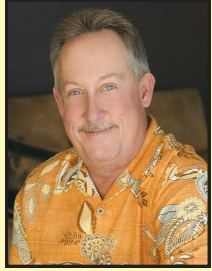


## KIDS FIRST



### Are You Poisoning Your Kids?

How many of you have felt uneasy over the amount of "diet" 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)

**Plath Chiropractic & Wellness**  
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## Final

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Battery (in Salem) who went to Sioux Falls, Watertown, Aberdeen or wherever they might have had an assignment."

The reorganizational change for both the Salem and Yankton units becomes official during September ceremonies, Schild said.

"On Sept. 8, Bravo Battery will do their closing ceremony in Salem. They will lower their flag and close their armory (for National Guard uses)," he said. "Then on Sept. 9, Charlie Battery has its official ceremony at our armory in Yankton."

The Sept. 9 ceremony in Yankton will be preceded by an open house for the public, Schild said.

"From noon to 2 p.m. that day, we will have equipment and weapons on display at the armory, everything that we can show to the community. We will also have some things going on with the family readiness program," he said.

"At 2 p.m., we will have the program with a few speakers. We will also officially recognize anybody that has ever been part of our Guard unit. Then, we will roll up the flag for the last time as Charlie Battery and unveil the flag of Bravo Battery with the change of command."

Besides its historic significance, this year's annual training plays an important role for Charlie Battery's mission, Schild said. The unit has been away from its assigned role of field artillery for much of the last decade.

"Because of our (three) deployments and then flood duty last year, we have had only two annual trainings in the last 10 years, and those were in 2004 and 2008," he said. "It's nice to get to Camp Ripley and the exercises with field artillery and rockets."

The next two weeks will prove crucial for both the unit and its individual soldiers, Schild said.

"Half of the unit has never been on annual training. There's been a lot of turnover and attrition (since the last AT trip). And starting in 2008, if you had to finish any other kind of training, you weren't allowed to go to AT," he said.

"I say the next two weeks will be crawl, walk and run stages. We will start out crawling as people learn their positions. I'm not sure if we will be running at the end of AT, but we want to be performing a strong job at the end."

Capt. Joshua Smith sees the annual training as crucial for strengthening Charlie Battery's field artillery skills after spending much of the past decade working security and other roles during deployment.

"As far as field artillery, we are getting back to the basics. They haven't had AT for five years now, with the equipment

**"It's been a great experience with Charlie Battery. It's amazing, the family support and community support. I really compliment them on how well the community has supported them on this large a scale."**

**CAPT. JOSHUA SMITH**

for what they have been trained," he said. "Their missions overseas have given them much-needed experiences (in other areas). Now, they can get back on familiar equipment."

The annual training also comes at a critical time amidst SDNG reorganization, Smith said. The two weeks will build a bond among members new to each other, he said.

"This is going to be a good all-around training experience, having the two batteries going into field training as one full entity," the captain said. "We are going to be identifying what we need to work on, the personalities, the strong aspects and some of the things we need to train more on collectively. We are definitely melding the two together into one cohesive team."

The Yankton unit must be pre-

pared for any mission at home or abroad, Smith said. "It's good to start moving the pieces around and seeing in the big picture how everything fits," he said.

When it returns from annual training, Charlie Battery will face other reorganizational changes besides a new name, Schild said.

"We currently have six of our launchers in Yankton, and with the change we will have eight, so we have gained firepower," he said. "Right now, we have about 100 members and will probably stay that way in the future because of attrition and retirement. And things might be a little tighter for advancement until there are some openings."

Charlie Battery has called Yankton home for 44 years, Schild said. He believes the outstanding support provided by Yankton and surrounding com-

munities played a crucial role in keeping a National Guard unit and armory.

Schild lauded what he called "a symbiotic relationship" between the National Guard and communities.

Smith also commended the public backing for Charlie Battery.

"It's been a great experience with Charlie Battery," he said. "It's amazing, the family support and community support. I really compliment them on how well the community has supported them on this large a scale."

Such outstanding public support will continue to play a crucial role during reorganization and into the long-range future, Smith said.

"Charlie Battery has a lot of new faces, and those new people need the community to remain supportive," he said. "These new guys in the unit need to feel comfortable and at home with their mission."

You can follow Randy Dockendorf on Twitter at [twitter.com/RDockendorf](http://twitter.com/RDockendorf)

## Donations Will Send Ohio Cancer Patient To Disney

TOLEDO, Ohio (AP) — A 4-year-old cancer patient who was denied a Make-A-Wish trip to Disney World by her father will get to go after all.

So many donations have poured in from around the world that the girl's mother and grandmother will be able to pay for the trip in August themselves and give the rest to charity.

"We didn't do this to get rich," the girl's grandmother, Lori Helppie, said Friday. "We did it to fulfill her dream, and people's hearts just opened up."

The young girl, McKenna May of Haskins, was set to go to Disney this summer, but her father refused to sign off on the trip because he said she was in remission and the Make-A-Wish trips should go to children who are sicker than his daughter.

The family said Make-A-Wish requires signatures from both parents if either have visitation rights or is listed on the birth certificate.

McKenna's parents never married or lived together, but her father recently received visitation rights.

Online donations topped \$12,000 on Friday and more money was being collected at banks in northwest Ohio.

McKenna's mother and grandmother said they decided to collect donations at local businesses to pay for the trip after the father wouldn't go along with the plan. Once their story spread, money and other offers began overwhelming them. "I've been offered cars, vacation homes," Helppie said.

They planned to shut down the online donations on Friday. They're giving what they don't need for the trip to Jamie's Dream Team, a nonprofit group in White Oak, Pa., that is helping them get to Disney. The organization says on its website that it helps people who are disabled, terminally ill or suffering a serious medical condition.

## DirectTV, Viacom Reach Deal

EL SEGUNDO, Calif. (AP) — DirectTV subscribers who want their MTV, Sponge Bob SquarePants or comedian Jon Stewart are getting their wish.

Viacom Inc. and the satellite TV service provider said Friday that they have settled a dispute that had cut off access to 17 Viacom channels for DirectTV subscribers. Terms of the deal were not disclosed.

Channels such as MTV, Comedy Central and Nickelodeon had been inaccessible to some 20 million DirectTV customers since July 10 as the two companies haggled over how much DirectTV should pay to carry those channels.

A day later Viacom also shut off access to full-length episodes on its own websites such as MTV.com and ComedyCentral.com to all visitors, even those who had no stake in the dispute. That was apparently in response to DirectTV telling its U.S. subscribers where they could find programs on the Internet that they could no longer watch on TV.

With viewers frustrated by the lack of accessibility, Viacom decided on Tuesday to let new episodes of "The Daily Show with Jon Stewart" and "The Colbert Report" be shown on its websites, easing the blockade of online viewings that it imposed last week. The move came a day after both shows resumed new episodes following a two-week hiatus.

As part of the new long-term deal, DirectTV Group Inc. subscribers will also be able to see Viacom shows on tablets, laptops and other devices using DirectTV's Everywhere platform.

While the two companies have struck a deal, DirectTV made it clear that it was not happy with what had transpired.

"The attention surrounding this unnecessary and ill-advised blackout by Viacom has accomplished one key thing: it serves notice to all media companies that bullying TV providers and their customers with blackouts won't get them a better deal," Derek Chang, executive vice president of content strategy and development for DirectTV, said in a statement.

DirectTV said that while the dispute with Viacom was going on it received support from not only customers, but competitors as well. The satellite television provider said that 850 small and independently owned local cable systems that make up the American Cable Association were opposed to Viacom's actions, as were Cox Communications, Time Warner Cable and Mediacom.

Viacom said in a statement that it was extremely pleased to be bringing its shows back to DirectTV customers and thanked everyone affected by the dispute "for their patience and understanding during this challenging period."



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## Hines

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above the legal limit.

The state's attorney office had originally charged Hines with first-degree murder. He pleaded not guilty by reason of insanity to that charge.

A subsequent psychiatric evaluation conducted by Dr. David Bean found that Hines was capable of understanding the wrongfulness of his actions April 9 and the subsequent charge filed against him.

Once the evaluation was complete, Hines pleaded guilty to manslaughter as part of a plea agreement wherein the murder charge was dropped.

You can follow Nathan Johnson on Twitter at [twitter.com/AnInlandVoyage](http://twitter.com/AnInlandVoyage)