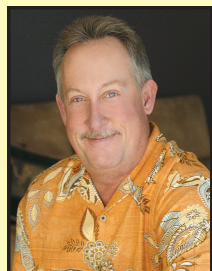


KIDS FIRST



Infantile Colic Part I

Of all the health challenges that seem to plague infants, this is probably the one that causes the most upset with parents. Imagine for a moment feeding your munchkin, when all of a sudden he/she begins screaming at the top of her lungs — arms curling in, legs drawing up - with what seems to be agonizing pain. All the common remedies associated with “over-the-fence,” neighborly, and grandmotherly advice seem to be of no avail. Colic and ear infections are the two conditions that tug at mothers’ and fathers’ heart strings more than any other conditions I see at our Center.

Most parent health textbooks describing colic, mention that it usually happens in the evening hours. I have not found that to be the case. I found that it tends to occur at any time of the day and seems to have no rhyme or reason. Colic, it seems, tends to start sometime in infancy, around the first two weeks of life,

and can persist for a number of months.

For those who are not familiar with infantile colic, and have never had the pleasure of dealing with a child who is so afflicted, you have no idea how devastating it can be on parents’ nerves. Why? I’ll tell you. It is characterized by constant crying, screaming, whining, pain in the stomach area, and acute irritability. (This is not **cute** irritability, this is **acute** irritability...big difference between the two). The spells of crying can last for hours and parents’ nerves can be shot at the end of such spells. This type of crying leads to aerophagia, which means the swallowing of air. This then causes distention or enlargement of the bowels, which then creates more pain, which creates more crying which creates more air being swallowed, which then becomes a cycle. Colic is also characterized by passing an exorbitant amount of gas and abdominal distension, which simply means the stomach area is enlarged and bloated (this gas thing can be embarrassing when in public — but you can always blame it on the family dog). As well, the infant does not appear to be ill, is gaining weight, and has a good appetite. If either of those are absent, then the incessant crying

can be caused by a problem different from colic. In such cases, I would suggest you consult your family chiropractor or health provider to give you some advice.

There has been many theories people have used in the past to attempt to explain what colic really is and why it occurs. Some authorities have blamed lactose intolerance, some felt it is caused by stress of the parents — which a baby can readily pick up on, stress of the baby, abnormal gallbladder function, higher levels of intestinal hormones, allergic reactions, digestive hormone instability, etc. None of these seem to provide adequate answers.

It is interesting to note that breast fed babies are rarely affected by this colic thing whereas bottle fed babies have a much higher incidence. The answer here is that mom’s milk is especially designed for that baby - and no other. It’s the perfect food.

It is very easily digested, leaves very little waste and research shows that breast fed babies have a higher IQ than their formula counterparts. Please contact La Leche League in your area for additional info on the benefits of breast-feeding.

One of the biggest concerns of a child having colic, is that there is a potential for possible child abuse. To be very frank, try to imagine a child screaming for hours non-stop. I find that this will sometimes get on parents’ nerves and on occasion we see a condition which is called “the shaken baby syndrome.” This is a condition whereby the baby is literally shaken by the parents (or a baby sitter) to somehow stop him/her from crying. This only takes place when mom and dad are at the very ends of their wit. But, there is no excuse for this behavior. Shaking an infant can cause irreparable damage to a baby and even death. I am not suggesting that this is a huge problem, but there is potential for abuse of an infant who happens to be colicky. If you do ever feel that you as a parent are close to “losing it,” remember that there is a reason this takes place.

See you next week for Part II

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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Shoes

From Page 1

and bulletin article to start the collection in October, she said she was thinking of a way to make it relevant.

The church was celebrating its 125th year this past fall, Walz said, “and I thought ‘wouldn’t it be fun to send 125 boxes in honor of our 125th,’ so I just put the number out there and whatever came in would be wonderful.

“And obviously our congregation exceeded my expectations.”

The community outdid itself by donating 155 boxes, doubling the previous year’s total and bringing the 10-year total to 718 boxes.

Where do they all come from? “Once the word was out,” said Walz, “I felt like everyone started bringing in shoe boxes.”

Actually, she only had 50 boxes when she issued the challenge for 125, and somewhat like the biblical story of the loaves of bread and fish, the number of shoe boxes continued to grow, until she actually has the seed of 50 for next year’s project.

And toward the end of this year’s project, she said, someone suggested that since it was a Sun-

day School project, perhaps the Sunday School should do a bit more. A bake sale was held two Sundays before the dedication, Walz said, and “ended up raising \$480 — we had big donations before that, too, but that was really a nice bonus.”

The congregation had been really generous this year up to that point, said Walz.

“It was in the bulletin each week, giving them ideas of what was needed most, usually towels, toothbrushes and that sort of thing we needed, because those items are not as much fun to buy.”

And for the first time this year, there was a shoe box packing party open to all congregation members.

“We had members from 4 years old to 80-something” who attended, Walz said. About 25 people, she said, “did everything from wrap boxes to packing them, packing the candy, all the way up to labeling.”

Otherwise, she said, in years past it had been handled by herself and Jodi Fuerst.

“I had been thinking about it for awhile that I should share the duties,” said Walz, “because it is a really fun project, and more should experience it than just me.”

The larger group spent about 2 1/2 hours at the party, she said,

and then a smaller group of five came back a few days later and tied up loose ends.

Once the boxes are packed and Dedication Sunday is held, Fuerst and Tammy Ziegler take them to Abiding Savior Lutheran Church, Sioux Falls, one of the several drop off locations in the state.

From there, she said, they are taken to the next point where they are inspected to “make sure you haven’t included liquids, perishables, anything war related — you really have to be careful what you put in.”

The inspection, she said, is why the local congregation wraps the box and lid separately. Then they are taped shut, and “shipped to wherever they are going to end up,” said Walz.

This year, the boxes were shipped to Zambia. Other years they have gone to India, Belarus, Moldova, Kazakhstan, Rwanda, Uganda, the Congo, she said, with letters coming back to the congregation from almost all of those places.

“You don’t always know where they are going to end up,” said Walz, adding, “you know its going to be a positive influence, but its nice to know where they go.”

One of the letters the congregation received several years ago was from from Tuyishime in

Rwanda: “I thought on your initiative, how you love the men without know who are, briefly I know the love in you and in you I saw Jesus’ face. May Lord bless you.”

The local Dedication Sunday was Nov. 13, followed by Collection Week to take them to the drop-off points, Nov. 14-23, she said. Besides the \$7 per shoe box for mailing that is requested, an additional \$230 was sent off to Samaritan’s Purse this year.

It is not that Christmas is over at that point, but instead, said Walz, “it is like the start of the season.”

She admits, however, that the day after the boxes leave the local church, she starts planning for the next year. It is a project that is always with her, but she is not complaining.

“This project is so special to me because it is a tangible way a child can receive the love of Christ. Sharing that love can make such a difference in someone’s life,” said Walz.

“Many of these children may not receive more than this one Christmas gift. That’s hard for us who have so much to imagine.

“And that simple shoebox gift, the act of purchasing, wrapping, packing, praying and giving, is something anyone can do from young to old.”

SEASONS GREETINGS



NATHAN JOHNSON/P&D

There are many ways to say “Merry Christmas” this time of year. Someone even did it with sticks along the shore of the Missouri River on the south end of Meridian Bridge. This photo was taken Friday afternoon and conveys pedestrians using the newly-opened bridge the best in holiday cheer. The Press & Dakotan staff concurs and wishes all our readers the best and brightest of Christmases.

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Firefighters Scramble To Replace Toys Lost In Fire

SAN FRANCISCO (AP) — Firefighters scrambled Friday to replace toys lost when the city’s biggest blaze in more than seven years left more than 40 people homeless at the height of the holiday season.

The effort to help those displaced by the blaze came after firefighters saw ruined gifts strewn in the wreckage near the city’s historic Alamo Square, Chief Joanne Hayes-White said.

Firefighters have already sent about 120 items and expected to get a count later in the day of how many displaced families were still in need, said Sally Casazza, who chairs the toy drive program for the firefighters union.

The blaze caused at least \$8 million in damage to the buildings and displaced 43 residents, who are being offered temporary shelter at a local church, said Capt. Jeanne Seyler. Firefighters still don’t know what caused the fire.

A team of firefighters spent the early hours Friday dealing with hot spots left after flames engulfed three buildings a day earlier. Arson investigators planned to examine the burned-out structures to determine what caused the blaze.

The five-alarm blaze started in one of the neighborhood’s trademark, three-story Victorian homes and spread to a nearby apartment building and a single-family home. A total of 32 dwellings were destroyed by flames pushed by strong wind gusts.

The Red Cross was sheltering more than a dozen residents who had nowhere else to go after their dwellings were destroyed.

About 150 firefighters, or half the department’s daytime firefighting force, brought the fire under control after a near three-hour battle, Hayes-White said.

Firefighters believe all the residents escaped, though some pets were missing.

Each year, the firefighters union raises money and seeks toy donations to provide gifts to needy children. The program has operated for more than six decades and gives toys to tens of thousands of children year-round, according to the fire department’s website.

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