


KIDS FIRST



Dirt

You are wondering why such a zany title. After all you hate dirt. As a matter of fact, so does your family, friends, and the vast majority of North Americans. We are obsessed with dirt and the unclean. We are fastidious, fussy, and clean obsessed. Let me show you. How many of you take off your shoes when entering the house? Look at a glass before drinking from it? Wash your hands compulsively? Wear a hospital gown to hold your newborn? It has more bacteria on it than your infant! Wash your clothes after wearing them only a few hours? Scrutinize the table ware before eating? Or any of the other million idiosyncrasies we all do.

So why do we do this?

Well ... we have been taught that germs are bad. That one can get germs from anything and everything. That germs should be eradicated, wiped out, killed. That no mercy should be shown.

Take no prisoners our parents told us. So we do what we have been taught. This sterile obsession we

then pass onto our children and the myth of clean is propagated.

Our obsession with cleanliness is causing our own demise. I am not referring to personal hygiene; rather, I am referring to our “*everything-spotless-and-clean*” mentality.

More and more authorities are convinced that everyday dust and even dirt is actually good for you. Our search and reach for sterility is actually harming us and our children. I realize this may sound a bit alarming for many of you, but read on!

Our health is based on a properly functioning nervous system, immune system, and endocrine system. The new science connecting these components is called, **psychoneuroimmunology**. Many feel that the immune system, the endocrine system, and the nervous system are one and the same. This new science investigates the relationships between these systems and how they integrate and interact together for the health and well being of the individual.

What has this to do with dirt you ask?

Bart Classen MD, of Classen Immunotherapies in Maryland, a vaccine researcher, told me in a personal communication, that the immune system of today’s child is in serious trouble. He feels that because of our search for cleanliness and sterility,

our immune system is no longer being exercised as it has been in the past. These thoughts are echoed by Steve Marini D.C., Phd. a chiropractor and immunologist, Philip Incao MD, and countless others.

More and more scientists are realizing that most of the childhood diseases are innocuous and are there in order to exercise a young immature immune system of a child. You probably think that a child having measles, chickenpox, etc., is a terrible thought. Not so. These diseases actually teach the immune system how to deal with the myriad of viruses and bacteria of his world. This is a good thing. In fact, Howard Weiner, a prominent Harvard immunologist, feels that our vaccination program actually “skews” the activity of the immune system making our children more susceptible to more serious complications later in life. In these situations, such an immune system will not be able to deal as effectively with a bacterial or viral invasion because it has never had to try. I tell my patients that even the common cold and flu has a place; they teach the immune system how to fight! This is good. Just because you feel sick when you have the flu doesn’t mean you are. It simply means your body is doing exactly what it has been programmed to do. This is not sickness.

This is an expression of health! I am not saying that you have to like it, but ultimately it is for your benefit. To circumvent this system is not in your best interests.

There are a number of supplements I can recommend which increase the function of the immune system; after all that is the name of the game.

Manganese

Vitamin B complex and Pycnogenol

Vitamin A plus carotenoids

Zinc and copper

Bovine colostrum

Garlic

Amino acids (L-Arginine, L-Cysteine, L-Lysine)

Some of these need to be taken in restricted quantities, so be aware.

So...don’t be so fastidious. Let some dirt into your life. You’ll be a healthier person for it.

Plath Chiropractic & Wellness

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If you need additional information, please call me personally at 605-665-8228 and visit my website: www.plathwellness.com

At State Level, Economic Recovery Is A Complex Picture

BY KEVIN G. HALL
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WASHINGTON — Two consecutive government reports showing dismal national hiring have renewed concerns that the U.S. economic recovery is stalling. A deeper dive into the state employment numbers, however, paints a more complex hiring picture, one that shows about half the nation returning to past robust employment levels and the other half not.

Energy and farm states outperformed the nation, as did states near the nation’s capital, according to a new study by a private forecaster. States that suffered a housing bust, and old industrial states, continue to suffer the most.

Those details are often lost in the broader numbers. The latest last Friday from the Labor Department showed that the unemployment rate for May ticked up slightly to 8.2 percent, the 40th month above 8 percent. Two days earlier, the agency reported that the unemployment rate in April had fallen from a year earlier in 342 of the 372 large metropolitan areas where it tracks employment.

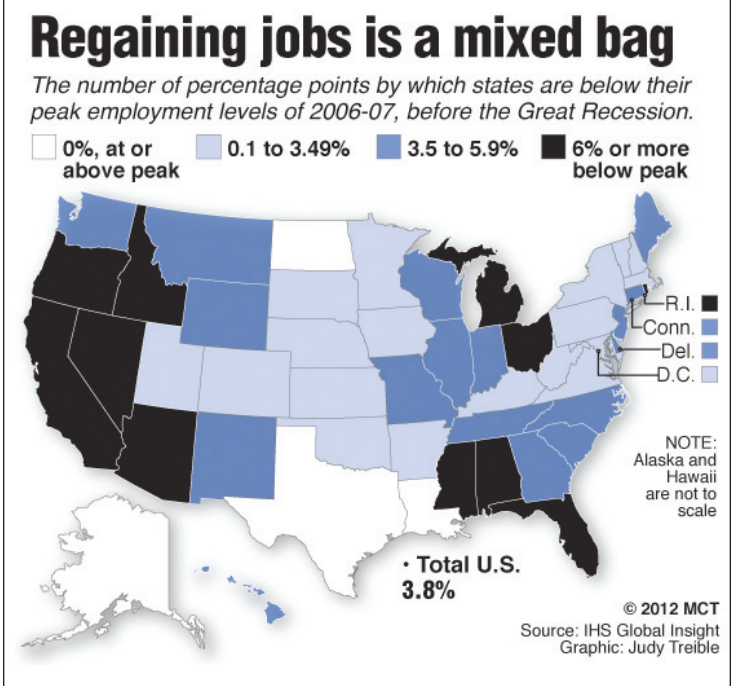
Those two statistics seem to point in opposite directions: Things are getting worse, or maybe they’re getting better. It’s indicative of the mixed message in labor markets.

When broken down to 50 state economies, the hiring picture can be seen as a glass that’s either half-full or half-empty. About half the nation’s states will return to their peak employment levels this year or next, according to forecaster IHS Global Insight. For the other half, recovery may remain elusive until 2014 or later. Michigan, Nevada and Rhode Island might have to wait until 2017 to see a return to the peak employment levels that preceded the Great Recession, which lasted from December 2007 to June 2009.

“Yes, we are in a recovery,” insisted Jim Diffley, a regional economist for IHS Global Insight, cautioning that states continue to add jobs at a “painfully slow” pace.

Diffley and colleagues calculated where all 50 states stand in relation to peak employment, which for most states came in 2006 or 2007. They found that about half the states are within 3 percentage points of their peak rates.

The best-performing states have three tendencies: robust en-



ergy sectors, big agricultural production or proximity to the nation’s capital and thus its benefit of government and related employment.

“Those are the three big factors, and broadly natural resources,” Diffley said of state “pockets of strength.”

- Alaska, Louisiana, North Dakota and Texas, all of which are enjoying energy booms, already have returned to peak employment levels, but three of the four have small populations.

- Maryland, Virginia and Washington, D.C., are within 2 percentage points of peak employment, thanks to government spending and related contracting.

- Energy-rich Oklahoma, West Virginia and South Dakota are within striking distance of peak employment too, as are Pennsylvania and New York, big states with diversified economies.

- Several states are between 2 and 3 percentage points of peak employment, many because of farm exports and/or strong crop production. They include Iowa, Kansas, Kentucky, Massachusetts, Minnesota, Nebraska and Vermont.

For all the political debate over blame for tepid hiring, Diffley’s research found one clear culprit: the “real estate boom and bust.” States with the biggest problems in housing remain a drag on the national employment picture, and are taking longer to return to healthy hiring.

Construction-sector hiring peaked in August 2006 and then shed 2.1 million jobs. One in four construction workers didn’t return to the trade, underscoring

why bust states continue to struggle.

The housing-market collapse hit employment in two ways. One was direct, through lost construction jobs in Florida, Arizona and similar boom-to-bust states. The other was the deflating bubble in home prices, which hit parts of California and big cities in the Southeast such as Atlanta and Charlotte and Raleigh, N.C. Falling home prices hurt consumer spending, which indirectly feeds into job creation.

Fifteen states are 5 percentage points or more from their peak employment levels.

These include states hit hardest by the housing downturn — Arizona, Florida and Nevada — the latter faring worst among all states at 13 percentage points off peak employment.

Michigan wasn’t far behind, at more than 11 percentage points off of its peak hiring. Arizona and Florida, both of which were at the epicenter of the housing crisis, are still more than 9 percentage points off peak employment.

“There are some areas that are clearly ahead of the game, but the areas that were severely impacted by the recession are the big industrial states, the hot Sun Belt states; they still have a long way to go,” said Mark Vitner, senior economist for Wells Fargo Securities in Charlotte, N.C.

Specializing in the Southeast, Vitner’s research finds results similar to the IHS study and sees improvement coming to much of the nation.

“It seems to me that the economy is expanding on a broader base ... and more states are seeing job gains. The recovery is

PERCENTAGE POINTS OFF PEAK EMPLOYMENT

Alabama, 7.2; Alaska, 0; Arizona, 9.1; Arkansas, 3.4; California, 6.5; Colorado, 3.1; Connecticut, 4.6; Delaware, 5.0; District of Columbia, 0.2; Florida, 9.3; Georgia, 5.9; Hawaii, 5.0; Idaho, 6.3; Illinois, 5.0; Indiana, 4.1; Iowa, 2.5; Kansas, 2.9; Kentucky 2.7; Louisiana, 0; Maine, 3.9; Maryland, 1.2; Massachusetts, 2.1; Michigan, 11.4; Minnesota, 2.7; Mississippi, 6.1; Missouri, 5.2; Montana, 4.8; Nebraska, 2.2; Nevada, 13.0; New Hampshire 3.4; New Jersey, 5.1; New Mexico, 5.5; New York, 0.4; North Carolina, 5.3; North Dakota, 0; Ohio, 6.0; Oklahoma, 1.1; Oregon, 6.7; Pennsylvania, 1.8; Rhode Island, 7.6; South Carolina, 5.4; South Dakota, 1.1; Tennessee, 4.1; Texas, 0; Utah, 3.0; Vermont, 2.3; Virginia, 1.8; Washington, 4.2; West Virginia, 0.1; Wisconsin, 5.3; Wyoming, 4.

Source: IHS Global Insight

much broader, which means it is more sustainable than it has been in the past (few years) but it isn’t particularly strong,” Vitner said.

Diffley was surprised by the resilience of the Northeast, where housing was less of an economic problem than it was in

other places.

“You can argue that in the Northeast, it was worse in the 1990s” recession, he said, noting that Wall Street problems haven’t weighed down the Northeast as much as they did two decades earlier.

Despite being in the middle of the pack, North Carolina is growing again, Vitner said, and South Carolina is seeing more industrial hiring as BMW expands its auto manufacturing, Boeing operates a new plant in the state and tire makers are returning to the region.

“Most of the improvement in North Carolina is in Charlotte and Raleigh. Virtually all of the metro areas are seeing some improvement,” Vitner said.

In Florida, housing has bottomed as Latin American investment is flowing in the southern half of the state, but Vitner warned that “we fell so hard in Florida that we’ve got so much ground to make up.”

The broad recovery doesn’t always show up quickly in the employment numbers, cautioned Marisa Di Natale, the director of research for forecaster Moody’s Analytics, in West Chester, Pa.

“The breadth of the recovery has spread, both in terms of geography and in terms of industries, and that is pulling more states into the recovery that had been excluded at the outset,” Di Natale said.

Nevada’s employment numbers look bad, but Las Vegas is enjoying an uptick in tourism as the wider economic recovery allows businesses to schedule conventions and consumers spend more.

“Even in Florida, other industries outside of housing are doing well. Florida is benefiting from tourism,” Di Natale said. “When you look at more recent data, some of those states that fell the most are coming back more strongly.”

Similarly, parts of California look much better than its 6.5 percentage points off peak employment. The Central Valley and areas east of Los Angeles continue to struggle because of excessive homebuilding and the real estate bust. But tourism and port activity have helped Los Angeles, and tech companies have buoyed the Bay Area.

“You’ve got to break California into its parts,” Diffley said.

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For our upcoming July/August HerVoice Magazine

Semi-homemade recipes should consist of ingredients where at least one ingredient is a boxed mix, canned or frozen ingredient.

Example: Lasagna Soup
This recipe starts with a box of Hamburger Helper Lasagna mix.

Example: Chicken Casserole
This recipes starts with a fresh chicken, cooked, fresh veggies, a can of cream soup and a box of macaroni & cheese.

Deadline: June 19th

Send Recipes To: Press & Dakotan HerVoice Recipes
Attn: Cathy Sudbeck
319 Walnut, Yankton SD 57078
or email to: cathy.sudbeck@yankton.net

Watch to see if your recipe has been selected!

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