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# DBI Insider

## focus

### “MADE IN THE USA” Making Comeback

By The DBI Staff Writer

“Made in China” appears to be a slogan that will soon become a part of the past; or at least, not as prominent as it has been. For many in our country, this time couldn't have come soon enough. Over the past 3 decades our country has lost much of its manufacturing to overseas countries such as China, India, Indonesia and Taiwan. With manufacturing moving overseas many millions of American jobs also disappeared. There was a time when the United States was the manufacturing mecca of the world. Going back to World War II, the US was the machine that churned out the materials and the equipment that contributed to the swaying of the war to the advantage of the allied forces of Europe and Asia. At the close of the war all of the fighting forces arrived back at home and took up jobs in the sprawling manufacturing plants that dotted our countries landscape from coast to coast. This country was the worlds leading manufacturer of just about anything you could think of during this time period. That is until the 1980's came along and corporations discovered that there were higher profit margins in making the same products overseas because the workers there worked longer hours for lower wages. This may have benefited the bottom line for the corporations and their investors but in the long run it hurt our country and its economy. Many industries disappeared and many workers had to be re-trained to perform other tasks in different fields. Thankfully, our country has withstood the business exodus of the last three decades. Which brings me to the subject of today. Recently, there was a study performed by the Boston Consulting Group this past August and it found that more than half (54%) of major American manufacturers with sales greater than \$1 Billion dollars were planning or strongly considering replanting their production back to the United States in the not too distant future. Many companies, such as General Electric Co., Whirlpool Corp, and Caterpillar Inc. have already announced “reshoring” moves in the past couple of years. These companies are trying to shorten supply lines and reduce inventory by making products closer to where they are sold. In combination with this, the surge in Chinese wages along with higher shipping costs mean Asian production is no longer as appealing as it once was. Additionally, the shale-gas boom here in the US is reducing our energy costs and some firms want to move production home to protect intellectual property rights. The bottom line is that the top three factors leading the return back to American shores are foreign labor costs, proximity to customers and product quality. Other leading factors are access to skilled labor, transportation costs, supply-chain lead time and ease of doing business. There was more good news released by the same report that stated, “The US is one of the developed world’s lowest-cost manufacturers” as well as, “production reshored from China due to improved US competitiveness in manufacturing could create 2.5 to 5 million American factory and related service jobs by the year 2020”. No matter what way you look at these events, this is great news for all of us here at home. An employed America is a happy and prosperous America. Welcome back home, “MADE IN THE USA”!

### Glynis' Health Corner - Cyclone Cider



The legendary Cyclone Cider is what I like to take whenever I feel a sore throat or cold coming on. It is a powerful, effective herbal tonic you can find at Whole Foods Market. It is specially formulated with a base of Apple Cider Vinegar and a natural flavorful source of organic compounds including the ever popular Garlic and Cayenne, along with Horseradish Root, Ginger Root, Onion, Parsley and vitamin C. Although it is alcohol free it is recommended for Adults only because it packs a powerful punch!

**US on Highway Diesel Fuel Prices for California:**

9/09/13:	\$4.225 per gallon
9/06/13:	\$4.228 per gallon
9/23/13:	\$4.209 per gallon

**Change From:**

1 Week ago:	- 0.019
1 Year ago:	- 0.177

Data as of 9/30/2013



## The Second Coming of the Stingray

**By The DBI Staff Writer**—The 7th generation Corvette; better known by the ‘Vette faithful as either the C7 or even better known as the “Stingray” began to arrive in US Chevrolet dealership showrooms this past week; the first 1000 units having just shipped out recently. The very first Corvette, the C-1 was introduced as a concept car for the 1953 Motorama Display at the New York Auto Show. It was introduced later that year as a 1953 model. The very first stingray that was introduced in the Corvette lineup came in the second generation C2 version that ran from 1963 to 1967. In 1963 Corvette introduced the Stingray in a coupe version, (all prior versions were convertible models). The 1963 model Stingray was the only year that the car was made with a split rear window. It is still considered one of the most popular models of

*All 7 Generations of Corvette’s together, like one big happy family.*

the Corvette. The most valuable Corvette title goes to the 1963 Grand Sport. Only 5 were made and they are valued at \$6-\$8 million dollars per car. As for the current Stingray at \$51,995 it comes standard with a 6.2 liter V8 engine that puts out 455 horsepower, a standard 7 speed transmission and rear wheel drive that will take you 0-60 mph in just 3.8 seconds. There are so many other standard features on the base model that it is not even fair to compare to its nearest competitor which is an Audi R8 that puts out 430 horsepower, with a 4.2 liter V8, all wheel drive at \$114,900 just to get into it. [www.chevrolet.com](http://www.chevrolet.com)



*1963 C2 Corvette Stingray “Split Window”*

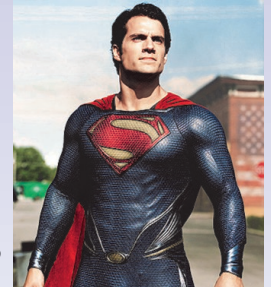


## WORKOUT LIKE AN EVERYDAY SUPERHERO

**By The DBI Staff Writer** \* **H**ave you ever watched a movie or read a comic book and thought to yourself, “Man, I wish I was built like that!” If so, there is hope! Okay, let’s have a little bit of reality check here. For the everyday working guy and gal who are not being paid to work out for a living, we are constrained by time, money and just the everyday stresses of life. Most of us will probably never get to the freakish sizes that you see in the comics or movies. And that’s okay. However, with the right lifestyle plan that incorporates your eating, exercise and rest (including getting enough sleep each night), you can achieve some pretty remarkable goals that will make you look back and say, “Wow” to yourself! Case in point: I, the humble author of this article, began working out about 4 months ago. I do about 10-20 minutes per day of cardio (on an elliptical) and then proceed straight into weight lifting. I alternate which part of the body I concentrate on each day. One day upper body, the next day lower body, etc. I also do the weights in a circuit style so that my muscles don’t adapt as quickly. (Thanks go to my trainer; who refuses to be

*We don’t have to look like the gents above to be in great shape. .*

named; for teaching me how to do this correctly.) I’ve been doing this 6 days per week since May. I also have modified my eating habits to lean proteins, veggies, fruits & whole grains and lots of water. I limit my sugar intake to Sunday’s primarily so that it will coincide with my off day. This keeps me on the straight and narrow path the other 6 days of the week. And the results? I’ve lost about 25 pounds and gained a whole lot more muscle. My waist has gone from a 40” down to about a 35”. I’m still not at my goal weight and measurements, but I keep working on it. Discipline is key: doing it even when you don’t feel like it. Our bodies will still age and breakdown over time but being in good physical condition will make it easier on us as this happens. Okay, so that’s me and I’m certainly *not* built like Superman or Batman. But what if you had the time and some more money? What if your goal was to look like a caped-crusader? Well, I’ve got good news. There is a way you too can be built pretty close to our mythical heroes. Case in point: Henry Cavill of “Man of Steel” and “300” fame. Henry first had to get his body prepared to pack on more muscle. He did this by consuming 5000 calories per day (Heavy on the protein and light on the carbs). He worked out very intensely for 2.5 hours per day, 6 days per week, always pushing him near his breaking point. If you would like to see the results for yourself then visit [www.moviebody.com/henry-cavill-workout-routine/](http://www.moviebody.com/henry-cavill-workout-routine/). The point is just to encourage all of us to get up and get going. As Newton’s 1st law of Motion states, “a body at rest will remain at rest unless an outside force acts on it, and a body in motion at a constant velocity will remain in motion” So, let’s act and get into motion!



*In the real world, Henry Cavill worked out 2.5 hrs per day, 6 days/wk. for 11 mo. to get this chiseled look.*



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