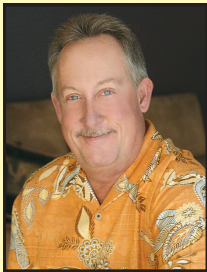


KIDS FIRST



Ear Infections

Childhood ear infections (Otitis Media) are often very frightening to parents mostly because they appear suddenly, usually at night, with little warning.

The most common treatments used for ear infections are antibiotics, decongestants, anti-pyretics (fever medication), and tympanostomy (tubes in the ears). You may be surprised that the benefits of all of these are highly questionable.

For example, *The Lancet*, a major medical research journal found that recovery time was about the same for children whether medical intervention happened or nothing was done at all. Another study from the *Archives of Otolaryngology*, showed that “88 percent of children with Otitis Media never needed antibiotics and antibiotics did not shorten the lifespan

of the disease.” As a matter of fact, a very recent issue of *Newsweek Magazine* reported that antibiotics are not nearly as effective as the body’s own immune system. What a concept!

For parents frustrated with recurring ear infections, the EENT(ear, eye, nose, and throat) specialist will most likely prescribe the “rite of tympanostomy” - words from the late Dr. Robert Mendelsohn, a friend, and a self proclaimed “medical heretic.” It is a surgical procedure whereby your child is anaesthetised so that a tube can be placed in his or her eardrum to drain fluid. Research, however, indicates that this procedure does little to eliminate the problem. It simply reduces pressure and fluid build-up.

Millions of these operations are performed in Canada and the U.S. each year and yet controlled clinical studies have determined that there was no benefit gained from the placement of tubes. As a matter of fact, they actually created complications such as scar formation on the ear drum leading to hearing loss. Not a desirable side effect!

As a Chiropractor with Fellowship in pediatrics, I see ear infections as a malfunction of the immune system and

lowered resistance. In other words, the child’s body not being able to fight off or prevent the infection. The main cause of lowered immune resistance in a child is most often the process of delivery. Yes, birth. It can be very traumatic. The stress of the average, uncomplicated delivery can cause a vertebral subluxation of the delicate segments of a baby’s spine thereby affecting the way a child’s nervous system reacts to the world around him.

In their landmark research studies, Drs. Gutman and Biedermann examined hundreds of newborn infants and concluded that ...“an unhealthy spine at birth causes...lowered resistance to infection, especially ear, nose, and throat infection.”

In my own practice, which is largely pediatric, most children I see with ear infections do have a vertebral subluxation in their spine affecting the way their nervous system controls their resistance to infection. By eliminating this subluxation, the child’s normal resistance is increased and the threat of ear infection is minimized. You see, it’s not a matter of discovering yet another “wonder” antibiotic to drug your child with, it is a matter of having your child’s body function better.

As well as chiropractic care, which I feel is essential; you may want to try the following to help your child;

- Vitamin C, 1000-5000mg daily
- Echinacea tincture, 20 drops, 2x per day mixed with a few drops of orange juice for taste.
- Try for a week and discontinue for 1 week.
- Zinc lozenges, although kids cant stand these. Use as a last resort.
- Warmed olive oil drops into the affected ear.

JOIN US!

Tuesday, July 27, 2012 @ 7pm

For a special lecture on the
Natural Approaches to Ear Infections

Minerva’s Grill & Bar • 1607 East Hwy 50

Call 605-665-4285 To Reserve Your Seat

Dr. Scott Plath has practiced in Yankton for 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.

Officials ID Drivers In Deadly Neb. Truck Crash

SILVER CREEK, Neb. (AP) — Authorities have released the names of two drivers who died in a fiery crash involving three semitrailers in central Nebraska.

The Nebraska State Patrol says 25-year-old Strahinja Krupnikov, of Harwood Heights, Ill., and 35-year-old Thomas House, of Fremont, died in Tuesday’s collision on U.S. Highway 30 near Silver Creek.

The patrol says Krupnikov’s westbound truck crossed the center-line and clipped an eastbound semi. Krupnikov’s truck then hit another eastbound semi driven by House head-on. Both trucks burst into flames.

The driver of the first eastbound truck wasn’t hurt. The accident closed the highway for about 12 hours.

Teen’s Murder Trial Moved To Minnehaha Co.

ALEXANDRIA (AP) — A South Dakota judge has moved the trial of a 17-year-old girl accused of helping kidnap and kill a 16-year-old Mitchell girl 2 1/2 years ago.

The *Daily Republic* reports Maricela Diaz of Fort Wayne, Ind., will be tried in Minnehaha County rather than Hanson County in September. Her attorneys asked for the change of venue, saying it would be difficult to find impartial jurors in the county where the crime allegedly occurred.

Diaz pleaded not guilty in adult court last August in the November 2009 killing of Jasmine Guevara. Authorities say Guevara was lured to a rural area and stabbed, and her body left in a burning vehicle. Alexander Salgado, of Fort Wayne, Ind., pleaded guilty to second-degree murder in August 2010 and is serving a life sentence.

Proposed Black Hills Gold Mine Clears Hurdle

RAPID CITY (AP) — A proposed gold mine that would be built near Spearfish Canyon in South Dakota’s Black Hills has cleared an initial permitting hurdle.

The Lawrence County Planning and Zoning Commission on Thursday recommended approval of a conditional use permit for the mine.

The *Rapid City Journal* reports that the recommendation next goes to the county commission, which will discuss the issue at a special meeting on July 23.

The Deadwood Standard Project wants to extract gold six miles west of Lead. The site is just east of Spearfish Canyon, but the conditional use permit being sought calls for a 500-foot buffer from the rim of the canyon.

To begin operations, the mine also would have to get approval from a number of state boards.

Inmate Pleads Guilty In Jail-Flooding Case

CHADRON, Neb. (AP) — A man accused of flooding a western Nebraska jail and causing more than \$10,000 in water damage to county offices has pleaded guilty to a felony criminal mischief charge.

KQSQ radio in Chadron reports that Dale Yellow Horse of Pine Ridge will be sentenced later this month in Dawes County District Court.

Authorities say the 25-year-old plugged toilets, sinks and a shower while incarcerated on check-forging charges in October. Water overflowed into county offices below the jail.

Authorities say Yellow Horse was upset because he was placed in a different cell while officers handled a fight involving two other inmates. He allegedly accused jailers of violating his rights, and plugged the drains because he felt they weren’t responding to his complaints quickly enough.

Woman Sentenced For Stealing From Employer

PIERRE (AP) — A Pierre woman who authorities say took more than \$14,200 from the convenience store where she worked will not serve jail time if she stays out of trouble.

Twenty-eight-year-old Samantha Dewell was given a three-year suspended sentence and put on supervised probation for five years. She also will be required to pay back the money.

Dewell pleaded guilty in March to a grand theft charge.

Western Wildfires

BY DIRK LAMMERS

Associated Press

SIOUX FALLS — Ranchers in the Edgemont area said Friday they’d like better communication with interagency wildfire officials when crews fight the blazes in South Dakota’s Black Hills.

Sen. John Thune visited with firefighters and ranchers Friday in the corner of southwest South Dakota, where a blaze scorched nearly 14 square miles of grasslands and timber, primarily on National Forest lands.

Some ranchers said interagency officials ignored local expertise that could have helped crews battle the fire.

“They feel like they have a lot of know-how,” said Thune, R-S.D. “They’ve in many cases lived in the area for generations and understand the terrain.”

But, Thune said, fire crews should be com-

mended for battling such a large blaze without loss of life or significant property.

“It doesn’t happen by accident,” the senator said. “It happens because of the hard work and courage of a lot of people at the local, state and federal level.”

More than 400 firefighters have battled the White Draw Fire. On Sunday, a C-130 air tanker crashed, killing four of the six crew members from a North Carolina National Guard unit.

The fire is now 95 percent contained, and mop-up efforts have been aided by heavy overnight rainfall in the area.

Edgemont rancher Mark Hollenbeck said locals at the fire’s onset tried to tell crews where roads were, and officials responded that there weren’t roads there because they weren’t on their maps. Hollenbeck said officials were planning to get ambulances out of Custer and didn’t know the much closer town of Edgemont had ambulances.

N.D. Oil Town’s Prosperity Doesn’t Reach Teachers

BY JAMES MACPHERSON

Associated Press

BISMARCK, N.D. — Jobs paying \$80,000 or more abound in North Dakota’s booming oil patch, but when Molly Lippert came home from college, she gladly accepted a \$31,500-a-year position teaching first grade.

“I’d really like to stay in the field of study I went to college for,” said Lippert, 23. “The happiness that comes with teaching outweighs the price of anything else.”

The cost of living has skyrocketed in Williston as job-seekers flock to the hub of western North Dakota’s booming oil patch. Officials say the city’s population has doubled in the past decade to some 30,000 residents and the average wage has risen from about \$32,000 in 2006 to about \$80,000. Pay for teachers hasn’t kept up, although they are desperately needed.

Williston expects an influx of about 1,200 students this year, bringing enrollment to about 3,800 from about 2,600 last year. School officials are hiring 52 new teachers to add to the 190 they already have. They also are adding dozens of mobile classrooms and reopening an elementary school that closed a dozen years ago when the region’s first oil boom went bust and enrollment fell.

North Dakota has risen from the nation’s ninth leading oil producer to No. 2 in just six years,

with advanced horizontal drilling techniques in the rich Bakken shale and Three Forks formations in the western part of the state. More than half of Williston’s residents now work in oil-related jobs, and the city’s unemployment rate is just 1 percent. There are some 3,000 unfilled jobs in the city.

There’s also an extreme housing shortage. Lippert, who got married last month, will be staying with her in-laws. Her husband, Nick, another recent graduate, was hired as an architect by a construction firm in Williston. The newlyweds hope to eventually buy

a townhome in the city.

“These are exciting times,” Lippert said.

Others have not been so lucky. About 15 people have turned down teaching jobs due to the lack of housing or because they can’t afford to live in Williston, school superintendent Viola LaFontaine said. To help address the problem, the district has leased two buildings with four apartments each for single teachers. Two teachers will share each apartment, LaFontaine said.

Lanny Gabbert, a high school science teacher and president of

the Williston Education Association, said the salary for new teachers went up by \$1,500 under the present contract. But that sum has been more than offset by the increased cost of living in Williston. Gabbert said rent for one of his fellow teachers jumped from \$500 per month to \$900 this year for the same apartment.

“Even with the bump in salary, technically he has less money than he did the previous year,” Gabbert said, adding that improving pay will be a top issue when bargaining for a new two-year contract starts in September.

Thank You!

The Yankton Area Chamber of Commerce Agri-Business Committee would like to express their sincere appreciation to the following businesses that helped make the 7th annual Ag Gala possible.

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