

KIDS FIRST



Dirt

You are wondering why such a zany title. After all you hate dirt. As a matter of fact, so does your family, friends, and the vast majority of North Americans. We are obsessed with dirt and the unclean. We are fastidious, fussy, and clean obsessed. Let me show you. How many of you take off your shoes when entering the house? Look at a glass before drinking from it? Wash your hands compulsively? Wear a hospital gown to hold your newborn? It has more bacteria on it than your infant! Wash your clothes after wearing them only a few hours? Scrutinize the table ware before eating? Or any of the other million idiosyncrasies we all do.

So why do we do this?

Well ... we have been taught that germs are bad. That one can get germs from anything and everything. That germs should be eradicated, wiped out, killed. That no mercy should be shown.

Take no prisoners our parents told us. So we do what we have been taught. This sterile obsession we

then pass onto our children and the myth of clean is propagated.

Our obsession with cleanliness is causing our own demise. I am not referring to personal hygiene; rather, I am referring to our *Everything-spotless-and-clean* mentality.

More and more authorities are convinced that everyday dust and even dirt is actually good for you. Our search and reach for sterility is actually harming us and our children. I realize this may sound a bit alarming for many of you, but read on!

Our health is based on a properly functioning nervous system, immune system, and endocrine system. The new science connecting these components is called, **psychoneuroimmunology**. Many feel that the immune system, the endocrine system, and the nervous system are one and the same. This new science investigates the relationships between these systems and how they integrate and interact together for the health and well being of the individual.

What has this to do with dirt you ask? Bart Classen MD, of Classen Immunotherapies in Maryland, a vaccine researcher, told me in a personal communication, that the immune system of today's child is in serious trouble. He feels that because of our search for cleanliness and sterility,

our immune system is no longer being exercised as it has been in the past. These thoughts are echoed by Steve Marini D.C., Phd. a chiropractor and immunologist, Philip Incao MD, and countless others.

More and more scientists are realizing that most of the childhood diseases are innocuous and are there in order to exercise a young immature immune system of a child. You probably think that a child having measles, chickenpox, etc., is a terrible thought. Not so. These diseases actually teach the immune system how to deal with the myriad of viruses and bacteria of his world. This is a good thing. In fact, Howard Weiner, a prominent Harvard immunologist, feels that our vaccination program actually "skews" the activity of the immune system making our children more susceptible to more serious complications later in life. In these situations, such an immune system will not be able to deal as effectively with a bacterial or viral invasion because it has never had to try. I tell my patients that even the common cold and flu has a place; they teach the immune system how to fight! This is good. Just because you feel sick when you have the flu doesn't mean you are. It simply means your body is doing exactly what it has been programmed to do. This is not sickness.

This is an expression of health! I am not saying that you have to like it, but ultimately it is for your benefit. To circumvent this system is not in your best interests.

There are a number of supplements I can recommend which increase the function of the immune system; after all that is the name of the game.

- Manganese
- Vitamin B complex and Pycnogenol
- Vitamin A plus carotenoids
- Zinc and copper
- Bovine colostrum
- Garlic
- Amino acids (L-Arginine, L-Cysteine, L-Lysine)

Some of these need to be taken in restricted quantities, so be aware.

So...don't be so fastidious. Let some dirt into your life. You'll be a healthier person for it.

Plath Chiropractic & Wellness
402 E. 3rd Street • Yankton, SD

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

SCHOLASTICS

AMERICANISM ESSAY AND POETRY WINNERS ANNOUNCED

Malena Diede, the Americanism Chairman for The American Legion Auxiliary Roy Anderson Unit #12 of Yankton presented awards to winners of the 2010 Americanism Essay and Poetry Contest. Students from all schools in Yankton were asked to participate.

The Title for the essay contest was: "How Can I Encourage my Friends to Show Pride in Being an American?"

The following Essay winners were presented awards:

- Grade Four
 - First Place: Tyler Kraft; Teacher, L. Willard-Lincoln School
 - Second Place: Miles Carda; Teacher, P. Weydert - Beadle School
- Grade Five
 - First place: Kate Budig; Teacher, B. Giegle - Sacred Heart School
 - Second Place: Emily Novak; Teacher, S. Lippert - Missouri Valley Christian School
- Grade Six
 - First Place: Belle Heine; Teacher, L. Olnes - Sacred Heart School
 - Second Place: Drew Wenande; Teacher, L. Olnes - Sacred Heart School
- Grade Seven
 - First Place: Jared Rafferty; Teacher, L. Olnes - Sacred Heart School
 - Second Place: Spencer Huber;

Teacher L. Olnes - Sacred Heart School

STRENGTH IN NUMBERS

POETRY winners were:
Grade Four:
First Place - Azucena Alonzo; Teacher, S. Rehurek - Lincoln School
Second Place - Audrey Rudo; Teacher, S. Rehurek - Lincoln School
Grade Five:
First Place - Leah Waid; Teacher, S. Lipper - Missouri Valley Christian
Second Place - Emily Novak; Teacher S. Lippert - Missouri Valley Christian
Grade Six:
First Place - Katie Hauser; Teacher, L. Olnes - Sacred Heart School
Second Place - Lucas Carda; Teacher, L. Olnes - Sacred Heart School
First Place Winner also at the District Level in the Poetry division was
Grade Four: Azucena Alonzo.

YANKTON COLLEGE STUDENT WINS HY-VEE SCHOLARSHIP

Hy-Vee is proud to announce that Kristin Steffen, of the University South Dakota, is one of 16 college students to be awarded a Hy-Vee Foundation Inc., college scholarship.

The freshman at USD, who works at the Yankton, S.D., Hy-Vee,

runs cross-country and track and field and also coaches fourth grade girls basketball. Steffen is studying physical therapy.

Each year the Hy-Vee Foundation awards a total of \$80,000 in scholarships to graduating high school seniors and current college students who have worked at Hy-Vee or have parents working for Hy-Vee. Winners are selected by officials from the Iowa College Foundation on the basis of a 300 to 500 word essay and a summary of the student's school, civic and extracurricular accomplishments and involvement as well as their academic standing.

In 2011, Hy-Vee has partnered with Western Union in providing this year's scholarship dollars.

DOANE COLLEGE AWARDS DEGREES

CRETE, Neb. — Doane College awarded 625 undergraduate and graduate degrees Sunday, May 15, during the college's 134th annual Commencement celebration, held at the Crete campus.

The following area students received undergraduate degrees from Doane's Crete campus:

Yankton: Kyle Alan Smith, Bachelor of Science, Business Administration

Michels

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"We have more people applying than we have allotted spots," Michels said. "The dark side thought would be, 'It's the economy.' No, it's South Dakota, because we are high-caliber individuals."

Moving on to other subjects, Michels said the state economy is on a positive track.

"We're right on target," he stated. "Our numbers for sales tax seem really strong. Video lottery, because of the smoking ban, has dropped. The contractor's excise tax seems to be a little stronger."

"Even with the flooding issues in the northeast, there seems to be a lot of optimism," Michels added. "The issues are, there are more and more jobs coming on line. Can we find people who match the skill set?"

Michels also noted that he recently went from a part-time lieutenant governor to full time. As part of that transition, he closed his Yankton law office May 1.

"It was emotional to discontinue a law practice after 22 years," he said. "But that's replaced in a heartbeat by a lot of areas I'm passionate about and get to work in (as lieutenant governor)."

When asked about his position on the Yankton School District property tax opt-out vote that will take place Tuesday, Michels chose not to share his view, saying only that, "I've

already voted."

He was also questioned about the proposed sale of property on the South Dakota Human Services Center campus. Michels said the issue is being discussed.

"I don't think this is going to happen quickly," he stated. "The commitment I've made to people and our legislators down here is, nothing will happen without a lot of discussion and a lot of notice."

Nobody likes being lied to or misled...

Yes! For Kids provides factual information in a straightforward manner. Unfortunately, some will go to any length to get your vote. We want you to make your decision based on solid information, not scare tactics and half-truths.

✓OTE YES May 24th

Paid for by Yes! For Kids - Kyle Repp, Treasurer

HEADLINING MUSIC

FRIDAY, JUNE 3RD • 9PM

BIG HEAD TODD AND THE MONSTERS



The Nadas
7:30 p.m.



Boring Daylights w/Sarah Benck
6:00 p.m.



ALL MUSIC ON FRIDAY & SATURDAY WILL BE HELD AT MEMORIAL PARK

SATURDAY, JUNE 4TH • 9PM

RED



Kory & The Fireflies 7:30 p.m.

Janitor Bob 6:00 p.m. **JANITOR BOB**

The Austin Buescher Band 4:30 p.m.

Mrs. Begley & The Boys 3:00 p.m.



Celebrating 150 years of history...

June 2-5, 2011

Join us for music, food and festivities.

For a detailed schedule, parking map, history & more info, go to www.cityofyankton.org/150

