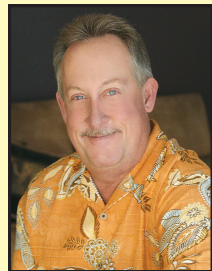


KIDS FIRST



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.

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

Plath Chiropractic & Wellness

402 E. 3rd Street • Yankton, SD

USDA Lowers Nebraska Corn Crop Predictions

LINCOLN, Neb. (AP) — The U.S. Agriculture Department has lowered its predictions for some drought-stunted crops in Nebraska and neighboring Iowa, according to a report released Friday.

The USDA's Agricultural Statistics Service said that, based on Nov. 1 conditions, it expects a Nebraska corn crop of 1.27 billion bushels. That's down more than 2 percent from the October forecast and 17 percent below last year.

The yield was forecast at 139 bushels an acre, which is 3 bushels less than last month and 21 less than a year ago.

The Nebraska corn acres to be harvested for grain were listed at 9.15 million, which is 5 percent less than a year ago.

In Iowa, a corn crop of 1.90 billion bushels was expected, which is down more than 1 percent from October and down 19 percent from last year.

The Iowa corn yield was expected to hit 139 bushels an acre, which is 1 bushel less than the October figure.

The Iowa corn acres to be harvested for grain were listed at 13.7 million acres, the same as 2011.

Nationally, the USDA raised its November corn forecast to 10.7 billion bushels, 19 million bushels more than the October forecast. The total would amount to the lowest U.S. production since 2006.

The USDA raised its Iowa soybean prediction for the year, based on the Nov. 1 conditions.

An Iowa crop of 409 million bushels was expected, which was more than 2.5 percent higher than the October figure but still 14 percent under last year.

South Dakota's Oldest Resident Dies At 113

SALEM (AP) — The woman who held the distinction of being South Dakota's oldest resident for four years has died.

The South Dakota Health Care Association says Beryl Kapaun died Wednesday in Salem at the age of 113.

State Demographer Mike McCurry tells the Argus Leader newspaper that Kapaun is the last South Dakotan to live in the 1800s, 1900s and 2000s.

Kapaun credited her longevity to family genes, clean living and never overeating at meals.

The association says 107-year-old Dagmar Keehn, of Flandreau, is now South Dakota's oldest resident.

Neb. Supreme Court Vacates Sex Offender Conviction

BY MARGERY A. BECK

Associated Press

OMAHA, Neb. — The Nebraska Supreme Court on Friday vacated the conviction of a man accused of violating Nebraska's sex offender registry laws, saying it would be untenable for the conviction to stand.

Timothy Gaskill was 18 when he was convicted of attempted first-degree sexual assault in 1995 and sentenced to two years of probation. The now 36-year-old also was required to remain on the state's sex offender registry for 10 years at the end of his probation.

Because Gaskill was considered a low risk to reoffend, his name and address were not made public on the registry.

But that changed in 2009, when the Nebraska Legislature changed the state Sex Offender Registration Act. At the time, lawmakers said the revision was needed to comply with federal legislation passed in 2006, which said if a state did not pub-

licly register all people convicted of sexual offenses and make other adjustments, they could lose out on federal grants for local law enforcement.

In 2010, Gaskill's name, address and photograph were published on the state's online sex offender registry. Gaskill and his family were evicted from their Lincoln apartment after residents complained upon seeing Gaskill on the sex offender registry.

His family spent the next two weeks in various motels until they could find another place to live. During that time, the Lancaster County Sheriff's Department discovered that Gaskill was not living at the address listed on the registry and contacted him. Gaskill immediately went to the sheriff's office to register his new address, but was arrested and later convicted.

Gaskill appealed that conviction, arguing that the 2009 changes to the registry violated his constitutional rights.

The Nebraska Supreme Court rejected his ap-

peal earlier this year, but the state's high court seized upon a statement by state prosecutors that "Gaskill is no longer required to register as a sex offender."

When questioned, a prosecutor said officials had discovered that the Nebraska State Patrol miscalculated how long Gaskill was to remain on the state's sex offender registry. Gaskill moved for rehearing, arguing that his obligation to register ended in 2007, meaning he could not have violated its registration requirements in 2010.

On Friday, the Nebraska Supreme Court agreed.

"It would be untenable for this court to permit Gaskill's conviction to stand," the high court wrote.

Gaskill's attorney, Joshua Weir of Omaha, said Friday that his client, who is finishing a doctorate degree at the University of Nebraska-Lincoln, "is just trying to move on with his life."

Gaskill will likely seek a pardon, Weir said.

Nebraska Gets More Time For Health Care Insurance Proposal

LINCOLN, Neb. (AP) — The federal government granted Nebraska more time Friday to develop its own health insurance program, though one key lawmaker said officials have dawdled for so long that a federal takeover may be the state's best option.

The U.S. Department of Health and Human Services is allowing Nebraska and other states until Dec. 14 to submit their plans for a health care exchange as part of President Barack Obama's health care law. The exchanges are intended to enable residents to eas-

ily shop for insurance.

Some states had complained that the original Nov. 16 deadline didn't give them enough time to design a plan, because many were waiting for the outcome of the presidential election. But all states are still required to declare by next Friday whether they will create their own exchange or allow the federal government to do so.

Sen. Jeremy Nordquist, an Omaha Democrat, said Gov. Dave Heineman's administration has released few details about what the

state will propose, even though tens of thousands of Nebraska residents will likely use the exchange. Heineman, a Republican, has said the law is unaffordable and unsustainable.

Nordquist said Heineman should use the new deadline to allow his plan to be subjected public scrutiny.

"This just pushes the decision back," Nordquist said Friday. "Now there are no excuses for us not to engage the public about his plan."

The new federal law requires

states to submit a plan for a consumer-friendly marketplace for health insurance. The exchanges will allow users to buy insurance online, over the phone or through an agent, and will help determine whether consumers qualify for subsidies based on their income.

Under the law, states have three options: create their own program, enroll in a regional one or allow the federal government to run a program for them. States that don't act will default to the federal program.

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5
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- Avera Heart Hospital of South Dakota in Sioux Falls

For more information on the designations, visit www.Avera.org/healthgrades