

Baby Talk -Part II

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

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 as 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 infection. Peppermint tea will help with digestion and nausea. So will ginger root. Other herbs such as Echinacea and camomile are very relaxing and should be taken as a hot tea. All these are available from your health food store.

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Corps

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While much of the Great Plains continues to experience drought, the Corps has not forgotten about the flooding that caused millions of dollars in damage during 2011.

"We will continue to monitor mountain snowpack, rainfall runoff and basin soil conditions to fine tune the regulation of the reservoir system based on the most up-to-date information," Farhat said.

Mountain snowpack is currently 90 percent of normal in the reach above Fort Peck and 84 percent in the reach between Fort Peck and Garrison. Typically, 97 percent of the peak mountain snowpack accumulation has occurred by April 1.

'The lower-than-normal mountain snowpack indicates we are likely to see below-normal runoff during the months of May, June and July," Farhat said.
"But it's still early. As we

learned over the last two years, conditions on the ground can change very quickly, so we will continue monitoring basin conditions and make any necessary release adjustments as the spring

FEELING SEDIMENTAL

While the Corps deals with changing river levels, two organizations have stepped up their concerns about growing Missouri River sedimentation.

The Missouri Sedimentation Action Coalition (MSAC) will host its annual membership meeting at 5:30 p.m. April 24 at the Riverfront Event Center in downtown Yankton. Tim Cowman, director of the Missouri River Institute (MRI) in Vermillion, will deliver a presentation on the growing sediment

problem. Cowman's presentation will show the rapidly growing threat of sediment to Lewis and Clark Lake, said MSAC executive director Sandy Stockholm of

Springfield. "It's hard to imagine the lake 25, 50 or 100 years from now," she said. "The MRI has developed an illustration and materials to give people a more visual picture of what Lewis and Clark Lake will look like if we don't address sediment.

Currently, the Missouri River reservoirs lose 89,700 acre-feet annually of storage, Stockholm said. That's the equivalent of 10 square miles of mud, 14 feet deep, she said Many people find it difficult to

grasp the growing encroachment of sediment, and Cowman's presentation offers a new dimension, Stockholm said.

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words. This is a picture of what has happened in Springfield and Niobrara, and the sediment is very visibly progressing to Gavins Point Dam." she said.

"We expect Lewis and Clark Lake will be 50 percent full of sediment by 2045. Already, it has seen a storage loss of 30 percent. We don't want it to get worse."

Additional sediment findings

are offered by Mark Sweeney, an associate professor in the Department of Earth Sciences at the University of South Dakota in Vermillion. Sweeney has given presentations and posted his findings online.

The deposition of sediment has formed a delta in the Niobrara, Neb., and Springfield areas that is encroaching into Lewis and Clark Lake," he said. "The deposition of this sediment has both negative and positive effects, including rising water tables, localized flooding and increased wetland habitat, among others.

"Ultimately, the reservoir is filled with sediment affecting hydroelectric power generation, recreation and local infrastructure.'

The Corps of Engineers reports that 2,625 acre-feet of sediment is accumulating in the reservoir per vear, Sweeney said. This volume of sediment is approximately equivalent to 5.1 million tons, using the Corps' estimate of 90 pounds per cubic foot, he said.

The sources of sediment entering the lake include the Missouri River, bank erosion at Lewis and Clark Lake, and several tributaries of the Missouri River, Sweeney said. Those tributaries include the Niobrara River, Ponca Creek, Bazile Creek, Choteau Creek and Emanuel Creek, he said.

"The largest of these sources is the Niobrara River, a sandy bed river transporting sediments from the Sand Hills of Nebraska," he

added. The larger reservoirs will take more time to fill, but the negative impacts are already being experienced, Stockholm said.

We lose storage of enough water each year to supply more than 800,000 people with 100 gallons per day for an entire year,' she said. "We already have lost enough space to store a flood equivalent to 100 miles long, 10 miles wide, with an average depth of 7 1/2 feet.

The 2011 flooding showed the importance of water storage capacity, Stockholm said.
"Flooding caused by inflow

from tributaries below Gavins Point Dam would have been much worse if the Missouri River dams would not have been able to hold and store runoff water from within and above the system," she said.

DEVELOPING A PLAN MSAC doesn't see sediment as a

totally bad thing, Stockholm said. Sediment is needed downstream of

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the Missouri River dams for a variety of reasons, including sandbar habitat for threatened and endangered species, she said.

However, MSAC supports reducing the amount of sediment entering the system through sound land management, Stockholm said. Her group also supports managing and removing sediment from the reservoirs in order to sustain the valuable benefits created by the

Missouri River reservoir system. "Sediment isn't going away. We're continuing to address and maintain the integrity of the Missouri River in order to maintain the system," she said.

"If we decrease the sediment coming into the system, it keeps the storage capacity alive in the reservoir. It also keeps out the pollutants with the extra sediment. Wildlife also benefits as part of the living system."

MSAC considers itself an educational group rather than a political or lobbying organization, Stockholm said. MSAC also seeks to build partnerships for working on public awareness and projects.

MSAC is a coalition of members up and down the river, so we look at the system as a whole. We don't focus solely on problems in one area," she said. "MSAC is concentrating on long-term solutions to sustain the system. We are looking for ideas and specific projects to latch onto.'

However, funding — particularly at the federal level — remains an issue, Stockholm said. That will ring even truer in the face of the federal sequester and future budget cuts.

'We need funding to operate locally and regionally. But there are big sediment projects where it will take federal involvement," she

However, the stakes are too high when it comes to water and can't be measures in dollars and cents, Stockholm said.

"You get a glimpse of how precious and valuable that water is, when you look at the price of finding and maintaining a clean water supply, especially in the Western states," she said.

The impact of controlling sediment will be felt far from the Missouri River, Stockholm predicted. "There are a whole host of

communities that aren't right next to the river but who derive its benefits," she said. "You look at drinking water, flood control and hydropower. To know the river's importance, you just need to turn on a faucet or light switch hundreds of miles away."

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