken off the market? Well...the manufacturer, funds the American Diabetes Association, the American Dietetic Assoc., Congress, and the Conference of the American College of Physicians. Need I say more?

For safe and sweet alternatives to aspartame you can try Fructose, Stevia, Barley Malt, Honey, Dark Molasses, Somersweet (promoted by Suzanne Somers) and Demerara sugar, all available at your local health food store. Let's take care of our kids!

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

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## Crops

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"I think we're way past that with today's genetics," he said. "We're looking a lot of time for corn to be shoulder high if it got in when it was supposed to and had good growing conditions. Instead of being 18-20 inches high, it could be 4-5 feet tall."

While some crops show good progress, other fields in the area have struggled.

"You're also going to find corn that's yellow and stunted because of too much moisture," Yonke said. "The same way you're going to find late-planted beans. People who didn't get their corn planted on time maybe decided to plant some beans, and they got kind of late."

For some farmers, the excess moisture has forced them to look

into prevented planting measures.

"With our customers, there's quite a few that I've talked to where it's not an all-or-nothing thing," Yonke said. "They've got a field here or a field there. It depends on where you live. If you have some soil that doesn't drain real well, you're in pretty tough shape right now."

For those that were able to plant, moisture continues to cause problems.

Cone Strunk, agronomy educator for the Turner County Extension, said excess water has kept many farmers from getting into the fields for weed control.

"Right now the farmers have been busy trying to get some of those post-planting weed control applications down if they weren't able to get any down before they planted," she said. "In some areas, they haven't been able to get in to spray, and some fields are struggling."

Another concern for area

farmers has been the lack of heat.

"We just haven't had the heat to get the corn and other crops to grow like they should," Strunk said. "If we don't get the heat units, we'll really be hurting."

While temperatures have been slightly cooler than normal, change could be on the horizon, at least for the near future.

National Weather Service meteorologist Kyle Weisser in Sioux Falls said the forecast for Yankton for the next several days looks promising.

"It looks like maybe we'll be moving into a slightly warmer, drier pattern, which is probably something they need, because high temperatures around the area, at least for the month of June, have been running around three to five degrees below normal," Weisser said. "We're finally starting to sneak into some more summer-like heat."

Yonke said the higher temperatures could help make up some

ground.

"I think we just need a few days of this," he said. "The way the forecast looks right now, we can catch up."

Even though the upcoming weather should aid farmers, Weisser said it could be short-lived.

"While the next week or two probably looks a little warmer and drier, the outlook for the rest of the summer is still cooler than normal and wetter than normal," he said.

If the long-term forecast holds true, Yonke said farmers will deal with the issue, something they have done before.

"We might be looking at having to dry a lot of corn, but there really isn't anything you can do about it," he said. "It may be like we had a couple years ago where it was a huge, drawn-out deal because all the corn needed to be dried. It just took a long time to harvest."

May. That compares to \$10.5 million through the same time period in 2010.

"In a community our size, it is important to watch the trends in the building permit reports," Russell said. "I would anticipate that commercial building permits would provide a substantial boost to the overall numbers by the end of the year and, hopefully, housing growth would follow."

The Menards retail development broke ground in early June and will add a value of millions to the year's numbers, for example.

Developments so far this year have Russell optimistic about the second half.

"I think Yankton is well positioned as we enter into the second half of 2011," he said. "Recent manufacturing expansions and retail developments present new opportunities that should have a significant impact long term for the local economy."

## Economy

From Page 1

ket because they have too many unanswered questions about the cost of government service. What is my federal government going to cost me through regulation at the end of each day? Those questions go unanswered, and businesses hesitate in making the investment."

However, he is quick to add that the local economy saw some bright spots in the first half of 2011 and may see more in the coming months.

L&M Radiator and Dakota Trailer alone have created more than 100 new jobs combined since last fall, according to Dellinger.

"We did see an increase in employment in the community," he said. "We probably saw a multi-million dollar increase in payroll in Yankton during the first half of the year."

"We have a few companies that are considering what could be a couple hundred new jobs in Yankton or somewhere else in the next six to 12 months based upon their corporate strategies," Dellinger added. "We have some pretty good management on the local level in our national and international companies located in Yankton. They know when to conserve. They know when to take risks. That helps us as well in our local economy."

Unemployment in Yankton has hovered around 5-6 percent during the first half of the year, and while that isn't ideal, Dellinger said it doesn't present the whole picture.

"My greatest concern for Yankton is not short-term high unemployment. It's long-term labor availability," he said. "We currently have probably 150 to 200 jobs available in Yankton County, and about half of those are probably full-time opportunities. There are jobs that could be filled by the unemployed today. The key is, how do we continue to work hard to match the unemployed workforce with the opportunities that you have at hand? So it's not as much of a concern as when unemployment in the city was at 7.9 percent."

Another bright spot is the fact that sales tax revenue for the City of Yankton through May was up approximately 5 percent over last year. City Manager Doug Russell said that, while he is pleased to see those numbers, he will

continue to take a conservative approach because of uncertainty in the economy.

"As far as what contributed to the growth up to his point, it is hard to cite specific respective factors. But generally, I think there is stronger confidence in the local and national economy that may be releasing some latent demand," he said.

Dellinger said the aforementioned new jobs probably led to more spending in the city. Also, high gas prices may have translated into more residents shopping locally rather than traveling to other regional economic hubs.

"We're facing inflation, so the higher prices of energy, food and other items mean a higher tax revenue," Dellinger added.

While building permits got off to a fast start in Yankton this year, the valuation of the projects permitted so far have since fallen behind last year's pace. In the city's last report, the estimated value of the projects permitted was \$7.9 million through

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## Opt-Out

From Page 1

ing where board members announced cuts to staff, programs and activities, the topics of discussion in the community ranged from potential property tax levies to school district policies, effectively splitting the community in two.

The May 24 election saw the opt-out fail by a 66 percent to 34 percent margin after nearly 57 percent of voters made their wishes known, leaving the Yankton School District facing the question, "Where do we go from here?"

Steps made by the district to help reduce expenditures following the opt-out include a two-year freeze of teacher salaries, increased food service costs, potentially higher fees for students, as well as various program cuts.

One such cut was to not offer contracts to any middle school coaches, effectively eliminating all middle school athletics.

YSD business manager Jason Bietz told the *Press and Dakotan* this week that the committee created by the board to explore the options surrounding middle school activities has met several times and that he expects there to be a special board meeting to discuss their findings.

"We are looking at what it would take to do some kind of fundraiser within the community to reinstate those positions," he said. "At this time, we hope to come to the board with a suggestion and an outside group, maybe the (63-3) foundation, to lead the drive."

Immediately following the election in May, YSD superintendent Dr. Joseph Gertsema acknowledged he didn't know what the board would do next.

"We are busy planning for the 2,700 kids that are going to walk in the door in August. That is all we can do right now," he said.

YOU'RE NEWS!  
The Press & Dakotan

## What's For Dinner?

Hy-Vee Kitchen Daily Specials served 4-8pm

MONDAY NIGHT

### SENIOR NIGHT MEATLOAF

\$4.00

(Age 60+)

TUESDAY NIGHT

### 2-PIECE CHICKEN DINNER

\$4.00

WEDNESDAY NIGHT

### HOT TURKEY SANDWICH

\$3.00

THURSDAY NIGHT

### CHINESE EXPRESS 2 ENTREE MEAL

\$5.00

FRIDAY NIGHT

### BIG BOB'S COD DINNER

\$5.00

SATURDAY NIGHT

### GRAND BUFFET (DINE-IN ONLY)

\$8.00

SUNDAY NIGHT

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