

KIDS FIRST



Bed Wetting and Bladder Control

Wet blankets and sheets in the morning, soaked, smelly pajamas, soggy, cold, and wet underwear, and a very uncomfortable, embarrassed and ashamed child - this is a picture of bed wetting (Nocturnal Enuresis) and loss of bladder control for children.

Enuresis simply stated is bed wetting past the usual time a child is potty trained - whereas loss of bladder control applies to children during the school day. It can also apply to adults - have you heard of the new "Overactive Bladder Disease?" I just love marketing.

It is estimated that 1 out of 5 young children wets the bed regularly. This means that 20% of children under the age of ten wet their bed. Not Ok! Imagine what this does to a child's self esteem. Incidentally, the oldest

patient I have seen with this condition was a 21-year-old dental hygienist. Over time, various reasons and "causes" have been proposed as the origin of bed wetting; psychological, habitual, etc. Many methods have been used to "treat" this affliction; alarm systems in the bed, electric shocks, hypnosis, drugs, waking the child, psychotherapy, spankings, self-blame, the "bad boy" syndrome, punishments, etc. None of these have had much of an affect. Not that many years ago, this was thought to be the fault of the child who was simply misbehaving. What bizarre beings we can be!

Bed-wetting or loss of bladder control occurs when there is improper function of the valve (sphincter), which controls the flow of urine from the bladder. Many people think of it as a faucet or a spigot - turning on the flow of urine from the bladder. So what controls this faucet? Good question. This valve is simply a ring of muscle which contracts, or relaxes, to control urine flow. So what controls this ring of muscle - this valve? You would be surprised to learn that this valve is under total control of the nervous system - that internal INTERNET that runs your program. This valve actually has two sets of nerves, which control its function; one is under voluntary control, which means you go when you

want to. The other is on "autopilot" or "automatic." In other words, the child has no voluntary control over this particular one. The function of these two sets of nerves is controlled by the child's nervous system, which keeps both in check and balance. If the nervous system is allowed to function with no interference, there should be no problem with wetting the bed, or the pants, or the underwear, in school or at home. Period!

Beware of ads suggesting that it is OK for children to wet the bed because now there are school age diapers available. These ads seem to suggest that the bladder may not have developed properly and so a diaper is the answer. Nonsense! This is called marketing!

Have you noticed ads recently, mentioning a new "disease"? I have mentioned it earlier. The medical industry has developed a new disease. It is called the "Overactive Bladder Disease". And as you may have guessed, there is a drug to deal with condition. Isn't it a wonderful service the pharmaceutical industry is providing.

Similar thinking holds true for school age or adult diapers. Instead of dealing with the reason WHY the

bladder is not functioning, it is much more profitable to put adults and school age children in "diapers". Marketing states that it is now socially acceptable to go shopping and do your business as you walk because you are wearing diapers. I'll let you draw your own conclusions.

Most chiropractors who deal with children will tell you that kids who are bed wetters, and those afflicted with loss of bladder control, respond very well to chiropractic care. The reason for this is quite simple - we deal with removing any interference to the normal function of the nervous system. Applying this concept to a child (or adult) whose nervous system control of his or her bladder is lacking, the results can be quite amazing. If your child, or someone you love, is experiencing difficulty with bladder control, please call us, we can help!

If you need additional information, please call me personally at 605-665-8228

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Lawmakers Advance Neb. Wrongful-Conviction Payout

BY GRANT SCHULTE
Associated Press

LINCOLN, Neb. — A man who spent nearly 14 years in a Nebraska prison after he was wrongly convicted of murdering his wife came one step closer Friday to a \$500,000 settlement that will pay for his dream home.

Lawmakers gave first-round approval to a \$450,000 payment for Darrel Parker, more than four decades after a federal appeals court overturned his conviction on grounds that his confession to police was coerced.

The State Claims Board has already approved \$50,000 in compensation, but lawmakers are required to approve the rest. Reached by phone earlier this week, the 81-year-old said the money would help cover the final payments on a house that he shares with his current wife in Moline, Ill.

"It's been a long time coming, but we're happy that the bill is moving along," Parker said. "This will make things much easier for us. At least we'll have some security in our old age."

The payout came after state officials decided to stop fighting a lawsuit and give him \$500,000 in compensation — the maximum amount permitted under state law.

Parker was convicted in 1956 of first-degree murder in the death of his wife, Nancy, who was found raped, bound and strangled in their Lincoln home.

He was released from prison in 1970 and received a full pardon in 1991, after another man, Wesley Peery, confessed while sitting on death row for a similar slaying. Peery's confession to his lawyer was protected by attorney-client privilege, but became public after he died of a heart attack in 1988.

Last year, Nebraska Attorney General Jon Bruning publicly conceded Parker's innocence and announced that his office would not fight the claim.

The payout to Parker was included in the Legislature's annual state claims bill, which is required to pay for major legal settlements against the state.

The measure comes as lawmakers prepare to debate a death-penalty repeal bill on Monday. Sen. Steve Lathrop of Omaha, a lawyer who presented the claims bill, said Parker's case illustrates flaws with the death penalty.

"Our system is not perfect enough, in my opinion, to impose death as a form of punishment," Lathrop said. "This is an example, and for us to pay this Mr. Parker fellow, the attorney general's office had to come to the conclusion that it was obvious in hindsight."

Peery had worked around the Parkers' home in 1955, and was questioned during the initial murder investigation but released. Earlier this year, the Lancaster County attorney's office discovered 14 witness reports of a vehicle near the murder site that matched the description of a vehicle Peery owned at the time.

Parker was 24 when he returned home to find his wife dead in their bed. Her feet and hands were bound, handkerchiefs had been stuffed in her mouth and her face was badly bruised. The medical examiner concluded she had been raped, then strangled with a cord knotted around her neck.

Hours after his wife's funeral

in Iowa, Parker was summoned to Lincoln police headquarters and subjected to a 12-hour polygraph test, according to his lawsuit. He confessed during the police interrogation, but soon recanted. The lawsuit alleged the investigator who administered the polygraph coerced him into the false confession.

He was convicted of murder and sentenced to life in prison. In 1969, a federal appeals court overturned the conviction, saying the confession was forced, and Parker was released. The U.S. Supreme Court reversed that ruling a few months later and, according to the lawsuit, Parker was offered a deal by the county attorney that would allow him to remain free on parole if he would drop his objections to the confession.

Nebraska passed its 2009 wrongful convictions law in an effort to compensate the so-called "Beatrice 6" and others wrongly imprisoned in Nebraska. Six people were convicted in the 1985 rape and murder of 68-year-old Helen Wilson, of Beatrice. They spent a combined total of more than 90 years in prison, until DNA evidence exonerated them all in 2008.

Some later brokered settlements with the state over their convictions, including at least one for the maximum \$500,000.

Sen. Ernie Chambers of Omaha said Friday that he plans to introduce a bill next year that would eliminate the \$500,000 cap on compensation for prison inmates who are wrongly convicted.

The bill is LB536.

Suspect Killed In Minneapolis Shootout

MINNEAPOLIS (AP) — A traffic stop on Minneapolis' south side ended Friday with two police officers shot and the suspect dead in a shootout, and a motorcyclist dead after colliding with a squad car rushing to the scene, police said.

The two male officers were in stable condition at nearby Hennepin County Medical Center, police said. The officers' names were not released.

Police said the male suspect was dead but released no details. A Minneapolis police squad car

heading to the shooting collided with a motorcycle, killing one person on the motorcycle and injuring another, police said. The officer was not hurt. Names of the motorcyclists were not immediately released.

Police Chief Janee Harteau, who visited the wounded officers in the hospital, called it "a very tough day" for the Minneapolis Police Department.

"The situation was a tragic one, and I want to make sure that we keep them (the officers) and their families in our thoughts and

prayers," Harteau told reporters in a brief statement outside HCMC. She said the investigation was just beginning.

Police said earlier that the shootout happened when the suspect was cornered in a home he had broken into.

The officers stopped the vehicle about 3:30 p.m. and the suspect fled and broke into a house, police spokeswoman Cyndi Barrington told The Associated Press. The homeowner called police, and a shootout ensued, she said.

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Paul, Jindal Visit Early Voting States

BY THOMAS BEAUMONT AND STEVE PEOPLES
Associated Press

CEDAR RAPIDS, Iowa — Republican Sen. Rand Paul opened his presidential exploration tour Friday with a splashy set of speaking engagements in Iowa designed to broaden his tea party brand into something more mainstream and, perhaps, viable.

At the same time, another Republican, Louisiana Gov. Bobby Jindal, became the first potential 2016 presidential candidate this year to visit New Hampshire, unofficially kicking off the state's presidential primary season roughly 2 1/2 years before voting begins.

Paul, the son of former Texas Rep. Ron Paul, was the headliner at a marquee Republican dinner and was expected to meet with key voting groups in eastern Iowa.

In coming weeks, the Kentucky Republican will reintroduce himself in early voting New Hampshire and South Carolina as a durable would-be candidate able to broaden the GOP into diverse voting blocs dominated by Democrats. He's laid some of the groundwork for his case by speaking to black and Hispanic audiences and saying he opposes a federal ban on gay marriage.

"I think people are looking for something different. You might accuse me of being not exactly the traditional cookie-cutter Republican," Paul told reporters on

an afternoon of political events in Cedar Rapids. "I do know the GOP needs to grow and I want to be part of growing the GOP."

More than 1,000 miles away, Jindal reiterated his call for the GOP to stop being "the stupid party," insisting that Republicans must expand their message beyond budget austerity and shrinking government.

"In Louisiana, in New Hampshire and in America, we cannot be the party that's obsessed with government and government only," he said at a Manchester, N.H., fundraiser for state senators.

While Jindal hasn't ruled out a White House bid, he insisted Friday that he visited New Hampshire simply to help the local GOP.

"The reality is anybody who's thinking about 2016 needs to have their head examined," Jindal said. "It's way too early."

All of the prospective GOP candidates face the challenge of uniting a party without a definitive leader after election losses last year. Key voting blocs — women, blacks and Hispanics — voted overwhelmingly for Democrats. Republicans lost seats in the GOP-controlled House, failed to capitalize on a once-promising shot at winning the Senate majority and the party's presidential nominee, former Massachusetts Gov. Mitt Romney, failed to unseat Obama.

The party needs to change, Paul said Friday, and that means

taking another look at policies that have alienated some groups. For instance, Paul favors relaxing federal sentencing laws for drug crimes, which disproportionately penalize racial minorities.

"We need to have a Republican Party that looks like the rest of America. We need a more inclusive, diverse party," he said. "We cannot compete unless we are going to go out and say to African-Americans, we want you in our party."

Jindal said the GOP must work to appeal to "100 percent of America" and called for a more "compassionate solution" for the nation's immigration debate. But he refused to endorse the bipartisan immigration bill moving through the Senate that includes a pathway to citizenship for immigrants in the country illegally.

"I haven't read the bill," he said.

Jindal, the chair of the Republican Governors Association, says he's yet to schedule any more public appearances in early voting states.

Paul, 50, has crafted a more aggressive schedule reaching out to Republicans in early voting states to make the case that he can unite the party and broaden its appeal. The Kentucky senator starts with a key advantage: the base of more than a million supporters of his father, a libertarian Republican who sought the presidency in 1988, 2008 and 2012.

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