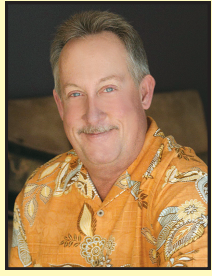


KIDS FIRST



Bed Wetting and Bladder Control

Wet blankets and sheets in the morning, soaked, smelly pajamas, soggy, cold, and wet underwear, and a very uncomfortable, embarrassed and ashamed child - this is a picture of bed wetting (Nocturnal Enuresis) and loss of bladder control for children.

Enuresis simply stated is bed wetting past the usual time a child is potty trained - whereas loss of bladder control applies to children during the school day. It can also apply to adults - have you heard of the new "Overactive Bladder Disease?" I just love marketing.

It is estimated that 1 out of 5 young children wets the bed regularly. This means that 20% of children under the age of ten wet their bed. Not Ok! Imagine what this does to a child's self esteem. Incidentally, the oldest

patient I have seen with this condition was a 21-year-old dental hygienist. Over time, various reasons and "causes" have been proposed as the origin of bed wetting; psychological, habitual, etc. Many methods have been used to "treat" this affliction; alarm systems in the bed, electric shocks, hypnosis, drugs, waking the child, psychotherapy, spankings, self-blame, the "bad boy" syndrome, punishments, etc. None of these have had much of an affect. Not that many years ago, this was thought to be the fault of the child who was simply misbehaving. What bizarre beings we can be!

Bed-wetting or loss of bladder control occurs when there is improper function of the valve (sphincter), which controls the flow of urine from the bladder. Many people think of it as a faucet or a spigot - turning on the flow of urine from the bladder. So what controls this faucet? Good question. This valve is simply a ring of muscle which contracts, or relaxes, to control urine flow. So what controls this ring of muscle - this valve? You would be surprised to learn that this valve is under total control of the nervous system - that internal INTERNET that runs your program. This valve actually has two sets of nerves, which control its function; one is under voluntary control, which means you go when you

want to. The other is on "autopilot" or "automatic." In other words, the child has no voluntary control over this particular one. The function of these two sets of nerves is controlled by the child's nervous system, which keeps both in check and balance. If the nervous system is allowed to function with no interference, there should be no problem with wetting the bed, or the pants, or the underwear, in school or at home. Period!

Beware of ads suggesting that it is OK for children to wet the bed because now there are school age diapers available. These ads seem to suggest that the bladder may not have developed properly and so a diaper is the answer. Nonsense! This is called marketing!

Have you noticed ads recently, mentioning a new "disease"? I have mentioned it earlier. The medical industry has developed a new disease. It is called the "Overactive Bladder Disease". And as you may have guessed, there is a drug to deal with condition. Isn't it a wonderful service the pharmaceutical industry is providing.

Similar thinking holds true for school age or adult diapers. Instead of dealing with the reason WHY the

bladder is not functioning, it is much more profitable to put adults and school age children in "diapers". Marketing states that it is now socially acceptable to go shopping and do your business as you walk because you are wearing diapers. I'll let you draw your own conclusions.

Most chiropractors who deal with children will tell you that kids who are bed wetters, and those afflicted with loss of bladder control, respond very well to chiropractic care. The reason for this is quite simple - we deal with removing any interference to the normal function of the nervous system. Applying this concept to a child (or adult) whose nervous system control of his or her bladder is lacking, the results can be quite amazing. If your child, or someone you love, is experiencing difficulty with bladder control, please call us, we can help!

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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Man Charged In 1979 Death Of Etan Patz

BY COLLEEN LONG AND LARRY NEUMEISTER
Associated Press

NEW YORK — Thirty-three years to the day after 6-year-old Etan Patz vanished without a trace while walking to catch a school bus, a man accused of strangling him and dumping his body with the trash was arraigned on a murder charge on Friday in a locked hospital ward where he was being held as a suicide risk.

A lawyer for Pedro Hernandez, who was a teenage convenience store stock clerk at the time of the boy's disappearance, told the judge that his client is mentally ill and has a history of hallucinations.

Hernandez, now 51, appeared in court on Friday evening via video camera from a conference room at Bellevue Hospital, where he was admitted earlier in the day after making comments about wanting to kill himself.

The legal proceeding lasted only around 4 minutes. Hernandez didn't speak or enter a plea, but his court-appointed lawyer, Harvey Fishbein, told the judge that his client was bipolar and schizophrenic and has a "history of hallucinations, both visual and auditory."

A judge ordered Hernandez held without bail and authorized a psychological examination to see if he is fit to stand trial.

Hernandez was expressionless during the

hearing. He wore an orange jumpsuit and handcuffs. A police officer stood behind him.

The prosecutor who appeared in court, Assistant District Attorney Armand Durastanti, said it was "33 years ago today that 6-year-old Etan Patz left his home on Prince Street to catch his school bus. He has not been seen or heard from since. It's been 33 years, and justice has not been done in this case."

Hernandez, a churchgoing father now living in Maple Shade, N.J., was arrested Thursday after making a surprise confession in a case that has bedeviled investigators and inspired dread in generations of New York City parents for three decades.

Etan disappeared on May 25, 1979, on his two-block walk to his bus stop in Manhattan. It was the first time his parents had let him walk the route by himself.

Next to the bus stop was a convenience store, where Hernandez, then 18, worked as a clerk. When police, acting on a tip, interviewed him this week, he said he lured Etan into the basement with a promise of a soda, choked him to death, then stuffed his body in a bag and left it with trash on the street a block away, police said.

Etan's remains were never found, even after a massive search and a media campaign that made parents afraid to let their children out of their sight and sparked a movement to publi-

cize the cases of missing youngsters. Etan was one of the first missing children to be pictured on a milk carton.

Hernandez's confession put investigators in the unusual position of bringing the case to court before they had amassed any physical evidence or had time to fully corroborate his story or investigate his psychiatric condition.

Police spokesman Paul Browne said investigators were retracing garbage truck routes from the late 1970s and deciding whether to search landfills for the boy's remains, a daunting prospect.

Crime scene investigators also arrived Friday morning at the building in Manhattan's SoHo section that once held the bodega where Hernandez worked. Authorities were considering excavating the basement for evidence.

They were also looking into whether Hernandez has a history of mental illness or pedophilia.

Browne said letting Hernandez remain free until the investigation was complete was not an option: "There was no way we could release the man who had just confessed to killing Etan Patz."

Legal experts said that even though police have a confession in hand, they are likely to work hard to make certain Hernandez isn't delusional or simply making the story up.

Dragon Capsule Makes History With Docking

CAPE CANAVERAL, Fla. (AP) — The private company SpaceX made history Friday with the docking of its Dragon capsule to the International Space Station, the most impressive feat yet in turning routine spaceflight over to the commercial sector.

It marked the first time a business enterprise delivered a supply ship to the space station.

"There's so much that could have gone wrong and it went right," said an elated Elon Musk, the young, driven billionaire behind SpaceX.

"This really is, I think, going to be recognized as a significantly historical step forward in space travel — and hopefully the first of many to come."

Syrian Troops Kill 50 People, Activists Say

BEIRUT (AP) — President Bashar Assad's forces killed at least 50 civilians, including 13 children, in central Syria on Friday, activists said, in one of the highest death tolls in one specific area since an internationally-brokered cease-fire went into effect last month.

Syrian troops using tanks, mortars and heavy machine guns pounded the area of Houla, a region made up of several towns and villages in the province of Homs, the Britain-based Syrian Observatory for Human Rights and the Local Coordination Committees activist groups said.

Both groups said at least 50 people were killed. The Observatory, which has a network of activists around the country, said the dead included 13 children. It added that about 100 people were wounded.

An amateur video posted online by activists showed more than a dozen bodies lined up inside a room. They included about 10 children who were covered with sheets that only showed their bloodied faces.

"Houla was subjected to a massacre," a man could be heard saying inside the room.

More To Hit The Road This Memorial Day

The Associated Press

NEW YORK — More Americans will hit the road this holiday weekend than a year ago. And they'll have a bit more money to spend thanks to lower gas prices.

Memorial Day kicks off the summer travel season, and since pump prices never reached \$4 or \$5 a gallon, as feared, economists says travelers are likely to dine out or shop more once they pull off the road.

About 30.7 million people will drive more than 50 miles for Memorial Day trips, according to auto club AAA. That's 400,000 more than last year, a jump AAA attributes to improvement in the economy and consumer attitudes. The number of holiday travelers grows to 34.8 million when you include planes, trains and other means of transportation.

A drop in gas prices encouraged Americans to spend more at restaurants and bars in April. And that trend could continue over the holiday. Pump prices are down 27 cents since their peak in early April, to \$3.67 a gallon, where they're likely to stay this weekend, predicts Tom Kloza, the chief oil analyst at the Oil Price Information Service. That's 12 cents cheaper than last year. Over the weekend, U.S. drivers will burn about 1.2 billion gallons of gasoline — and spend \$144 million less on gas than last year.

Restaurants, movie theaters and retailers hope some of that

savings goes to them. Just last month, AAA and IHS Global Insight, the firm that analyzed the AAA study, were expecting travelers to spend less on entertainment, dining and shopping on vacation and devote more time to family and friends.

Now, travelers might take longer trips or spend more on other things "because there's more money left in their pocket," says John Larson, vice president for IHS.

Still, most people need to restrict their travel budgets. For many, incomes are growing slightly if at all. Household debt remains high. And although the increase in the stock market over the past year has helped some regain wealth lost in the recession, there is still a ways to go. A recent report from the Federal Reserve shows that American household wealth would have to rise by 13 percent to return to pre-recession levels.

While drivers may feel relief at the pump, gas still isn't cheap. Besides last year, the only other time gas was more expensive on Memorial Day was 2008, when it eventually climbed to a record of \$4.11 per gallon. This year, gas shot up by 66 cents from January through early April because of a spike in oil prices.

As a result, many people were skittish about planning long road trips. Half of those surveyed by AAA said they'll travel less than 400 miles. They might be tempted to drive farther — a fill up costs about \$4 to \$5 less than in early

April when gas peaked at an average of \$3.94. But they'll burn through that savings after about 30 to 40 miles.

Douglas Berkley, Jr., of Cranberry Township, Pa. drives his family 90 miles to a family house on Indian Lake in Shanksville, Pa. most summer weekends, including Memorial Day. He hasn't noticed much of a drop in prices — it still costs him about \$80 to fill his Chevy Tahoe. "Any little bit helps, though, obviously," he says.

How far people travel might also depend on where they live. The difference in gas prices around the country is far wider than normal this year, Kloza says. In states like South Carolina, drivers could be paying as low as \$3.10. Meanwhile, refinery problems on the West Coast — where prices usually exceed the national average anyway — have kept prices especially high there. West Coast drivers could be paying as much as \$4.50 per gallon this weekend.

MEMORIAL DAY

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\$4.00

WEDNESDAY NIGHT

HOT TURKEY SANDWICH

\$3.00

THURSDAY NIGHT

CHINESE EXPRESS 2 ENTREE MEAL

\$5.00

FRIDAY NIGHT

BIG BOB'S COD DINNER

\$5.00

SATURDAY NIGHT

6-INCH SUB & CUP OF SOUP

\$5.00

SUNDAY NIGHT

1/2 LB. BURGER WITH FRIES

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