

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

Plath Chiropractic & Wellness

402 E. 3rd Street • Yankton, SD

Corps

From Page 1

snow this winter," she said, "but we've been told to expect low, stable conditions, that it's probably going to remain dry."

The cut in flow comes despite opposition from the governors of Missouri and Illinois and 77 members of Congress whose states sit along the Mississippi River. Scott Holste, a spokesman for Missouri Gov. Jay Nixon, said his office never received a reply to a letter Nixon sent Army Assistant Secretary Jo-Ellen Darcy, asking that the corps delay plans to reduce the Missouri River flow.

The Mississippi is nearing historic lows between St. Louis and Cairo, Ill. Barges are already required to carry lighter loads and the middle of the river could be closed to barge traffic if the water level at St. Louis dips

below minus 5 feet. It was at minus 0.45 feet Friday.

A zero river reading at St. Louis was established more than a century ago. It's the point at which people at that time thought the river would never drop below.

The National Weather Service forecast for river levels extends only as far as Dec. 6. It calls for the Mississippi River to get to minus 3.7 feet at St. Louis by then. Businesses that ship on the river and their trade groups expect to get to minus 5 feet by around Dec. 10.

Barges carry 20 percent of the country's coal and more than 60 percent of its grain exports. Other cargo, including petroleum products, lumber, sand, industrial chemicals and fertilizer, also gets shipped along the Mississippi River.

Barge operators and those who ship on the Mississippi have warned that a shutdown would have disastrous economic consequences on those indus-

tries, with companies laying off workers if it lasts for any significant amount of time.

River shipping trade groups have even asked President Barack Obama to intervene.

"This is a pending economic emergency," said Ann McCulloch, director of public affairs for the American Waterways Operators.

A message left with the White House on Friday was not returned.

The weather forecast offers little hope with no big storms in sight.

While the drought has eased in the St. Louis area, it persists in the upper Mississippi and upper Missouri river basins, which feed water to the areas below, said Scott Truett, a meteorologist with the National Weather Service office in St. Louis.

"That means less runoff and hence low water levels," Truett said.

The corps has taken steps to

keep the Mississippi open as long as possible, including increasing dredging. It also plans to remove two rock formations in the river in southern Illinois that jut up, potentially scraping the bottoms of barges when water levels are low.

But that work isn't expected until February, although 15 senators and 62 House members in separate letters asked for the rock removal to be expedited.

Corps officials in Omaha say the drought already has hurt recreation along the upper Missouri River areas. The low water has exposed Native American artifacts, leaving them prone to looting, and if it persists into spring, hydropower could be impacted.

Corps officials in Omaha say they are bound by the Missouri River Master Manual to act in the best interest of the Missouri River basin and what happens on the Mississippi is incidental.

Election

From Page 1

In Yankton County, 73.43 percent of residents that voted rejected the bill, while 26.57 percent voted yes.

"Frankly, most educators did not support Referred Law 16," said YSD superintendent Dr. Joe Gertsema. "They looked at it as being a local decision, not a decision to be made at the state level. The state may continue to move forward with an accountability system and may also move forward with an evaluation system because the state agreed to a couple of those things when they accepted federal money. Whatever they decide, we have to accept."

He added that teacher tenure is not an issue at YSD.

"We have an evaluation system here that is working for us, so we don't think we need help in those areas," Gertsema said. "We think the local school board can make those decisions. What we do need is a continued, on-going source of new revenue and state aid for education."

Bietz said the message he took from the election was that citizens both in Yankton and across South

Dakota are not in support of new taxes.

"We are still dealing with the revenue shortfall that took place after the cuts in funding were made," he said. "It will take several years for the state to make that up just to bring us back at the level we were at prior to the deductions. We are in no different shape today then we were before Initiated Measure 15 was voted on. It would have made a huge difference though."

He added the measure, if it was passed, would have brought about \$1.8 million to the budget — about equal to a full year's revenue source.

"It would have almost closed most of the budget shortfall that we are at right now," Bietz said. "However, it would not have brought back the things we have had to eliminate. We need new revenue in the state or less spending. Less spending means cuts."

Next up for officials in YSD is to monitor Gov. Daugaard's upcoming budget address.

"We are waiting on proposals from the governor's address and the new Legislature in Pierre," Gertsema said. "The state has a larger surplus than they anticipated. The surplus is about \$52 million, so we will see what happens."

You can follow Andrew Atwal on Twitter at twitter.com/andrewatwal

Honor Flights Halted After Money Goes Missing

BY HEATHER HOLLINGSWORTH
Associated Press

KANSAS CITY, Mo. (AP) — As many as 100 World War II veterans missed their chance to travel to Washington to see their war's memorial after about \$110,000 disappeared from a Kansas nonprofit that organized free trips for them.

Richard Foster, the president of the board for an organization that ran Central Prairie Honor Flights, fears some of the veterans will never see the National World War II Memorial. It wasn't completed until 2004, and with more than 600 World War II veterans dying daily, there is urgency to the effort to help them see the memorial.

Central Prairie Honor Flights was the largest trip organizer in Kansas and raised nearly \$1.2 million for them between 2008 and 2012. Flights were halted this year, however, after more than \$100,000 went missing from the group's account. Its program director, LaVeta Miller, was charged in October with two counts of theft by deception.

"With that kind of money, we could have completed the World War II veterans or come close," Foster said. "It really pulled the rug out from under us."

Before the flights stopped, nearly 800 veterans made the trip from Kansas to the nation's capital on flights chartered by the Great

Bend, Kan.-based group. It pooled donations from everything from 4-H groups to children's lemonade stands to pay for the trips.

But this spring, the group canceled two charter flights that would have transported as many as 220 more veterans. Another group called Kansas Honor Flight sprung up, but the three trips it hurriedly organized on commercial flights included less than half of the veterans who would have gone on the chartered flights.

Miller began helping administer the Honor Flight program in April 2009 and was promoted to program manager in April 2011. In the spring, around the time the flights were canceled, Springfield, Ohio-based Honor Flight Network decided it no longer wanted the Great Bend group to help organize trips for the national network. It cited problems with reports being filed late and a veteran breaking a rib on a trip.

In July, Central Prairie Resource Conservation & Development, which oversaw the Honor Flights as one of its community projects, closed its Great Bend office and fired Miller because it no longer had the money to pay her \$22,000-per-year salary. An investigation ensued.

"I had her back and thought it was a witch hunt, and then I started seeing the evidence," Foster said. The evidence included invoices that were changed and direct deposits to Miller's bank

account, he said.

Miller, who is free on bail, made her first court appearance Monday. Her attorney, Robert Anderson, refused to comment on the charges against her. She doesn't have a listed number, and a message sent to her through Facebook was not returned.

Barton County Attorney Douglas Matthews said he couldn't comment about the investigation or a possible motive. But said if there is a guilty verdict in the case, his office will seek restitution.

Many veterans remain skeptical of the charges, noting that that Miller didn't have a luxurious lifestyle. She lived in a small, rented home and never seemed to have much cash, they said. During a recent bingo night at the American Legion hall in Great Bend, Miller mingled with veterans.

"She is a nice woman, and nobody thinks a thing about her being here," said Larry Buczinski, 65, of Great Bend, a retired Army staff sergeant who served in Vietnam. He said he suspects evidence was planted in Miller's home to implicate her in the thefts.

"Nobody here really believes what has happened to her," he said.

Before organizing the flights, Miller led the Kansas chapter of the American Legion Auxiliary in 2007 and 2008. The group con-

ducts external audits and isn't aware of any problems, said Cherie Thomas, who now leads the auxiliary.

"Everybody is just shocked, that's all I can say," she said.

In hindsight, Foster said he wished his group conducted external audits too. It is nearly \$40,000 in debt with about \$14,000 of that owed to a prison printing shop that made keepsake memory books for veterans. With no money, it's now relying on volunteers to do things like apply for grants.

Jim McLaughlin, chairman of the board of the Honor Flight Network, said the national group exercises no financial oversight of the local groups that provide the flights. It was completely surprised by the charges against Miller, he said.

The now-defunct Central Prairie Honor Flights has handed over its records, along with leftover hats and T-shirts, to Hutchinson-based Kansas Honor Flight. President Mike VanCampen said Kansas Honor Flight volunteers have called people on the Central Prairie waiting list and been told they died or were too ill to fly. "That is the call we hate to make," VanCampen said. "We just have to say we are sorry to hear that and couldn't get him up to Washington to see the memorial built in his honor."



1-29 & 41st ST., Exit 77
3401 Gateway Blvd.
Sioux Falls, SD 57106
605-361-9240

Coupon Expires 02/28/13
• Present coupon at time of check-in.
• Not valid with other discounts, based upon availability
• Excluding Special Events

• Microwaves/Refrigerators in all rooms.
• Complimentary High-Speed Wireless Internet Access in all Rooms
• Complimentary Deluxe Continental Breakfast featuring Belgian Waffles
• FREE Local Phone Calls, Voice Mail, Cable TV with HBO, ESPN, CNN
• In-room Coffee Makers, Hairdryers & Shampoo
• Several Restaurants Nearby

Sioux Falls
Christmas Shopping Rates
20% OFF
Regular Room Rate

FOUNDATION CRACKED?

Blackburn Basement Systems

Waterproofing & Repair

Basement & Foundation Specialists

Wet Basement? Basement Wall Bowed? Foundation Settling?

• FREE Estimates • Financing Available
Toll Free 1-800-392-3389
www.blackburnbasementrepair.com
(Cannot be combined with any other offers)

What's For Dinner?

Hy-Vee Kitchen Daily Specials **served 4-8pm**

MONDAY NIGHT

ITALIAN NIGHT

2 PIECES OF PIZZA & 1 BREADSTICK **\$3.00**

TUESDAY NIGHT

2-PIECE CHICKEN DINNER

\$4.00

WEDNESDAY NIGHT

HOT TURKEY SANDWICH

\$3.00

THURSDAY NIGHT

CHINESE EXPRESS 2 ENTREE MEAL

\$5.00

FRIDAY NIGHT

BIG BOB'S COD DINNER

\$5.00

SATURDAY NIGHT

6-INCH SUB & CUP OF SOUP

\$5.00

SUNDAY NIGHT

1/2 LB. BURGER WITH FRIES

\$3.00

HyVee EMPLOYEE OWNED

2100 Broadway
Yankton, SD
665-3412

Your photo could be featured in the Dec. 3rd print edition!



PHOTOS WITH SANTA

Saturday, December 1st

1:00-4:00pm • LilyCrest 211 W. 3rd

Have your picture taken by the Spotted Elves! First 50 kids will receive a goody bag from Santa! Photos will be available for purchase on spotted.yankton.net!