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## **Birth** Trauma Part II

Traumatic Birth Syndrome (TBS) accounts for 85-95% of health problems chiropractors see even in adults. Believe it or

not, this is a huge problem, which is largely misdiagnosed and under reported.

During the process of delivery, there is tremendous stress placed on the head and neck of the baby and often this stress causes Vertebral Subluxations of the very delicate spinal bones of the infant. This, in turn, affects the spinal cord and parts of the nervous system of the baby and can produce a myriad of health

#### problems.

These can appear seemingly unrelated to the process of delivery, and can affect your child months or years later. Subluxations associated with birth trauma can cause SIDS, hyperactivity, chronic ear infections, lowered resistance, asthma, bedwetting, loss of focus in school, Colitis, and a multitude of others including "signs of central motor impairment." According to Dr. Gutmann, a German specialist, A "spinal check-up after birth should be obligatory." As a matter of fact some hospitals in Australia are having chiropractic doctors check the infant spine immediately after delivery to ensure a healthy spine and nervous system, free from subluxations. This is a good thing!

Why is this so important you ask? Your child's spine is her/his lifeline. Running through it is the spinal cord containing billions of nerves that send vital messages and information from the brain to every part of the body and back again.

Yes, we all have our own internal Internet! As long as none of these messages are interrupted, your child should have optimal function and the best of health! If, however, there is an interference with this "information highway," — a vertebral subluxation - the messages sent by the brain will not reach the part of the body they are intended to reach. As a result, the body begins to work improperly. Chiropractors call this "malfunction." It can be a serious threat to health. This interference will also affect your baby's immune system, lower body resistance and leave your child prey to various "bugs" and infections.

This is why it is so important to have children

and babies checked by a chiropractor for the presence of subluxations affecting their nervous system.

In part III. I will outline routine labor and delivery procedures some of which can contribute to TBS.

We'll discuss epidurals, forceps, vacuum extraction, C-section, episiotomy, and the ever popular "ultrasound."

Watch for my column in two weeks.

You are welcome to attend a special presentation on this topic at our Centre on Monday, March 12, 2012 at 6:15 pm. Please call to reserve your seat.

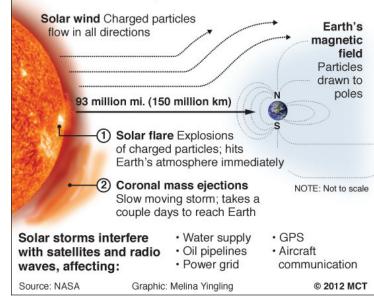
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## Lighting up the sky

Solar flares emit bursts of electromagnetic energy that hit Earth's magnetic field; these disruptions affect satellite communication.



# **Solar Storm Leaves With A Strong Slap**

#### **BY SETH BORENSTEIN** AP Science Writer

WASHINGTON — The solar storm that seemed to be more fizzle than fury got much stronger early Friday before fading again.

At its peak, it was the most potent solar storm since 2004, space weather forecasters said.

No power outages or other technological disturbances were reported from the solar storm that started to peter out late Friday morning.

Solar storms, which can't hurt people, can disturb electric grids, GPS systems, and satellites. They can also spread colorful Northern Lights further south than usual, as the latest storm did early Friday.

Ånd more storms are coming. The federal government's Space Weather Prediction Center savs the same area of the sun erupted again Thursday night, with a milder storm expected to reach Earth early Sunday.

The latest storm started with a flare on Tuesday, and had been forecast to be strong and direct, with one scientist predicting it would blast

Earth directly like a punch in the nose. But it arrived Thursday morning at mild levels — at the bottom of the government's 1-5 scale of severity. It strengthened to a level 3 for several hours early Friday as the storm neared its end. Scientists say that's because the magnetic part of the storm flipped direction.

We were watching the boxer, expecting the punch. It didn't come," said physicist Terry Onsager at the National Oceanic and Atmospheric Administration's space weather center in Boulder, Colo. "It hit us with the back of the hand as it was retreating."

Forecasters can predict a solar storm's speed and strength, but not the direction of its magnetic field. If it is northward, like Earth's, the jolt of energy flows harmlessly around the planet, Onsager said. A southerly direction can cause power outages and other problems.

Thursday's storm came in northerly, but early Friday switched to the fierce southerly direction. The magnetic part of the storm spent several hours at that strong level, so combined with strong radiation and radio levels, it turned out to

be the strongest solar storm since November 2004, said NOAA lead forecaster Bob Rutledge.

Skywatchers reported to NOAA shimmering colorful auroras in Michigan, Wisconsin and Seattle — areas that don't normally see the Northern Lights - Rutledge said. Other space weather enthusiasts reported auroras in Alaska, Minnesota, and North Dakota and in the southern hemisphere in Australia and New Zealand.

'Up north, they got a great display," said NASA solar physicist David Hathaway.

By late Friday morning the storm was essentially over, forecasters said. But they had a new flare from the same sunspot region to watch. Preliminary forecasts show it to be slightly weaker than the one that just hit, arriving somewhere around 1 a.m. EST Sunday.

The storms are part of the sun's normal 11year cycle, which is supposed to reach a peak next year.

"This is what we're expecting as we approach solar maximum," Onsager said. "We should be seeing this for the next few years now."

## Santee

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education and opportunities for lifelong learning to Omaha and Santee Sioux people and other students. The college was recently accredited for six years, Oltrogge said.

Founded in 1973, the NICC enrolls non-Indians as well as Indians and is accredited by the Higher Learning Commission of Schools and Colleges.

The college operates campuses in Macy and South Sioux City, as well as Santee. The college offers certificate and associate level degree programs.

The Santee campus enrolls about 40 students, with 90 to 95 percent of them American Indian, Oltrogge said. He believes the enrollment could double with the new facilities.

"If you provide an education atmosphere, the students will come," he said. "Macy saw a 40

the American Indian satellite under Northeast Community College in Norfolk, Neb., before becoming its own institution, Oltrogge said. The 10-member board consists of five Santee Sioux members and five Omaha Nation members. To remain a tribal college, both the enrollment and governing board must consist of at least 51 percent Native Americans.

The new Santee Student Center can provide a major boost to the village and reservation, Denney said

"What does it mean? It's a whole new life. It will prepare people for educational and career opportunities," he said. "They are talking about a new law enforcement center (and tribal court building) here in Santee, and the new clinic has departments that need staff, which will require training.

In regards to medical training, the Santee campus has applied to serve as a site for Certified Nursing Assistant (CNA) program through the Nebraska Methodist College of Omaha, Oltrogge said. The additional health care offerings could provide more CNA and Licensed Practical Nurse (LPN) workers for the Santee Health & Wellness Center, he said.

The Santee campus offers a four-year business degree in cooperation with Bellevue University of Omaha, Oltrogge said. In addition, all three NICC sites offer a bache-lor's degree in K-3 teaching through the University of Nebraska-Kearney, he said.

In 1994, the Santee college was designated a land-grant institution, Oltrogge said. At a site just outside Lindy, Neb., the college conducts gardening, a greenhouse and research projects. The Santee Student Center can offer additional on-campus opportunities.

Besides its academic offerings, the Santee campus provides a crucial link to tribal and cultural values, Oltrogge said. Students take courses in American Indian history and languages, and they participate in cultural revitalization efforts such as beadwork or other artwork.

The NICC also seeks to meet

the special challenges faced by American Indian students, particularly on the reservation, such as poverty and lack of transportation.

Denney facilitates the "Fatherhood Is Sacred" program, geared toward American Indian men or anyone raising American Indian children, at the Santee and South Sioux City campuses. The college also recognizes

challenges faced by families, Oltrogge said.

"Eighty percent of our students are single mothers looking for fulltime work," he said. "We are one of the few schools where we don't tell a student to leave class if they bring their child in with them. We are as supportive as we can make it. Our students aren't numbers we know them by name.'

The college also provides a second change for students who went away to a larger college or university and did not fare well in that environment, Oltrogge said.

"Our Native American students have roadblocks, much like the rural areas, where kids go away to college for the first time," he said.

"They have no family connections and are double hit because they have lost their culture as well as family.'

The cultural and spiritual aspect was made a central part of Friday's groundbreaking, Oltrogge said.

"We had the groundbreaking today because we wanted something formal and to have all the appropriate blessings from the Creator and the Santee and Omaha nations. We also wanted to say thank you," he said.

Both tribes were represented at the groundbreaking because of the colleges' duality.

Santee Sioux tribal chairman Roger Trudell provided the tobacco offering, while Omaha Nation chairman Amen Sheridan offered the invocation prayer. The program and audience included members of both tribes.

The Mazakute drum group performed during the groundbreaking. At the conclusion of the ceremony. the college's board members received thanks and congratulations from those in attendance.

The ceremony hadn't even begun and Oltrogge was already talking about more construction.

'With our 20 acres, we can start expanding," he said. "We hope to build additional facilities. We are looking at an auditorium or gymnasium that can be used for the college and public events. We could hold our graduation there."

More news could be on the way, the president said. "Our name is Santee Student Center, but that could change," he said.

Denney predicted the new campus is just the beginning, proving good things come to those who wait.

"The college-owned facility is long overdue," he said. "I cannot be more pleased to have this facility moving forward."

Oltrogge sees a change in attitude and direction as well as a change in the college's location.

There is lots and lots of new hope," he said. "The future is look-ing good, and I am very proud to be part of it."

student burst right away with their new facilities. We could see something comparable.'

The Santee campus could also increase the current 15 percent of its student body who are traditional-age college students, he said.

NICC board chairman Jerry Denney, a Santee Sioux tribal member, said he has waited nearly a quarter-century to see the new campus building become a reality.

"I waited 21 years for this to happen. We have had setbacks in getting this (facility) completed," Denney said. "For the last 10 years, I have been on the board, and this has been an uphill battle."

The project, and the college itself, has faced many challenges, Oltrogge said. Those issues include finances, governance, accreditation and academic quality.

"We are owned by the Santee Sioux and Omaha Nation but are governed independently," he said. None of our college board members can be a tribal board member at the same time."

The NICC originally operated as



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