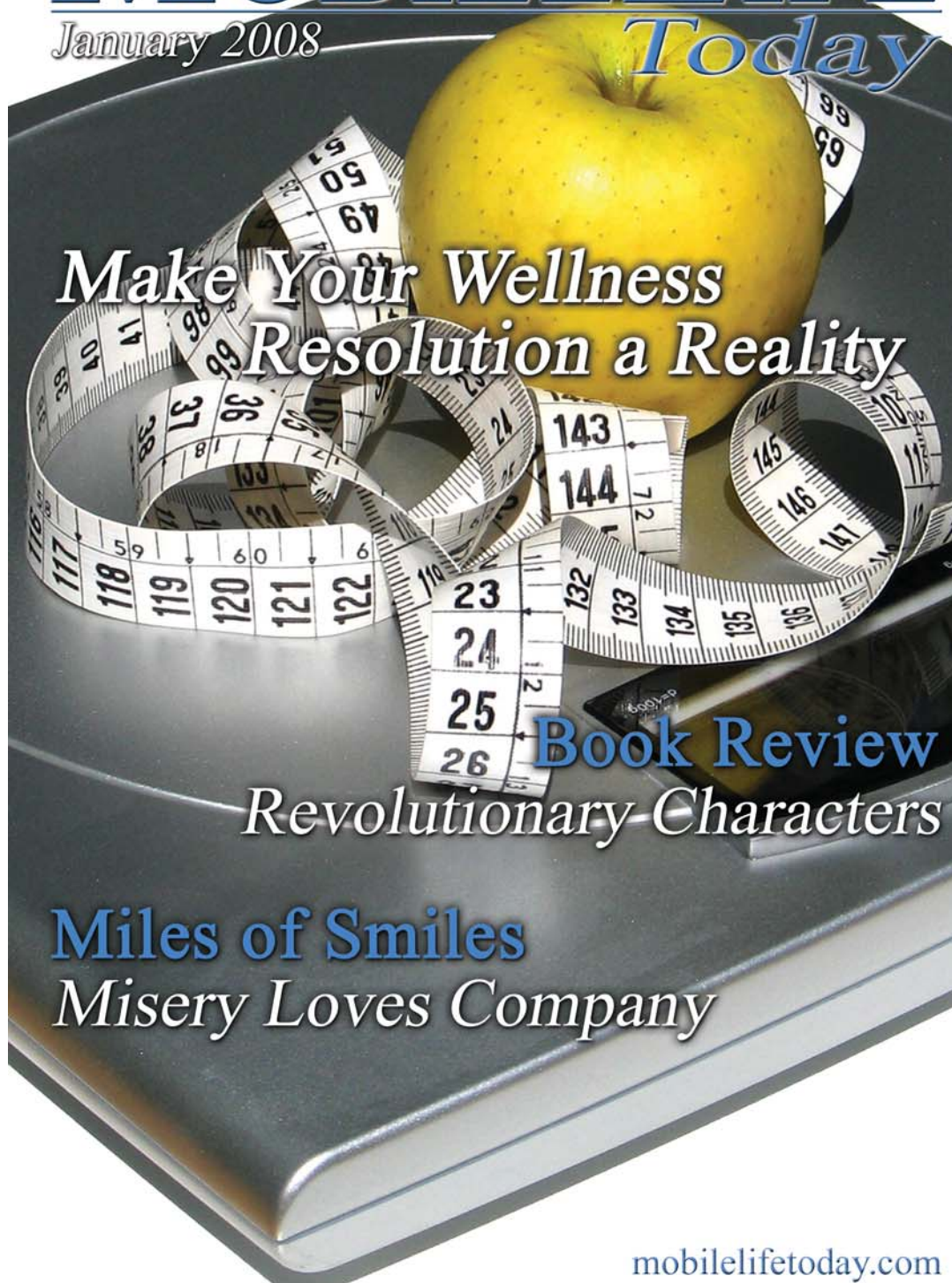


Health & Wellness
MOBILELIFE[®]

January 2008

Today



*Make Your Wellness
Resolution a Reality*

Book Review
Revolutionary Characters

Miles of Smiles
Misery Loves Company



Publisher
David Nichols
Dnichols@mobilelifetoday.com

Editor:
Elizabeth Johnson

Contributing Writers
Gilbert B. Elwyn
Dr. Lisa Silva
George Clements
Ashleigh Millard Sutter
Lorna G. Williams
Tina Salter

Cover Photo by:
Sanja Gjenero

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How to set and maintain healthy New Year's Resolutions. Send your tips and tricks to info@mobilelifetoday.com

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Making Your Wellness

By Lorna G. Williams

Resolutions Reality

Many people begin the New Year by making resolutions to change habits and improve lifestyles. January 1 seems to be a good time to start fresh. Many of the resolutions

that we make are related to wellness issues. Indeed, a recent survey shows that four of the top ten resolutions are related to health (1. lose weight, 2. stop

smoking, 7. exercise more, 9. improve eating habits). Unfortunately, psychologists say that many resolutions have already been broken before the first day of the year comes to an end. Even if you broke last year's (or every year's) resolutions, this can be the year that you succeed. Following are strategies that will help to turn your resolutions into reality.

The decision to make healthy lifestyle changes demonstrates a commitment to improvement and places you well on your way to accomplishing your goals. Before you set specific goals, establish realistic expectations. Seek to make lifestyle changes that will improve overall health rather than unattainable goals that bring feelings of failure if not accomplished. Don't plan to lose 10 pounds a week or run a marathon the first week if you haven't exercised in 2 years. Rather, strive to adopt a life-long healthy way of eating and maintaining a healthy exercise program. After you have established reasonable expectations, you are ready to set some specific wellness goals.





First of all, **write your goals down**. Start a wellness journal by listing your goals and then track your progress. Written goals help to make them more concrete. Additionally, you may want to share your goals with other people. This transparency with others is a great accountability tool and can help to keep you on target. There is something about making your resolution public that makes it just a little bit harder to abandon. As you set goals, you want to **make them as specific as possible**. Quantify and set time limits if possible. Rather than “I will eat less junk food,” be more specific and state “I will only allow myself _____ (insert your particular weakness) 2 times a week.” “Lose one pound a week by limiting caloric intake to 1500 calories and exercising 30 minutes a day” is a much more specific goal than “Lose weight.” The specifics of the goal give you a plan of action to follow in accomplishing the goal. Also, the specifics will help you gauge your success in accomplishing those goals.

Learn to **prioritize your goals** and work on the most important areas first. For instance, if you have health issues like high blood pressure or high cholesterol levels, work on those issues before trying to fit into a smaller size of garment. **Make sure that the goals that you set are realistic**. Having already examined realistic expectations should help in this area. Goals that are set too low do not provide sufficient motivation to accomplish them, whereas goals that are set too high can result in failure and frustration. Trying to lose 20 pounds in one month is an unrealistic goal for most people. Rather, examine your lifestyle to see problem areas and set goals to work on those areas in order to improve your health. A more realistic goal might be to “eat healthier foods with less fat and smaller portions and become more physically active.” Supporting goals might be, “I will eat at least four servings of fruits and vegetables

If you have a lapse, don't just give up. Aim for progress, not perfection!



daily” or “I will eat out less than three times per week.”

Don't set too many goals.

There is only so much that a person is able to do. You may even choose to work on one change at a time. Change is difficult and it you may experience greater success by focusing on one thing. You may determine that you will not eat any meals in front of the television and focus on that for several weeks. When that change is mastered and becomes a lifestyle habit, you are ready to move onto another area. Having success in one positive change will motivate you to make other changes, especially when the changes are more difficult or drastic.

Once goals have been set, the challenge is to maintain them and follow through on those resolutions. You can maintain motivation by establishing a routine and making it enjoyable. Track your progress by recording your activities, your food intake, blood pressure, etc. Stay focused on your actions and not necessarily your progress (though right actions should lead to progress even if it is slow). If you have a lapse, get back on track and keep going – don't just give up. Aim for progress, not perfection! Focus on what you can eat - not what you can't eat. Think about what you can do once you have adopted healthy changes - not what you have to do



Write your goals down. Written goals help to make them more concrete.

in order to get healthy. Take things one day at a time. Keep in mind that it is baby steps that will help you to accomplish your goals and those small steps bring great rewards. It has taken a long time to develop the lifestyle habits that you have now, and they won't be changed overnight. With each step you take forward, you will be closer to your long-term goal. So whether your desire is to lose weight, increase your fitness, lower your blood pressure or cholesterol, or simply eat a healthier diet, set some specific, realistic goals and turn those resolutions into reality.

Make 2008 a year of success and accomplishment. **MIT**

Photos courtesy Sanja Gjenero & M. Leeuw

Education

By Tina Salter

Mommy, today we went to China and built the Great Wall!

The children at Brookshire Discovery Center used motor skills, communication skills, color skills, team-building skills, and practiced comparing sizes while building “The Great Wall of China” to go along with our culture of China theme.

At Brookshire Discovery Center:

- Children ages 3 - 5 Explore, Discover, Create, and Learn through hands-on activities
- Individualized goal plans are created for each child.
- Science, health, and responsibility are practiced through farm and garden based activities at our farm on-site.
- We have a low student to teacher ratio, allowing for more one-on-one.
- We are partnered with ECS (Educational Consulting Service), who provides behavior analysis (ABA) services for children with autism within the classroom and trains the staff in goal-setting for all the children in the classroom.
- All teachers are experienced in behavior analysis and have a teaching background.



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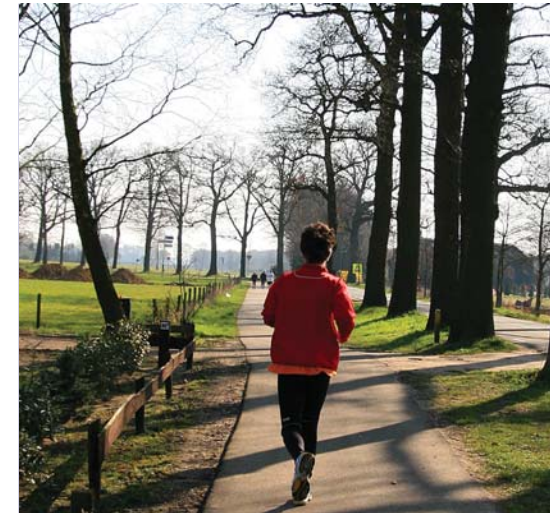
By Gilbert B. Elwyn

One of the joys of running is being alone with your thoughts to the accompaniment of the rhythmic intake and exhale of breath and steady pounding of shoes on ground. Many runners consider this to be meditation at its finest and a key motivation for their desire to run.

Today we take a look at a more social aspect of running: running partners.

Many runners who are training for a specific goal – whether a specific race or just getting outdoors to run on a regular basis – find it fun and helpful to do so with a friend. The running buddy can be a diversion, a motivator, a fellow adventurer, and a conscience. Often, he or she is a confidant, sounding board, and social engagement.

Running partners can become very close by virtue of shared experiences and exertions. Our former running group survived a decade together and shared a microcosm of life amongst our little band: marriages, births, deaths, divorces, unemployment, employment, and serious illnesses. Like the small community it was, its population ebbed and flowed with departures and arrivals. There was humor, an essential. There were shared trials and there were



triumphs, also shared. There were post-run breakfasts and there were race trips. Above all, there was a glorious sense of belonging and of support.

The glue that held this group together was that which got them together initially: running. That was the thing that all of us, regardless of ability or speed, had in common – and we had runners spaced throughout any race from front to back, but each finisher transformed from runner to rooter until all of us were safely through.

Our wish for you is that you enjoy the silent awareness of running alone, but also get to know the joy of finding at least one “sole” mate to share your miles of smiles. **MLT**



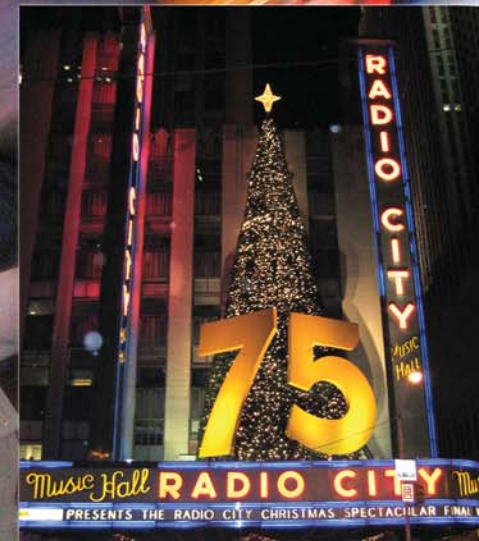
Time Square facing north.



The M&M's World Store in Times Square



The Rockefeller Center Christmas Tree



The Empire State Building as seen from the front of Macy's on W. 34th St.

The Day Tripper
Views from New York
 MOBILELIFE Today went to New York City's Time Square. These are some of the pictures we brought back.

Book Review

By Gilbert B. Elwyn

Revolutionary Characters

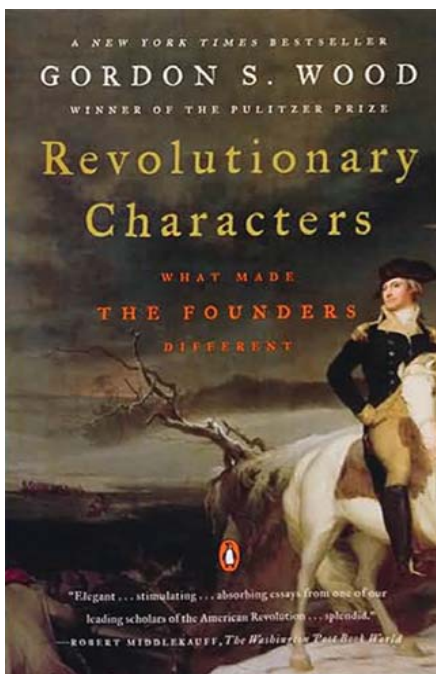
By Gordon S. Wood

We know them mainly from their visages staring at us from our money. Perhaps we have seen statues or sculptures. Then there are the stories – American lore – of George Washington and the cherry tree, Ben Franklin and his kite. But these are indeed the Founding Fathers of the United States. The farther removed from them in time that we become, unfortunately, the farther removed we also become from them in reality. They are no longer flesh-and-blood people, but legendary beings – men of myth. Even the recent revelations of Thomas Jefferson’s relationship with Sally Hemings do little to humanize him. After all, the gods occasionally ventured

down from Mount Olympus to dally with the mortals.

Pultizer Prize winning historian Gordon S. Wood has written a book which breathes life back into these extraordinary men. His subtitle is indicative of the book. Together it reads: *Revolutionary Characters: What Made the Founders Different.* The book allows the

reader to see the founders as flesh-and-blood human beings and to see what made each of them “tick.” Only through knowing each background and motivation can we understand their thoughts and actions as, individually and interactively, they laid the groundwork for our democracy. **MLT**



Your Health

By Dr. Lisa Silva

Resolve To Keep Your Resolutions...!

Let’s face it! Abandoning our New Year’s resolutions has become almost as familiar a tradition as making the resolutions themselves. But that doesn’t have to be and shouldn’t be the case. There are concrete helpful steps to successfully change your habits. The first is remembering that thousands of people have and still do succeed.

Make your goal specific. If it involves an action of many steps or lengthy duration make it easier by breaking it into small steps. For instance don’t think about walking for an hour but about walking out the door. Second, start small. Instead of running a mile, begin with the end of the block. Third, remember that most experts consider 21 days the time required to firmly entrench a new habit. But also celebrate the smaller milestones: your “three day” anniversary, for example.

Acknowledge your success. Find small ways to make the action easier, like putting out exercise clothes near the front door or throwing away unhealthy leftovers. You could set small reminders, or triggers, to make the action easy to remember and hard not to do. Set a date to begin. And don’t forget to make good health part of your New Year by making chiropractic care a regular and healthy habit.

Did you know that even though chiropractors are often referred to as bone doctors, our real interest is in your nervous system? The nervous system in your body controls and coordinates the functioning of every other part of your body. That is why routine chiropractic care is recommended for everyone, as a preventative health measure. I challenge you to learn more about the benefits of chiropractic care for yourself, I guarantee that you will be surprised at the difference you will feel in mind, body & spirit. **MLT**



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Chiropractic

Dr. Lisa Silva

For more information please visit Dr. Silva’s web site at www.findabundantlife.com.

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12 Tips for Hiring a Remodeling Contractor

Are you starting to feel like part of your home is dated or needs an upgrade? Are you in need of repairs on the exterior or structure of your home? When you look to hire a contractor consider these tips provided by the NAR®.

1. Get at least three written estimates.
2. Get references and call to check on the work. If possible, go by and visit earlier jobs.
3. Check with the local Chamber of Commerce or Better Business Bureau for complaints.
4. Be sure that the contract states exactly what is to be done and how change orders will be handled.
5. Make as small a downpayment as possible so you won't lose a lot if the contractor fails to complete the job.
6. Be sure that the contractor has the necessary permits, licenses, and insurance.
7. Be sure that the contract states when the work will be completed and what recourse you have if it isn't. Also remember that in many instances you can cancel a contract within three business days of signing it.



George Clements
gclements@kw.com
www.homestolive.in

8. Ask if the contractor's workers will do the entire job or whether subcontractors will do parts.
9. Get the contractor to indemnify you if work does not meet any local building codes or regulations.
10. Be sure that the contract specifies the contractor will clean up after the job and be responsible for any damage.
11. Guarantee that materials used meet your specifications.
12. Don't make the final payment until you're satisfied with the work.

Having an updated kitchen is one of the best projects you can do if you are thinking about selling anytime soon. Repairs on structure, HVAC, plumbing, electric, leaks, and cracked glass are also good things to focus on. Feel free to let me know if you ever have any questions about the best updates or repairs.



Mike Thom



With Winter Comes Weather

Protecting your home during the winter months does not have to be to difficult. While we may not experience heavy snowfall in South Carolina, we do experience lots of ice. Unfortunately, whether it's an auto or home, winter weather is a claim waiting to happen.

According to the Institute for Business & Home Safety, there are some easy tips to prevent ice damage to your home. Begin by checking your attic. Check to make sure that the attic is well ventilated. "The colder the attic, the less melting and refreezing on the roof." You also want to make sure that there is an adequate amount of insulation between the ceiling joists and the attic floor. This will minimize the amount of heat that is escaping your home . . . which will also help with your energy bills.

You can also protect your home by checking your pipes. "Fit exposed pipes with insulation sleeves or wrapping to slow the heat transfer." If you plan on leaving your home for a longer period of time, you may

want to leave your faucet dripping to prevent your pipes from freezing while you are away. Finally, be sure you seal with caulk

any cracks or holes in the foundation near piping to prevent your pipes from bursting.

Test your smoke detectors monthly. While this may be the most exciting time of year, sometimes it is also the hardest because of house fires that could have been prevented. Take the time to check your smoke detector, and if you have elderly neighbors help them check theirs as well. Also be sure if you are using a heating appliance (i.e. kerosene heaters or electric space heaters) that it has at least three feet of open space around it.

If over the winter months, you need to file a claim, you should do what you can to prevent further damage (i.e. tarp over a leaking roof, shutting off water for pipes that have burst, or any activity to prevent future damage). Your homeowner's policy will reimburse you for reasonable expenses to mitigate further damage. Call a technician or contractor to receive an estimate of the damages. Determining the damage will help determine if you need to file a claim with your insurance company. If the damage exceeds your deductible, call your insurance agent to file a claim. **MLT**



Ashleigh Millard Sutter
For more information please contact
Ashleigh at 864-862-2575 or
www.millardinsurance.net.

Coffee & Ice Cream

By Dave Wilson

Health Advantages of Coffee!

Part 2

Yes, my bleary-eyed friends, coffee is GOOD for you! There are some variables to this announcement, but in general, the news is good!

2. Stimulation of the brain:

Stimulation and getting going in the morning are probably the biggest uses for a cup of coffee. Here's some research from the British Coffee Association. They are a little late. The Boston Tea Party forced Americans to guzzle coffee more than 200 years ago (britishcoffeeassociation.org/page.aspx?page=health&m_id=38)!

Research from the Coffee Science Organization reveals that not only does coffee help those who are sleepy from medication or lack of sleep to be more alert, it also helps those who are feeling fine to have a sharper mental edge: cosic.org/caffeine-and-behaviour/alertness.

Lastly, if you want to do your own experiment to statistically test the alertness benefits of coffee, here is a college course that has the experiment set up for you with all the necessary analysis tools: math.sfu.ca/~cschwarz/LongAnswer/coffee2.html.



Alex Bramwell

Coffee: What would life be without it?

Next time:

Part 3, Can coffee help reduce certain diseases? Its not snake-oil!

MLT

Dave is part owner of Spill the Beans at 1607 Woodruff Rd. Greenville, and can be found there on most Saturdays connected to the free Wi-Fi access. You can e-mail him at dwilson@chaiguy.net.



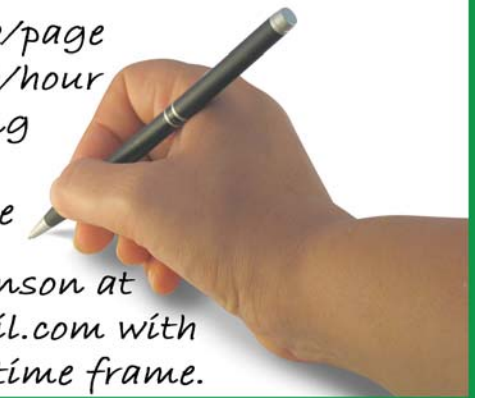
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Ink Blots

By Gilbert B. Elwyn

The Four Freedoms Report Card

January 6th is the 67th anniversary of Franklin D. Roosevelt's "Four Freedoms" speech. If you are not familiar with the actual speech, you are possibly aware of Norman Rockwell's four-painting representation. Rockwell's picture of a family gathered around the dinner table is particularly popular during Thanksgiving and Christmas.

President Roosevelt's speech was addressed to the 77th Congress and warned of European aggression, the dangers of isolationism, and being unprepared militarily. It was not until page 8 of his 9-page speech that the President mentioned looking "forward to a world founded upon four essential freedoms."

- "Freedom of speech and expression"
- "Freedom of every person to worship God in his own way"
- "Freedom from want"
- "Freedom from fear"

These four freedoms were elaborated upon to place them on the world stage, but we prefer Rockwell's paintings, which brought them to the personal level.

It is ironic that, as this crop of candidates' oratory raises to fever pitch before the first primaries, these four essential freedoms, 67 years after they were first enumerated, are still being bandied about as campaign issues. It is tragic that we shall probably hear no further mention – or, at least very little – of these four freedoms after Inauguration Day. They will lie dormant, awaiting the next wave of campaigners.

As you ponder your electoral choices, national and local, we suggest that you

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would do well to use the Four Freedoms as a guideline – a litmus test, perhaps – as you make your choices. What have the candidates done in the past and what do they propose to do – concretely, not rhetorically – to secure these Four Freedoms for you, the United States Citizen.

We also offer these election tips:

1. Do not let anyone – friend, family member, religious leader, or celebrity – tell you how to vote. It is *your* vote. Use it wisely and well.
2. Vote the candidates and the issues, not the party. This is not Tigers vs Gamecocks. If the best candidate is chosen we *all* win. The Founding Fathers did not think that political parties, even their own, were healthy for democracy.
3. Do not let the media make your choice for you. Unbiased journalism is as rare as the Northern Hairy-nosed Wombat. Threatening the habitat of the true journalist is incompetence, prejudice, power, and ratings.
4. A post-election tip: keep a scorecard on the winners – the elected "servants of the people." We *do* have term limits in the United States. They are called Elections.

We'll leave you with Billy Strayhorn's more personal Four Freedoms: "freedom from hate, freedom from self-pity, freedom from fear of doing something that would benefit someone else more than it would himself, and freedom from the pride that could make him feel that he was better than others."

MLT

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2327B N Pleasantburg
GREENVILLE
bobmillard@allstate.com
Personal Financial
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Ashleigh Millard
Sutter
(864) 862-2575
112 N Main Street
FOUNTAIN INN
asutter@allstate.com
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