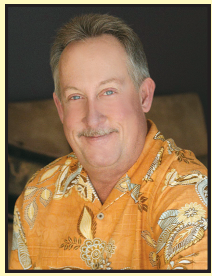


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Birth Trauma Part I

This is a very disturbing topic and one which most parents are very unfamiliar with. Traumatic Birth Syndrome (TBS) estimated to be the 6th leading cause of infant death, is mostly under reported and misdiagnosed. Birth is a very normal biological process. It does not require "management" as a disease, yet it is treated in the manner of a sickness. Both pregnancy and birth have special significance to a pediatric chiropractor as often a pregnant mom and child are exposed to harmful routine practices which are poorly researched and

effects not well documented. Most parents simply trust their doctor and that's it. This blind, simplistic view can be life-threatening to an infant. My concern, when dealing with pregnancy, is the status of mom's spine and nervous system so that she can maintain a healthy pregnancy, have a good, uneventful delivery, and have a healthy baby. In a nutshell; often Vertebral Subluxations affect the mother's spine, changing the physiology of pregnancy, and affecting the baby in utero. How, you ask? An interference in the function of mom's nervous system will affect the manner in which the baby rotates and turns in the womb for an example. It will also affect baby's nutrition and hence growth. These factors can lead to what is called **In-Utero Constraint**. A situation where, in the last trimester of pregnancy, the baby is trapped in a precarious position from which it is unable to free itself. This can lead to serious consequences during birth. I

feel very strongly that all pregnant moms should have a check-up with a pediatric chiropractor to help them and their babies through pregnancy and delivery. I have mentioned alcohol consumption by mom and its effect on the development of the baby's nervous system in a previous column. I did not mention smoking. Although a pregnant mom may not smoke, she and her baby may be exposed to the toxic effects of second-hand smoke at work, home, etc. The fetus can be the receiver of second hand smoke and evidence suggests low birth weight, as well as body malformations can be the result. As well, many women take over-the-counter medications and do not question their safety. The feeling seems to be that if it is not prescribed then it is "safe." Let me be emphatic here. **All drugs affect your baby!** Most effects have not been researched yet. The safety of prescribed

medications on the fetus has not been researched but it is well documented that in the adult population, properly prescribed medications are the **fourth leading cause of preventable death!** Another concern is the use of routine procedures which can be life-threatening for the unborn child. **Amniocentesis and Chorionic Villi Sampling** for example, can lead to spontaneous fetal abortion in 0.5-1.5% of cases. Be careful out there! I'll continue in two weeks.

If you need additional information, please call me personally at 605-665-8228

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Ex-Cop Dorner Died From Gunshot To Head

SAN BERNARDINO, Calif. (AP) — Authorities say fugitive former cop Christopher Dorner died of a single gunshot wound to the head as authorities were pumping tear gas into a mountain cabin during a deadly gun battle with sheriff's deputies. San Bernardino County sheriff's Capt. Sheriff John McMahon told reporters Friday that it appears the wound was self-inflicted. Deputies said they heard one final gunshot from the cabin as it was going up in flames during Tuesday's gunbattle. Before he died, Dorner killed one sheriff's deputy and wounded another during a fierce shootout. Authorities initially were unsure whether Dorner killed himself, had been struck by a deputy's bullet or had died in a fire that engulfed the cabin during the shootout.

In Chicago, Obama Talks Middle Class

CHICAGO (AP) — President Barack Obama is wrapping up his post-State of the Union tour by talking about how government can build "ladders of opportunity" into the middle class. During remarks Friday at Hyde Park Academy in Chicago, his hometown, Obama will talk up proposals to raise the federal minimum wage and pair businesses with recession-battered communities to help them rebuild and provide job training. He also was to talk about creating jobs for young people from poor families, and encouraging fatherhood and low-income couples to marry. It remains to be seen whether the proposals have enough support to get through Congress.

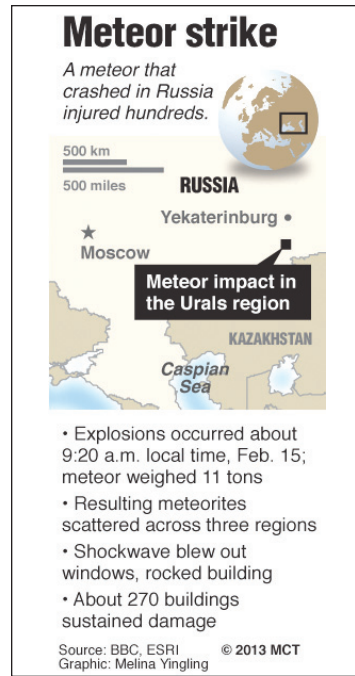
Oscar Pistorius, Weeping, Facing Life Sentence

PRETORIA, South Africa (AP) — Olympic athlete Oscar Pistorius wept in court Friday as prosecutors said they'll pursue a charge of premeditated murder against him in the killing of his model girlfriend, meaning the man who once inspired the world could spend the rest of his life in prison. Pistorius' family and London-based management issued a statement disputing the murder charge he now faces for the slaying of Reeva Steenkamp. The athlete himself initially appeared solemn and collected in his first court appearance, but later sobbed loud enough for his cries to be heard over the more than 100 spectators gathered for the hearing. His tears even drew the attention of Chief Magistrate Desmond Nasir, who at one point simply said: "Take it easy." The double-amputee athlete's arrest stunned South Africa, which awoke the morning of Valentine's Day to hear that Steenkamp had been shot to death at Pistorius' home in a gated community in an eastern suburb of South Africa's capital, Pretoria. Police said investigators recovered a 9 mm pistol from the home. In Pretoria Magistrate's Court on Friday, throngs of photographers, videographers and journalists besieged the brick-walled courtroom C, where Pistorius appeared. Nasir's first ruling in the matter focused on the press: He dismissed requests from a private television station and the state broadcaster to air the hearing live.

Trapped Cruise Line Passengers Become Each Others Comrades

MOBILE, Ala. (AP) — When their cruise ship lost power, passengers aboard the Carnival Triumph could have been selfish and looked out only for themselves and their loved ones. Instead, they became comrades in a long, exhausting struggle to get home. As ship conditions deteriorated, travelers formed Bible study groups, shared or traded precious supplies and even welcomed strangers into their private cabins. Long after they've returned to the everyday luxuries of hot showers and cold drinks, passengers said, they will remember the crew and the personal bonds formed during a cruel week at sea. The tired passengers finally reached land Friday and gave a glimpse into the intensely uncomfortable journey they had endured. Sandy Jackson, of Houston, was fortunate to have an upper-level room with a balcony and a breeze that kept the air in her cabin fresh. Rooms on the lower decks were too foul or stifling, so Jackson took in five people, including four strangers.

Thousands Hurt As Meteor Explodes In Russia



BY JIM HEINTZ AND VLADIMIR ISACHENKOV Associated Press

MOSCOW — With a blinding flash and a booming shock wave, a meteor blazed across the sky over Russia's Ural Mountains region Friday and exploded with the force of an atomic bomb, injuring more than 1,000 people as it blasted out windows and spread panic in a city of 1 million. While NASA estimated the meteor was only about the size of a bus and weighed about 7,000 tons, the fireball it produced was dramatic. Video shot by startled residents of the city of Chelyabinsk showed its streaming contrails arcing toward the horizon just after sunrise, looking like something from a world-ending science-fiction movie.

It came hours before a 150-foot asteroid passed within about 17,000 miles (28,000 kilometers) of Earth. The European Space Agency said its experts had determined there was no connection between the asteroid and the Russian meteor — just cosmic coincidence. The meteor over Russia entered the Earth's atmosphere about 9:20 a.m. local time (10:20 p.m. EST Thursday) at a hypersonic speed of at least 33,000 mph (54,000 kph) and shattered into pieces about 30-50 kilometers (18-32 miles) high, the Russian Academy of Sciences said. NASA estimated its speed at about 40,000 mph and the energy released in the hundreds of kilotons. "There was panic. People had no idea what was happening," said Sergey Hametov of Chelyabinsk, about 1,500 kilometers (930 miles) east of Moscow. "We saw a big burst of light, then went outside to see what it was and we heard a really loud, thundering sound," he told The Associated Press by telephone. The shock wave blew in an estimated 100,000 square meters (more than 1 million square feet) of glass, according to city officials, who said 3,000 buildings in Chelyabinsk were damaged. At a zinc factory, part of the roof collapsed. The Interior Ministry said about 1,100 people sought medical care after the shock wave and 48 were hospitalized. Most of the injuries were caused by flying glass, officials said. Emergency Situations Ministry spokesman Vladimir Purgin said many of the injured were cut as they flocked to windows to see what caused the intense flash of light, which momentarily was brighter than the sun. There was no immediate word on any deaths or anyone struck by

space fragments. President Vladimir Putin summoned the nation's emergency minister and ordered immediate repairs. "We need to think how to help the people and do it immediately," he said. Some meteorite fragments fell in a reservoir outside the town of Chebarkul, the regional Interior Ministry office said. The crash left an eight-meter (26-foot) crater in the ice. Lessons had just started at Chelyabinsk schools when the meteor exploded, and officials said 258 children were among those injured. Amateur video showed a teacher speaking to her class as a powerful shock wave hit the room. Yekaterina Melikhova, a high school student whose nose was bloody and whose upper lip was covered with a bandage, said she was in her geography class when a bright light flashed outside. "After the flash, nothing happened for about three minutes. Then we rushed outdoors. ... The door was made of glass, a shock wave made it hit us," she said. Russian television ran video of athletes at a city sports arena who were showered by shards of glass from huge windows. Some of them were still bleeding. Other videos showed a long

shard of glass slamming into the floor close to a factory worker and massive doors blown away by the shock wave. Meteors typically cause sizeable sonic booms when they enter the atmosphere because they are traveling so much faster than the speed of sound. Injuries on the scale reported Friday, however, are extraordinarily rare. "I went to see what that flash in the sky was about," recalled resident Marat Lobkovsky. "And then the window glass shattered, bouncing back on me. My beard was cut open, but not deep. They patched me up. It's OK now." Another resident, Valya Kazakov, said some elderly women in his neighborhood started crying out that the world was ending. The many broken windows exposed residents to the bitter cold as temperatures in the city were expected to plummet to minus 20 Celsius (minus 4 Fahrenheit) overnight. The regional governor put out a call for any workers who knew how to repair windows. Russian-language hashtags for the meteorite quickly shot up into Twitter's top trends. "Jeez, I just woke up because my bed started shaking! The whole house is moving!" tweeted Alisa Malkova.

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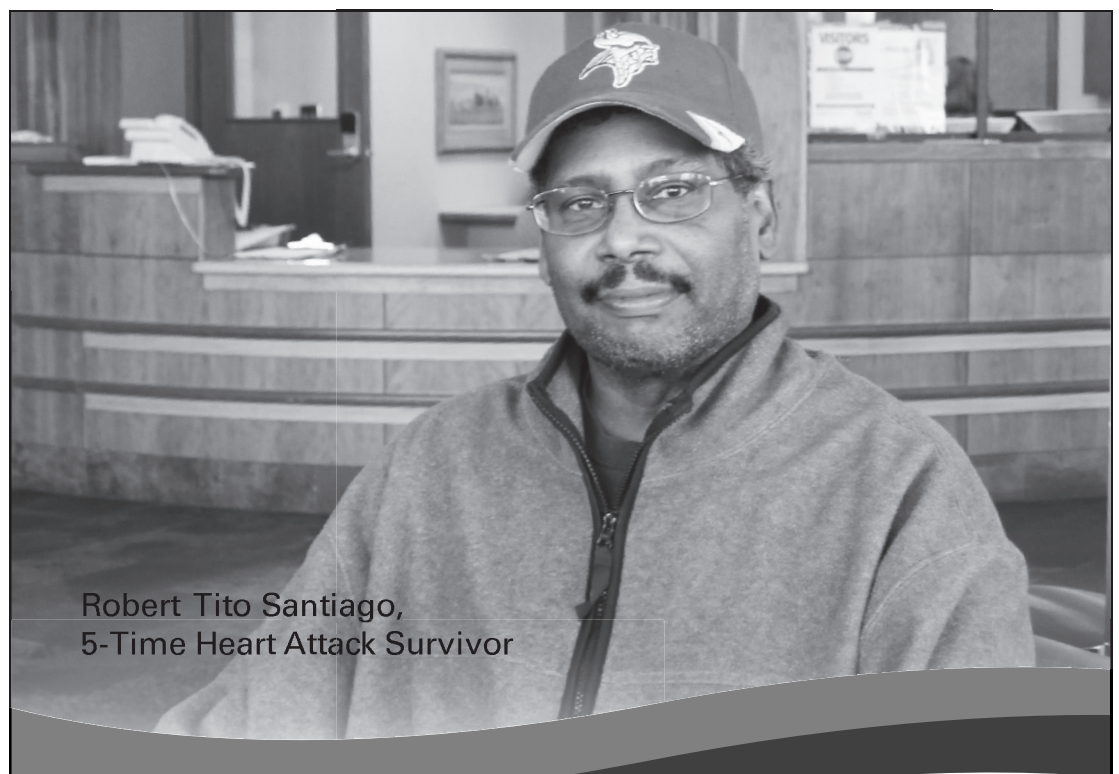
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Robert Tito Santiago, 5-Time Heart Attack Survivor

"After five heart attacks, I know what it feels like."

Robert Tito Santiago is a multiple heart attack survivor. He now has a pacemaker and is doing well but credits his faith and the staff at Avera Sacred Heart Hospital for giving him strength.

Above all else, Robert wants to live each day to the fullest and is grateful for the time he's been given. What does Robert want you to know most? "Do NOT wait. Do NOT be embarrassed."



Read more of Robert's story at www.Avera.org.

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