

KIDS FIRST



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 than its three-year-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

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Barn

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coming a vanishing part of the prairie landscape, he said.

"It's usually a matter of weather and age," he said. "Also, the owners may not be working the ground. Or nobody may have worked the ground for years. The barns just aren't kept up."

Any restoration efforts for the barn face a number of structural issues, Ernie said.

"This is more than just a matter of bricks," he said. "The north side is the worst. There's nothing left. And once the roof goes, all the lumber on the inside is going. The whole structure would go."

The brick material, while strong against the elements, also presents challenges in restoring it, Kyle said.

"The brick is sticking out every which-way," he said. "Once brick leans, it's tough to fix. You don't just take a section out and fix it. And with this barn, you're also dealing with the shingles. There would be a tremendous amount of manual labor."

Jensen's brick barn has been placed on the historic register, but not many outside funds are available for restoration, he said. Even if some outside funds were located, Jensen believes he would need to cover most of the expense himself.

"If you had to put in \$100,000 (for the restoration), there would be no real use to spending that much money," Kyle said. "You wouldn't put livestock in (the barn), and it's not practical for grain. There's no real use for it."

Such financial considerations are common when it comes to demolishing old barns, said Jim Stone with the Clay County Historical Society. Stone, a retired Vermillion lumberyard owner, said he not only works with the local chapter but also the South Dakota State Historical Society.

Stone has recorded data and shot photos of area barns for historical purposes. Jensen's barn particularly intrigues him. Stone noted the use of an ax rather than a saw on one long piece of timber.

"I grew up on a ranch in Nebraska. As far as old barns, I enjoyed them in grade school. They just fascinated me," he said. "They are looking for groups or individuals to record old barns in each county in the state. All this information is put into the archives at the state historical society."

Stone believes the clock is quickly running out — if it hasn't already — for barns from pioneer times. The structures tell a great deal not only about the owners but about life on the prairie, he said.

"I have always been interested in preserving old buildings," he said. "We are trying to preserve the history on them for future generations, but (these buildings) are disappearing, and they are disappearing fast."

Although Jensen's barn is placed on the historic register, he can do anything with it as private property in contrast to the restrictions for dealing with a public structure, Stone said.

Still, Jensen has taken care to see the barn has been thoroughly



RANDY DOCKENDORF/P&D

The roof of Kyle Jensen's brick barn south of Meckling shows the signs of age, weather and other factors. The barn would require an estimated \$200,000 to \$300,000 in restoration, making it financially unfeasible for Jensen to renovate the structure. Plans call for a crew to demolish the barn within the next two weeks.

documented before its demise, Stone said.

"I have been out there several times and made measurements and drawings. I have 30-some pictures because the state wanted me to really get all the details I possibly could," Stone said.

"The state's thing is that they want to write a book with all of this information. If nothing else, they just want to preserve history on it."

One other option — relocating the brick barn to another site — doesn't appear viable, Stone said.

Viborg resident Palmer Peterson, who works with local Danish history, showed interest in moving the barn but ran into roadblocks, Stone said.

"Palmer tried to get somebody to put a price on moving (the barn)," Stone said. "Most of them took one look, and they were afraid that it would fall apart down the road. They were concerned about liability and insurance."

Peterson said he also talked unsuccessfully with a fair board, museum and development corporation about displaying the barn. On a positive note, Peterson has arranged for Jensen's adjacent log cabin — believed to be

older than the barn — to be moved to the museum complex in Viborg.

"We're planning for the cabin to be fixed up like it was when it was used," Peterson said, adding the display should be particularly educational for children.

Jensen has been contacted by parties interested in the barn's brick as salvage.

"We're talking with a crew that has torn down brick buildings," Kyle said. "We could try to save the brick if you take it apart piece by piece."

Kyle spoke with sadness as he talked about taking down the barn.

"It would be nice if we could keep it up. It's an unbelievable building, especially for our area,"

he said. "I'm not wanting just to tear it down, because I'm a person interested in history, too."

However, reality also seems to point toward the inevitable, Kyle said. "We are looking to start the demolition in a couple of weeks," he said.

Peterson visited with the Jensens in front of the barn and cabin. He spoke of the importance of preserving the past wherever possible.

"This is ancient history," he said. "Once it's gone, it's gone forever, and people soon forget."

You can follow Randy Dockendorf on Twitter at twitter.com/RDockendorf

D.C. Lawmakers Tighten Belts Amid Budget Cuts

BY JIM ABRAMS
Associated Press

WASHINGTON — Members of Congress are traveling less and worrying more about meeting office salaries. Their aides are contending with long lines to get inside their offices and fewer prospects of a raise. Such are the indignities thrust upon the men and women who brought the country \$85 billion in government spending cuts this month.

There probably won't be much sympathy for a senator or congressman making \$174,000 a year who is in no danger of being furloughed or laid off, at least until the next election. Still, there has been an effort, especially in the Republican-led House, to show that no one should be exempt from sacrifice.

"As those who are charged with the care of taxpayers' dollars, we need to lead by example," Rep. Candice Miller, R-Mich., who chairs the House Administration Committee, said last week in promoting a bill to slash the budgets of House committees by 11 percent.

Earlier in March — after Congress and the White House failed to come up with an alternative to across-the-board cuts in most federal programs — the House imposed an 8.2 percent reduction in lawmakers' personal office budgets. That came on top of 11 percent cuts to members' office budgets during 2011-2012.

"We've drastically reduced travel both for myself and my staff," said Republican Rep. John Campbell, who must cross the country to visit his southern California district. He said he tends to stay in Washington on two-day weekends rather than return home. "I'm more productive here when

I'm not rushing to get home," he added.

Campbell said other "little things" he is doing to economize include reducing the office phone bill, cutting off magazine and newspaper subscriptions, and using email rather than letters to communicate with voters.

Rep. Luke Messer, a freshman Republican from Indiana, said he hired fewer people when he came to Washington because "we essentially began the term knowing there was a high possibility of a sequester" — Washington-speak for the automatic spending cuts.

So far, congressional staffers appear to have escaped the furloughs that are likely to send thousands of public servants home without pay for several workdays over the next six months and disrupt some government services. "I hope to avoid that," said Rep. Jared Polis, D-Colo., "but we will take any steps to ensure we don't exceed our budget." Under House rules, a lawmaker must pay for excess spending out of his or her own pocket.

The fiscal pressures are less strong in the Senate, where senators have staff budgets about double the amount of the \$1.3 million average in the House and where the office cuts ordered because of the sequester were limited to 5 percent.

While staffers still have their jobs, they may have a harder time getting to them. Security officials have cut costs by closing 10 entrances and several side streets around the Capitol complex, creating long lines to get through screening stations. People "have started to adjust to those changes at the entrances," although it is still a challenge on busy days, said U.S. Senate Sergeant at Arms Terrence Gainer.

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