

KIDS FIRST



Reading', Ritin', and Ritalin

Part II

In the last article, we discussed ADHD (Attention Deficit Hyperactivity Disorder) and some of the factors that would "label" a child having ADHD.

To treat this "affliction" children are placed on the drug Ritalin, classed as a Class II narcotic.

To bring this into perspective, Class I narcotics are those substances for which there is no legitimate use. Substances that even a licenced physician can't prescribe, eg., heroin, etc.

Class II are those substances that are also addictive but have limited medical value, eg., Ritalin, Cocaine, etc.

Class III and IV are substances which have the potential for abuse, such as Valium and other barbiturates.

Most parents may not realize that Ritalin is highly addictive and is placed in the same class as Cocaine and opium. Ritalin is a psychotropic drug; it alters behavior and a child's perception of the world. The purpose of this drug is to force the child to obey! I feel it robs children of their individuality and I wonder if we are not turning our children into robots! This drug is so popular that toddlers are the new market! As a matter of fact, other drug companies, in their quest for a share of the market, are now suggesting that children be placed on Prozac. This is not OK!

There have been few conclusive research studies done on the long-term effects of Ritalin.

However, Johnson and Stewart found that: 83% of children had trouble with frequent lying 60% of children were still overactive and rebellious

59% had contact with police

52% were destructive 34% threatened to kill their parents 15% contemplated suicide Definitely not popular side-effects!

There has to be a better way! Chiropractic doctors have been successfully helping ADHD children for years. We often find that an interference to the function of the nervous system, caused by a vertebral subluxation in the spine, is at the heart of the matter. These vertebral subluxations are often the result of a difficult birth and interfere with normal nervous system function.

A vertebral subluxation is an irritant to the nervous system. It is similar to having a pebble placed in your shoe that you can't get rid of! Chiropractic care is directed at correcting these subluxations thereby making the child's nervous system function normally. It's that simple.

If your child has been labelled ADHD or is in the process of being labelled, my suggestion would be to consult a pediatric chiropractor without delay.

JOIN US!

Tuesday, Nov. 8, 2011 @ 7pm

For a special lecture on **Reading', Ritin', and Ritalin**

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Dr. Scott Plath has practiced in Yankton for 32 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.

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

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Corps

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and the sacrifices that you lived through all summer," Farhat told the audience.

Those remarks were echoed by Brigadier General John McMahon, the Corps' Northwestern Division Commander.

"This was a very regrettable and unfortunate event," he told the audience. "You have to know we are sincerely sorry for what you have been through."

During Thursday's meeting, dozens of flood victims urged the Corps to change its plan and release more water to head off a repeat of this summer's disasters.

Farhat noted the Corps will maintain, at least for now, the flood control storage of 16.3 million acre-feet (MAF) for a number of reasons.

"It allows the repairs (to the system) to go on and prevents damage to the levees," she said. "It also allows us to continue with flood recovery."

Farhat told the *Press & Dakotan* that the 16.3 MAF allows the Corps to undertake the needed work on the dams after they underwent tremendous stress this year.

"We need to remind people that the dams are our number one line of defense, and we need to get the inspections and repairs done before the next runoff season," she said.

McMahon said the Corps learned three lessons from this year's flooding: the need for better communication, flexibility and

an aggressive stance toward flood control.

"For the remainder of 2011, if we have more opportunity to release more water, we will take advantage of it," he said.

However, he stopped short of pledging to do so, citing a number of unknown factors heading into 2012. He noted the continued high runoff and saturation even with the current dry conditions.

One three-month forecast also calls for an above-normal probability of above-normal precipitation.

"We can't make a commitment that we will evacuate 'X' amount of flood water, because I can't keep (that promise). It would be irresponsible of me," McMahon said.

"The sincere effort is, if the opportunity presents itself to evacuate water, we will. We will take an aggressive stance, but there are limits to the aggressive stance."

McMahon drew audience applause for his announcement that the Corps will work on better communication.

The Corps will release information more frequently, changing its runoff report from month to twice-monthly. The Corps is also implementing regular briefings with congressional delegations; state, tribal and local officials; and the media.

Farhat told the *Press & Dakotan* that the briefings represent a return to the conference calls held during this summer's flooding, which began on a daily basis and were reduced later in the flood fight.

Some media broadcast or streamed the conferences for their audience, Farhat said. She

told of Pierre residents who regularly tuned to a local radio station, using the briefings as a source of information.

"Some planned their daily routine around those broadcasts," Farhat said.

While improving communication and receiving feedback from the public, the Corps will continue relying on data to manage the river, McMahon told Thursday's audience.

"We are looking at the needs of the basin, not politics and not public opinion," he said. "We will base our decisions on science, probability and statistics."

The Corps must also take into account its eight authorized purposes and the entire basin, McMahon said. "We have many competing interests, and they watch us like hawks," he said.

The Corps faces \$500 million to \$1 billion in repairs to restore the basin to pre-2011 conditions, McMahon said.

"The system is still fragile and vulnerable," he said. "By mid- to late November, we will have an actual feel for the requirements."

The Corps is working to secure federal funding for repairs, which presents a challenge in the current budget battles, McMahon said.

As part of its post-flood assessment, the Corps is working with the Missouri River Task Force, McMahon said. The Corps will also receive recommendations from an independent review, covering the Corps' flood actions this summer and any proposed changes for the coming year.

The draft AOP gauges that the entire flood control storage will be available in 2012, and the system

should generate 9.9 billion kilowatt-hours of hydropower next year.

The AOP also calls for higher winter releases and no spring pulses from Gavins Point Dam. The AOP also calls for minimizing zero releases at Fort Randall to the extent reasonably possible during the nesting season.

During Thursday's meeting, statements were read from the South Dakota congressional delegation of U.S. Sens. John Thune and Tim Johnson and Rep. Kristi Noem, as well as from U.S. Sen. Tom Harkin and U.S. Rep. Steve King of Iowa.

During audience comments, Vermillion resident Jim Peterson of the Missouri Riverbank Stabilization Association noted the flood created severe erosion on both sides of the river from Yankton to Ponca, Neb.

The receding water also left behind "massive amounts of sand," Peterson said.

"There's enough sand to satisfy the least tern and piping plover forever," he said, referring to two endangered species of birds who nest on sandbars in the river.

One audience member called for the firing of key Corps personnel, which drew a quick response from McMahon.

"I have the utmost confidence and respect in the team that led this (flood control) effort," he said, drawing boos from some audience members.

Howard Paul, technical director of the Missouri Sedimentation Action Coalition (MSAC), described the massive increase and movement of sediment as a "creeping disease" that has

claimed valuable reservoir space.

"The result is to kill off vegetation, harm wildlife, create expensive buyouts and affect hydropower," he said. "We are down 5 million acre feet that we have lost. If we don't do (the needed action to fight sediment), the cost will grow."

The Corps announced that it will conduct a Nov. 30 meeting in Yankton to hear the results of a Colorado State University study on Lewis and Clark Lake sediment.

The Corps has lost its credibility, according to South Sioux City city administrator Lance Hedquist.

"What we are facing is clearly a man-made disaster. A lot of this could have been curtailed with better control of the river," he said. "There is a great deal of distrust (of the Corps) from the public I serve."

Jeff Dooley, district manager for the Dakota Dunes Community Improvement District (CID), agreed.

"We will get through this, but our loss of confidence in the Corps will last for a long time," he said. "Your 'Building Strong' motto (for the Corps) ... has been damaged in this (flood) event. It has

shattered our confidence."

Those who took the podium included a woman who described lying in bed, listening to the flood waters rush over her farmland. By the end of flooding, her farm lost 700 acres of crops along with \$100,000 of fertilizer, \$60,000 of seed, and pasture which forced the sale of cattle.

"We need to get our farm in shape for next year. We are out thousands of dollars, and that doesn't even include repairs," she said.

"Nobody deserves to have this done to them. We have to reap all the bad things that happened to us. I'm going to move forward. The Corps isn't going to take me down."

After the meeting, McMahon told the *Press & Dakotan* that he respected the anger and frustration shown by audience members.

"It's all understandable. I feel for the people here. They've been through hell," he said. "(South Dakota) Gov. Daugaard said in his letter, 'You (Corps officials) can do better, and we expect that you will.'"

"The governor's right, and we will improve."

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