


KIDS FIRST



Baby Talk - Part II

I would like to address some of the taboos and misunderstandings often associated with moms being pregnant. One of the biggest is this whole issue of weight gain.

Moms all over the world secretly look in the mirror and cringe at the sight of the loss of their waist, their “fat” stomach, enlarged breasts, swollen feet, and the fact that they often carry drips of their lunch on their tee-shirt. Let me be emphatic here: You are not FAT, you are PREGNANT!! Huge difference! Swelling is actually a sign of a healthy pregnancy, not something that should be treated. Retention of fluids is healthy for mom and baby. It is also temporary. Just part of being pregnant!

A generation ago, weight gain was limited to 8-10 lbs. It was soon discovered that moms and babies were undernourished so the magic number became 24. This is no longer the case. Latest research indicates

that weight gain of 35 lbs or more on a high protein diet is healthy as long as it is well balanced, does not contain chemicals or preservatives and is limited to refined sugars.

The other issue revolves around salt. Moms are often told to restrict their salt intake. You should realize that Sodium (a part of salt) is very important in the production of extra blood volume. Very important for a growing baby and a lack can be disastrous. I recommend that you use salt “to taste” and no more. This is an easy way to listen to what your body is telling you.

There are other no-no’s that you should be aware of when you’re pregnant. One is Alcohol. It causes problems with the development of your baby’s nervous system. Caffeine is another. It has been linked to birth defects. This can be found in coffee, cola, black and green teas and chocolate (Boo). As well, try to limit your preservative intake including aspartame (refer to my earlier issue of Kids-First); your baby will thank you later. Be very cautious using any type of drugs or medications. All have adverse effects on your baby. I should be emphatic here - all

drugs cross the placental barrier and affect your baby. There is no such thing as a “safe drug.”

One of the most common nuisances of pregnancy is the “morning sickness” thing. Most of this is caused by a lack of blood sugar - hypoglycemia. After-all, you have not eaten since 7-8:00 pm, the sugar level is dangerously low and you feel sick. I ask my patients to have an energy bar or a snack high in protien, fructose and complex carbs late in the evening, which will level out their blood sugar until breakfast.

There are a nuber of things you can do to make your pregnancy the enjoyable experience it was meant to be. The first is having a chiropractic check-up to make sure your nervous system is functioning normally so that you have a good pregnancy and much easier labour and delivery. This has little to do with back pain but is crucial for optimal health. I feel this is a must in having a healthy pregnancy.

The use of herbs such as red raspberry leaves makes for a good uterine tonic and helps prevent miscarriage, anaemia and aids in fighting

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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.

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TRAVIS GULBRANDSON/VERMILLION PLAIN TALK

Visitors to USD’s open house honoring its 150th anniversary were treated to a number of different cakes, some of which featured written messages, campus buildings and even the school mascot, Charlie Coyote.

USD

From Page 1

graduate and professional programs within the South Dakota system of education for 150 years,” Johnson read in part.

He added that “academics flourished thanks to the knowledgeable, respected and beloved faculty and administrators, and has grown to include the establishment of a comprehensive college of arts and sciences, schools of education, health sciences and business, and the state’s only college of fine arts, and schools of law and medicine.”

Johnson said that in addition to their academic reputation, students of USD also have distinguished themselves “in the gallery and on the gridiron.”

Founded in 1862 as one of the first actions of the Dakota Territorial Legislature, the University of South Dakota came to Vermillion Oct. 16, 1882.

Since that time, the university has grown from one building to 63, from an inaugural graduating class of three students to a bustling educational center with an average of 10,000 students, with 1,200 full-time and 1,500 part-time faculty and staff members.

“Throughout the university’s history, we have had the good fortune of having visionary leaders, resourceful supporters, dedi-



TRAVIS GULBRANDSON / VERMILLION PLAIN TALK

USD President James W. Abbott discusses the university’s 150-year legacy during a ceremony that took place in the Pit Lounge of the Muenster University Center Friday.

owes those passionate individuals more than simple appreciation.

“We owe them our pride, our commitment and our involvement as examples to those who will follow in our footsteps,” she said.

Student Government Association President Alissa Van- Meeteren agreed, adding, “Changes in location, infrastructure, programs, development, geography, opportunities and even football fields cannot change the fact that we are all part of the same Coyote family, a family that is rooted in tradition and excellence.

“To all the alumni who are here, thank you for setting the standard of excellence and giving us all something to uphold and build off of,” she said.

Abbott said such growth is assured — it’s part of the university’s legacy.

“We all have one thing in common — each and every individual played a part in making USD what it is today, a university where academic excellence abounds, rich in tradition, offering our students an unforgettable experience,” he said.

Gas

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Closer to home, there were concerns about restricted supplies of gasoline on the East Coast after three refineries closed and two more were set to be shuttered. Gasoline futures prices, which are quickly reflected in pump prices, rose to their highest levels in nearly a year.

But several factors have contributed to the lower prices at the pump:

— Oil prices have fallen in recent weeks. Iran and the West are negotiating, the growth in demand for oil has moderated, and world oil supplies are rising again thanks to more production from Saudi Arabia, Libya and the United States. Oil has fallen to \$103.05 per barrel, down from a peak of \$110.55 on March 1.

— Potential buyers for the two East Coast refineries have

“Under \$4 makes a big difference. Just from a perception standpoint.”

MARK TIMKO

emerged, so they are now expected to stay open.

— U.S. drivers have gotten frugal at the gas pump. Gasoline demand has dropped by about 6 percent, compared with the same period last year, according to the latest government data.

In response, gasoline futures have since dropped by 8 percent. That’s expected to cut the price of wholesale gasoline, and those savings will be passed on at the pump.

Prices are not expected to plummet. Even if the Iran situation were totally resolved — an unlikely event — analysts say oil would not fall much below \$90 per barrel.

And there’s a possibility prices could still reverse themselves. Hurricanes in the Gulf of

Mexico, inflamed Middle East tensions or fighting in a major oil-producing country like Iran or Nigeria could reduce supplies. A surge in world economic growth could increase demand.

Gasoline prices rise nearly every spring, and often peak in May.

This year, they’re falling a little earlier, and motorists are already making summer vacation plans.

Timko was going to take the train to Washington, D.C., this June with his wife. With gas prices down by about 40 cents per gallon — and more importantly below \$4 — in their neighborhood, they’ve decided to drive instead.

“Under \$4 makes a big difference,” he said. “Just from a perception standpoint.”

AP Energy Writer Jonathan Fahey contributed to this story. AP Business Writer Paul Wiseman contributed from Washington. Follow Chris Kahn on Twitter at <http://twitter.com/ChrisKahnAP>

Survey

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than 20 percent of recent farmland sales in their area went to investors. Nearly one-third of the recent farmland sales were

for cash.

The hiring index dipped to 59.3 in April from the previous month’s 60, but Goss said job growth is now much stronger in urban areas of the region. The confidence index continues to reflect optimism, but it dipped to 60.6 in April from March’s 63.

The home sales index increased to 60.8 in April from 60.

But the retail index declined to 52.9 from March’s 53.4.

The loan index climbed to 52.8 in April from March’s 48.4 and February’s 31.2 as farmers began to borrow more. And the checking deposit index grew to 72.6 in April from 69.4 while the savings index increased to 53.5 from March’s 48.4.

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