


KIDS FIRST



## Growing Pains

So here you are. Your child is crying his eyes out, usually at bedtime, with what seems to be to indescribable pains in his/her legs. Your heartstrings have had it and you have most likely tried all the standard parent remedies such as walking, reading, hot towels, cuddling, massaging the legs, all to no avail. The pains still persist. Eventually your child finally falls asleep from sheer exhaustion and you simply dread a repeat performance the next day. Finally, out of pure frustration, you seek professional help only to be told that it is simply "growing pains," and that "your child will eventually grow out of it." Concerned and worried parents often hear such bizarre comments. The sad truth is that many parents actually believe that to be the case. You were probably told that your child's legs hurt

because the bones, ligaments and muscles are developing and a little pain is a normal part of the process. Apparently all these tissues and bones all grow differently and *should* cause pain. This has always been traditionally explained as a normal part of childhood. Many concerned parents have believed this theory for years because at first glance, it seems fairly sound. It appears to be plausible and after all, parents are not trained as doctors and so we are literally sold on the idea that it should hurt to grow. This becomes an accepted part of childhood - a rite of passage. Nonsense!

Think about this for a moment though..... When did it ever hurt to grow? Is this really a "normal" part of childhood as we have been taught to believe? And why only the legs? Don't the arms, the nose, the fingers and all the other parts of body also grow? Why don't they hurt?

You are now beginning to see that the explanations most parents are given are not only untrue but also illogical. If that is the case then, what is the real reason of these pains?

The vast majority of children I see complaining of growing pains are in their very active formative years, most being between six and fifteen years old. The sudden jars, bumps and lumps of vigorous play often produce stress on the spine and cause the vertebrae to become subluxated. These subluxations affect the way certain nerves control the function of your child's legs, knees, feet, etc. In adults this is called sciatica - pain in the legs. Even the internal organs can be affected, creating a plethora of difficulties ranging from abdominal cramps, diarrhea and/or constipation, to Colitis, Crohn's disease and Irritable Bowel Syndrome, etc.

Consider this, those of you who are bothered by low back pain and leg pain as adults most likely also experienced "growing pains" when you were little. You may not have realized that by having your subluxation corrected as a child, may very well have eliminated what you are experiencing today.

If your child is experiencing pains in the legs, or "restless legs," or any of the problems I have

mentioned above, a visit to your family chiropractor should be a top priority.

As well as seeing a chiropractor, which I consider to be most important, the following will also offer temporary relief in the meantime.

1. Hot damp compresses on the outer part of the thighs
2. Gentle leg stretches (your chiropractor will advise you on this)
3. Vitamin D complex
4. Calcium supplementation

*One thing you should keep in mind is that pain is a warning. It is the body's way of letting us know that something is not right. If your child is complaining, please remember that there is a reason for it.*

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**  
402 E. 3rd Street • Yankton, SD

DeVelder Recognized For Excellence At USD

VERMILLION — A member of the University of South Dakota faculty has been recognized nationally for excellence in communication disorders. Liz DeVelder, an instructor in the Department of Communication Science and Disorders at USD, is a 2011 National Student Speech Language Hearing Association (NSSLHA) Chapter Advisor Honors recipient.

The NSSLHA Chapter Advisor Honors are awarded each year by the Executive Council to the chapter advisor who has provided sustained and exceptional leadership through their efforts with the local NSSLHA chapter. Students from NSSLHA chapters around the United States are eligible to nominate their advisor for this recognition.

DeVelder received a B.S. in Communication Science and Disorders and M.A. in Communication Science and Disorders - Speech and Language Pathology, from the University of South Dakota. She also has an M.A. in Curriculum and Instruction from Wayne State College.

In addition to being recognized at the American Speech and Hearing Association (ASHA) convention NSSLHA banquet in San Diego, DeVelder will receive a plaque and a \$500 stipend.



DeVelder

Barnes Renews Certification In Diabetes Ed.

The National Certification Board for Diabetes Educators (NCBDE) announced that Susan Barnes, RN, Avera Sacred Heart Hospital and Dakota Diabetes Center, has renewed the Certified Diabetes Educator (CDE) status by successfully completing the continuing education renewal option process. Candidates must meet rigorous eligibility requirements to be eligible for certification. Achieving the CDE credential demonstrates to people with diabetes and employers that the health care professional possesses distinct and specialized knowledge, thereby promoting quality of care for people with diabetes. Currently, there are more than 17,000 diabetes educators who hold NCBDE certification.

Barnes has been employed at Avera Sacred Heart Hospital for 25 years. She became certified as a diabetes educator in 1991. Avera Sacred Heart Hospital's Diabetic Education Program become recognized nationally in 2001 by the American Diabetes Association and has maintained that status up to the present time.

NCBDE was established in 1986 to develop and administer a certification program for health care professionals who teach individuals with diabetes how to manage their disease.



Barnes

Schoenfelder Marks 20-Years At WalMart

Wal-Mart congratulates Dean Schoenfelder for 20 years of Service. Dean has worked at the Yankton Wal-Mart store his whole career with Wal-Mart. You can find Dean's smiling face in our Hardware Department. Thank you Dean for your dedication to Wal-Mart and your Community.

Yankton Inventor Places At Competition

Bill Conkling recently placed second in the "Whatchamacallit" contest at the South Dakota Enterprise Institute Innovation Expo. Inventors presented their inventions to a panel of judges and were graded on commercial potential, uniqueness, presentation, competition, and barriers to entry into the market.

Conkling presented his invention, the "Bow Blind Buddy" against ten other inventors. "It was a great experience and I received lots of positive feedback for my invention. I'm excited to begin production soon and see what kind of reception I get as I try to sell them." The "Bow Blind Buddy" is a product to help hunters organize their equipment while hunting from ground blinds.

Reminder Of State Law For Drainage

The South Dakota Association of Towns and Townships has recently become aware of a number of incidents where landowners are ditching and trenching through township roads and right of ways for drainage purposes without seeking authorization from the township.

State law makes it a criminal offense to damage a road or right of way. Such action may result in criminal charges or civil penalties (or both) against the landowner. Depending on the nature of the damage and circumstances, the criminal charges range from a Class 2 to a Class 1 Misdemeanor or even a Class 6 Felony.

In addition, civil penalties of two or three times greater the cost of repairing the damage can be imposed upon the landowner for damage.

Furthermore, this unauthorized activity increases liability exposure for both the landowner and the township as extreme re-shaping of the ditch and trenching in the right of way creates a public hazard. Nothing should be done by the landowner to drain water into or alter the township road and right of way, in any manner, without the expressed written authorization of the township.

Townships are also reminded that necessary permits from their county drainage boards and Army Corps of Engineers may also need to be obtained before authorizing such re-shaping or ditching.

Bogatz Named Employee Of The Month

VERMILLION — Joyce Bogatz, LPN, Care Center was selected as the Sanford Vermillion October 2011 PRIDE Employee of the Month. She has been employed here since 2006.

The nomination form included these comments:

Personalized Service: Joyce discusses cares with residents and co-workers. Staff and residents trust her.

Respect: Joyce is respectful by other departments and care center management.

Innovation: Joyce has an analytical mind. She recently reorganized work that affected nurse, CNA's, and Dietary.

Dedication: Joyce is from the school of INTEGRITY. She will always put the residents first.

Excellence: She is a highly respected nurse at the Care Center.

"Joyce is always willing to help with the bigger organizational needs of the residents. Joyce is a great support to our nursing assistants, giving them support and education whenever needed. Joyce is thorough in her evaluation of resident illness and pain management. Our residents are in good company with Joyce looking out for them." comments Pat Fodness, Director of Nursing, Sanford Care Center Vermillion.

Joyce (Estey) is a native of Ashland, NE. She resides in Yankton with her husband Steve. Joyce has 2 children (Melissa Ackley and Steve Bogatz) and 3 grandchildren (Caleb, Riley and Stevie Rachael).



SUBMITTED PHOTO

Joyce Bogatz was named Sanford Vermillion's October Employee of the month. Pictured are: Tim Tracy, CEO, Joyce Bogatz, October Employee of the Month, Pat Fodness, Director of Nursing, Sanford Care Center Vermillion

Davis Received Distinguished Service Award From USD

VERMILLION — Beth Davis, president of South Dakota Rural Enterprise, is the recipient of one of the University of South Dakota's Distinguished Service Awards, given annually by the Beacom School of Business. Davis was presented the 2011 Special Merit Award, reserved for individuals who serve the South Dakota business community by promoting the value of business to society. The award also recognizes those who help businesses succeed by providing resources and advice to companies interested in starting or growing in South Dakota.

According to Michael Keller, dean of the Beacom School of Business, Davis has committed ten years of her life to promoting business growth in rural South Dakota. Through persistent, creative and determined effort, Davis has marshaled financial and human resources to assist rural enterprises succeed from start up to expansion.

"Beth Davis exemplifies this award," Keller said. "The greatest asset Davis has provided is her evangelistic belief in the merits of doing business in the small communities of South Dakota. No one works harder for the cause of rural enterprises than Beth Davis."

South Dakota Rural Enterprise has a mission to stimulate financial and human investment in South Dakota communities that are invested in themselves. By collaborating with a wide range of economic and community



SUBMITTED PHOTO

Beth Davis, President of South Dakota Rural Enterprise was recently honored at the Beacom School of Business.

development organizations across the state, SD Rural Enterprise works to create positive growth of South Dakota's economy and a sustainable quality of life for South Dakota's rural communities.

The 64th annual Beacom School of Business Award Luncheon was held this year on October 22 at the University of South Dakota in Vermillion. In addition to Davis, awards were presented to Gary DeVries, managing director of Lamont Enterprises LP of Aberdeen, who received the Distinguished Service Alumnus Award, and Brian Gramm, founder and CEO of Peppermint Clean Energy, Sioux Falls, who was named South Dakota Business Person of the Year.

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SATURDAY NIGHT 4 to 8 PM

GRAND BUFFET (DINE-IN ONLY)  
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