



Baby Talk -Part I

So you just found out you're pregnant. Congratulations! That is wonderful! What is even more amazing is that your baby already has a

spine, most of the body organs, arms and legs beginning to form, and its own nervous system. And it's only 5 weeks old! Miraculous! In order for your baby to develop normally, it has two basic needs: One is proper nutrition and the other is a normally operating nervous system.

Let's cover nutrition first.

At the risk of insulting my readers, some people operate under the impression that as long as they are not hungry, they eat well. Not true! As a mom,

you must be aware of the fact that **everything** you eat and drink affects your baby. Everything! Generally the baby will take from the mother whatever it needs in terms of nutrition and I have met many mothers in my practice who are literally undernourished as a result. As a mom, you must remember that you are eating for two. Simply "filling up" is not the answer. Your baby has very specific needs as it is growing and developing. Its rate of growth is seven times faster then its threeyear-old brother. Much like feeding a baby elephant some may say.

The baby will take as much as it can from mom so it is important that mother provides proper fuel for all that rapid growth. So the following are essential for normal development of your baby.

1. Iron. Mom requires at least 800 mg daily. This is crucial for the development of red

blood cells in your baby and is contained in most dark leafy veggies. If you must, you can obtain a liquid iron supplement from a health food store. The nicest way of getting iron is from a tablespoon of dark molasses in a glass of milk three times a day. What a way to treat your baby! Taking Vitamin C will help in the absorption of Iron from your digestive tract.

2. Folic Acid. This is very important in the normal development of the nervous system and cannot be omitted. You are lucky though, Folic Acid is contained in most foods which contain iron so it's a cinch to get. If you really want to get fancy, Oysters are loaded with Folic Acid. They are also a known aphrodisiac and that may be why you are reading this, but that is another topic.

3. Calcium. Our friend! Mom and baby need at least 1200 mg daily. The molasses treat is a good way, or you may try raw almonds if you are not into dairy. Vitamin D helps in the absorption of Calcium from the digestive tract. This can be tricky because Vitamin D can also cause nausea and "morning sickness". I found that the easisest way of getting Vitamin D is from a careful suntan, but be careful of heat. Babies do not like getting too hot!

I would also like to caution moms on taking Vitamin B6 when pregnant. It tends to reduce the amount of breast milk available for feeding; not a good thing! I'll continue in two weeks. See you then!

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

Plath Chiropractic & Wellness

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Teachers Urged To Quit Reform Law Referral

SIOUX FALLS (AP) — A South Dakota school superintendents group wants the state teachers union to end its petition drive to refer Gov. Dennis Daugaard's education reform law to voters.

The state School Superintendents Association wants the South Dakota Education Association to instead focus its efforts on supporting a ballot measure that would increase the state sales tax, with half of the money going to schools.

Superintendents Association President Roger DeGroot says most superintendents oppose Daugaard's education reform law. But he tells the Argus Leader newspaper that schools need the \$90 million the sales tax increase would generate.

Both issues would appear on the same November ballot if the teachers union petition drive succeeds.

101 Dogs In Shelters After Breeder Shut Down

LINCOLN, Neb. (AP) - One hundred and one Chihuahuas proved to be too many for a Nebraska breeding operation.

Sherdon Bick and her daughter-in-law Theresa Bick ran the operation in the two houses they lived in in Seward. City officials said that police, prompted by complaints about the number of dogs, warned the Bicks on March 19 that they needed to fix conditions at the houses.

That's when the Bicks started seeking shelters to take in the dogs. Sixty-three Chihuahuas went to the Nebraska Humane Society in Omaha; 12 others went to the Lincoln humane society.

Officials returned to the houses Wednesday and found 26 dogs still in the Bicks' care. Those animals were confiscated and taken to the Omaha shelter, where spokeswoman Pam Wiese said the dogs are mostly healthy but a few have treatable skin or fur conditions.

Wiese told the Lincoln Journal Star that the Bicks didn't intend to run a puppy mill.

"I think that it got out of control," she said.

The Bicks have been forced to move from the houses because of high levels of ammonia.

They have been cited for having unlicensed dogs and violating kenneling laws. A number listed for them was not working Friday.

Woman Run Over By Own Car In Lot, Dies

HOT SPRINGS (AP) — Authorities say an 81-year-old Edgemont woman died Friday morning after apparently being run over by her own car in a grocery store parking lot. Fall River County Sheriff Rich Mraz tells the *Rapid City Journal*

that Sylvia Marie Dibble parked her car on a steep incline at Sonny's Super Foods in Hot Springs around 10:15 a.m. Friday.

Mraz says Dibble never entered the store and she may have been getting back into her car when the accident occurred.

Dibble was pronounced dead at the Fall River County Hospital a short time later.

The sheriff says investigators are still piecing together what happened.

Nebraska **Dems Cry Foul Over Douglas County Changes**

BY MARGERY A. BECK Associated Press

OMAHA, Neb. - When Democrat Barack Obama became the first presidential candidate to split Nebraska's electoral votes by shaving off the state's 2nd District, Nebraska Republicans vowed it wouldn't happen again.

Now, state Democrats say Republicans have gone too far in an attempt to keep any of the state's five electoral votes from going to Obama in his re-election bid — a claim rebuffed by the state GOP.

Shortly after Obama's coup in 2008, Republicans pushed for a winner-take-all system in Nebraska - one of only two states that can split its electoral votes. The measure didn't find traction with lawmakers, as they were grappling with heavier issues such as budget shortfalls and immigration. What the GOP-dominated Legislature did manage last year was a redistricting effort, redrawing the Omahacentric 2nd District to be more GOP-friendly.

But it is recent changes implemented by Douglas County Election Commissioner Dave Phipps, an appointee of Republican Gov. Dave Heineman, that are really raising eyebrows.

Last month, Phipps' plans to close 150 polling places—more than half of the previous 357—in and around Omaha surfaced. That led to complaints that the state's poorest voters with limited access to transportation would be, at best, discouraged from voting and, at worst, unable to get to a polling place.

Within days, Phipps confirmed that his office had knowingly sent out polling place cards to nearly 2,000 north Omaha voters — a precinct of mostly low-income Democratic voters — with the wrong polling place information on them.

almost certain to fail," Phipps said. 'It's like finding a needle in a haystack."

correction," he said. "We send these types of corrections all the time, and we've never had calls

He said he closed polling places because of the combination of redistricting, a state law passed last year that requires larger precincts and his desire to save money. Democrats and voters' rights

groups aren't buying it.

"They're attempting to suppress north Omaha voting," said state Democratic Party Chairman Vic Covalt, who has called for Phipps to be removed from office. "I think it's most material that the precinct that was confused was 82 percent Democrat and a minority population location.

State Democratic Party Executive Director Jim Rogers added that the timing of the changes raised "a lot of red flags." The

changes were made quietly after Obama's re-election campaign held a grand opening of its state headquarters in Omaha and as a GOPbacked measure that would have required Nebraska voters to show government identification at the polls failed in the Legislature.

"It seems pretty clear that this was an orchestrated attempt to suppress voters," Rogers said.

Secretary of State John Gale, a Republican, declined Friday to launch a formal investigation into Phipps' actions, as had been requested by Nebraskans for Civic Reform and Nebraska Appleseed, an advocacy group for low-income families. Gale said Phipps had broken no laws. But Gale noted he had suggested "a more moderate approach ... for consolidation of polling locations.

"I was concerned about voter confusion caused by such a major change in a presidential election year," Gale wrote to the groups. "While hindsight would now suggest that a more cautious change would have been a wiser choice in Douglas County, there is no indication of illegal conduct or malicious intent.

Nebraska GOP Chairman Mark Fahleson said Phipps has never consulted him or the state party about his office's operations.

"I trust him. I fully presume he's doing the right thing," Fahleson said. "While some people may disagree with that, he is a good public servant, and it's unfortunate that people are trying to cast aspersions on him."

Democrats have demanded Phipps reopen the closed polling places, or at least consider a proposal first made last year in which the city's 12 library branches could serve as early voting sites. Phipps said neither is feasible — using libraries as voting sites would require full-time election staffers and ballots for every precinct, and would cost between \$95,000 and \$100,000 per site.



'We knew we could send out a

about being confused."

PUC Works To Seize Sunflower Company's Bond

SIOUX FALLS (AP) - The South Dakota Public Utilities Commission is seeking court approval to seize a \$100,000 bond from a sunflower seed company that owes farmers in South Dakota and North Dakota about \$4 million.

Anderson Seed Co. posted the bond in order to receive its grainbuyers license. The *Argus Leader* newspaper reports that a hearing on the request by South Dakota regulators to seize the bond is set for May 1 in Spink County.

Anderson Seed is based in Mentor, Minn. North Dakota's Public Service Commission has gone to court to take the company's \$280,000 bond in that state.

Phipps defended his actions, saying that the county's voter information cards were already being printed when he honored a request from the area's Democratic representatives to reopen a closed polling place.

Trying to find 1,745 cards out of 315,000 cards, when they're not printed precinct by precinct, was

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Light Sparked S.D. Animal **Shelter Fire**

HOT SPRINGS (AP) - A fire that destroyed an animal shelter in western South Dakota and killed a dozen dogs was electrical in nature, investigators say.

"Probable cause is a fluorescent light fixture," Deputy State Fire Marshal Cliff Dahl told KOTA-TV.

The Wednesday blaze destroyed the Battle Mountain Humane Society facility near Hot Springs, killed 11 shelter dogs and the pet dog of the caretaker, and left dozens more homeless.

"The huskies have been sitting at the back howling for their brother," board member Cheryl Fair told KOTA. "It's been very difficult."

Founder and caretaker Tonia Wagoner, who lost her home and the possessions in the fire, cut her hand helping animals escape and needed stitches.

The nonprofit shelter is not affiliated with the Humane Society of the United States. Support has been pouring in since the fire, Fair said.

She told the Rapid City Journal that another board member has brought a recreational vehicle to the site for Wagoner to live in, and KEVN-TV reported that an anonymous donor has offered a mobile home to the shelter if someone can arrange to transport it to the site.

Fair told the *Journal* that next Tuesday, 25 dog kennels are being delivered to the site courtesy of the Ryan Newman Foundation, a charity maintained by the NASCAR driver.

