



Health & Wellness
MOBILELIFE[®]
March 2008
Today

*Eating Well
As We Grow Older*

Book Review
Featured Author:
Michael Gilbert

Miles of Smiles
More Miles - More Smiles

The Day Tripper
Wildcat Falls



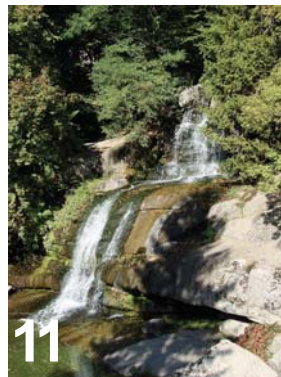
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By Lorna G. Williams

As We Grow Older

If you are over the age of 65, you are part of one of the fastest growing segments of the American population. This age group now makes up a little over 20% of our society. The U.S. Census Bureau projects that by the year 2030, the number of older adults will exceed the number of children. Even if you do not find yourself in this age group, you may very well find yourself responsible for the care of an older parent or loved one. Good nutrition remains important throughout life, but may be even more important during our later years. Good nutrition in later years can help lessen the effects of the diseases prevalent among older Americans and may also improve the quality of life of those with such diseases. Some of the diseases that plague the elderly include osteoporosis, obesity, high blood pressure, diabetes, heart disease, certain cancers, gastrointestinal problems, and chronic under-nutrition.

Many older people find it difficult to eat well for a variety of reasons. As one grows older, he may need less energy (fewer calories) from the food he eats, but he still needs just as many of the nutrients found in the food. As we age, our lifestyles may become less active. The body's metabolism tends to become less efficient or slower with age. These lifestyle and metabolism changes may cause weight gain and less efficient absorption of nutrients. Additionally, the

elderly sometimes lose some of their ability to taste, smell, and see. This may make food less appealing, thereby diminishing the desire to eat properly. There may be greater difficulty involved in the tasks of shopping for groceries and preparing meals due to illness, arthritis, limited mobility or loss of sight. The loss of teeth may make it difficult to chew foods. Physical ailments and medications may require dietary changes and special eating programs. Digestive ailments may call for foods that are less highly seasoned. Emotional factors such as depression and loneliness often affect the diet. Sometimes it is simply a matter of money – often those on limited incomes do not have enough money to purchase the quality foods that they need. Despite these factors, it is important to remember that people of any age are healthier if they are well nourished. Well-nourished older people tend to feel better in general, recover faster from illnesses, spend less time in the hospital, and can possibly live

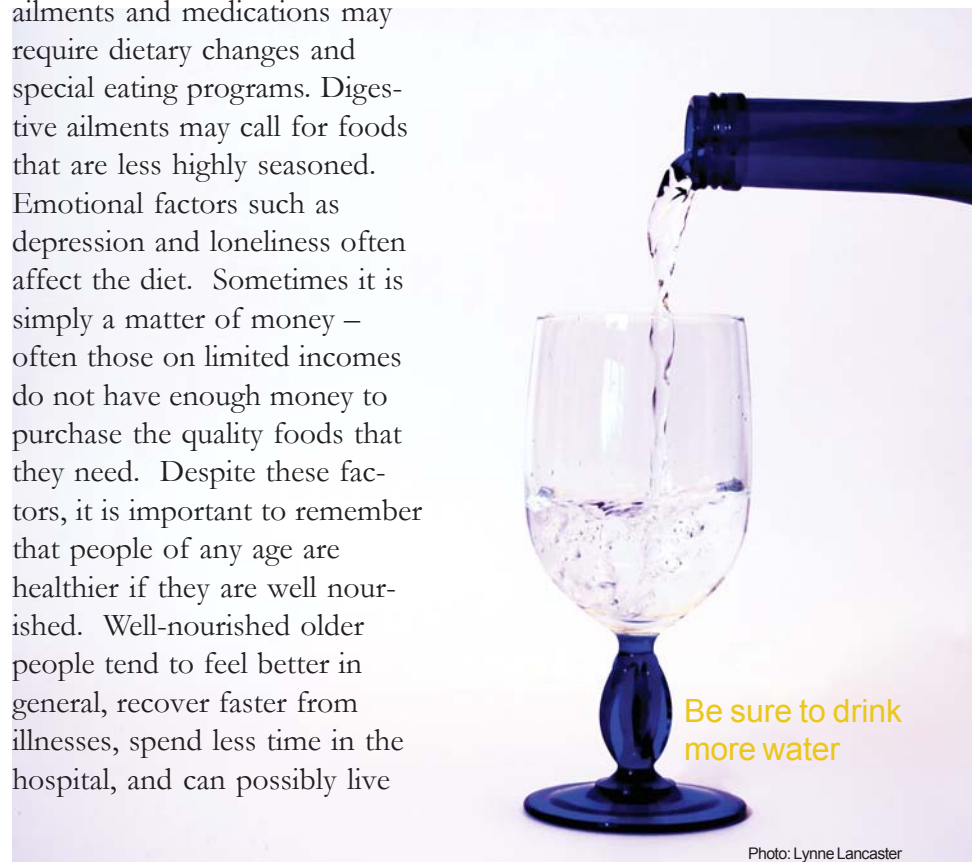
independently longer than older people who don't eat well.

Since nutritional needs do change as we age, it is necessary to review one's diet periodically – especially if certain medical conditions are present. Medical and nutrition professionals can help assess one's nutritional needs and make suggestions for meeting those needs. In general, some important guidelines for



Consume more calcium for bone health. *(The cookies are just for fun)*

Photo: Rachel James



Be sure to drink more water

Photo: Lynne Lancaster

senior nutrition include:

- Reduce sodium (salt) intake to help prevent water retention and high blood pressure
- Monitor fat intake in order to maintain healthy cholesterol levels
- Consume more calcium and vitamin D for bone health
- Eat more fiber-rich foods to prevent constipation and other digestive ailments
- Cut back on sugar and on dry foods
- Make sure that recommended amounts of important vitamins and minerals are being consumed
- Increase water intake
- Participate in regular physical activity

Choice nutrient-dense foods are those that are low in fat and sodium, high in fiber and calcium, with a moderate calorie content. Foods that are flavorful, easy to chew, swallow, and digest, as well as easy to prepare, and appealing to the eye will help to ensure that seniors get the nutrients they need. The following are more specific tips to help control calories while making good food choices. Focus on “good” carbohydrates.

Choose whole grains instead of refined “white” products. Raw foods provide roughage.

Try to eat at least one daily serving of fruits and veg-

etables in a raw state. Steaming is the best way to cook vegetables because it preserves the nutrients in the foods. Choose lean sources of protein such as fish, poultry, eggs, beans, peas, nuts and tofu. Remove the skin and visible fat from meats before cooking. Go easy on red meats which contain saturated fat, and also on salty meats such as bacon or ham. Remember to get adequate amounts of calcium in the diet. Many products, including fruit juices, are now available with calcium fortification. Supplements may also be advisable to help supply the additional need for calcium. Select “good” fats such as olive oil, canola oil, and



Focus on “good” carbohydrates. Choose whole grains.

sunflower oil.

Avoid animal fats and hydrogenated fats such as shortening. Keep

your food moist.

In addition to drinking enough water each day, aim to eat foods

with high water content. Staying properly hydrated flushes toxins from the body, relieves constipation, helps keep joints flexible, and clears the mind. Rather than adding salt, season foods with olive oil, vinegar, garlic, onions, and spices. Choose a wide variety of foods to keep mealtime interesting and encourage proper eating habits.

As we age, our relationship to food changes along with our bodies. This makes it even more critical to choose foods wisely. Poor nutrition can prolong recovery from illnesses, and lead to a poorer quality of life. On the other hand, maintaining a

healthy diet can give increased mental clarity, increased resistance to disease and illness, higher energy levels, a stronger immune system, faster recuperation times, and better management of chronic health problems. All of this contributes to a higher quality of life, enabling older people to maintain their independence. In later life, eating well can be the key to staying mentally sharp, emotionally balanced and energetic, with a strong immune system and a happy, positive outlook on life.

MIT



Photo: Sanja Gjenero

More Smiles - More Smiles

By Gilbert B. Elwyn



Photo: Mehla Zacharewski

If you began your running when we began these articles, we hope that you are doing well and enjoying your running. Shorter distances should not be problematic by this time. You might even have run a race by now.

You might also be looking for new challenges by now. Sometimes a sense of stagnation can set in for a runner when new goals aren't set.

There are three ways to overcome this.

One is to vary your running routine and/or route. Even doing your usual route backwards can make it seem fresh. Signing up for an interesting race can "jump start" your running, too.

Another way is to increase your speed. This should already be happening as you increase your running fitness, but there are some tips we can give you and will do so at a later date.

The third way is to increase your distance. If your current top distance is 5k, shoot for a 10k goal. It sometimes helps to pick out a race at the new distance to enter as a "goal race."

We'll cover 10 miles and beyond another time, but for now we'll chat about expanding 5k to 10k. The answer is simply to do what you did to get to 5k; take it slowly and safely, scheduling short increases to your training. Alternate the longer runs with shorter runs.

Wishing you Miles of Smiles!

MLT

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By John Yarusinsky

A Yard That Neighbors Envy And Kids Love

Everyone knows that a lush green lawn doesn't happen by accident. But did you know that a combined fertilizer and pre-emergent treatment, applied regularly to your lawn, can help you achieve that gorgeous lawn you've always dreamed of? Think of it this way:

fertilizer is for grass what healthy food is for people! Just like you need a balanced diet with vitamins



Photo: Paula Jensen

and minerals to stay healthy, your lawn won't thrive without a high-quality fertilizer to strengthen roots and keep grass healthy. Your lawn also needs a potent weed-killer; weeds aren't just unsightly, they rob the grass of necessary nutrients! Consider this: what would happen if you ate a huge meal at the beginning of the year and expected it to last you for twelve months? Obviously, the result wouldn't be pretty. In the same way, your lawn won't live up to its potential if you don't apply fertilizer and chemical weed control regularly. You need a fertilizing program that's specifically

tailored to the type of grass you own, your soil conditions, and the Greenville climate. You need fertilizers that deliver nitrogen for excellent greening and readily available potassium to protect the grass against heavy foot traffic. Of course you'll also need a powerful

pre-emergent that knocks down weeds before they sprout, without harming pets or

people. Having a perfect lawn isn't a pipe dream; with a regular application of fertilizer and weed control, you'll be well on your way to that yard that the neighbors envy and the kids love. **MLT**



For more information or a free lawn evaluation please contact John at (864) 517-0494 or palmettolawns@gmail.com



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The Bookworm

By Gilbert B. Elwyn

The Dead Authors Society:

Michael Gilbert

From time to time, this column will serve to remind you of some of the authors of the past. Grand Master British author, Michael Gilbert, remains unknown to many mainstream readers.

Michael Gilbert specialized in mysteries that evoked the Great Britain of Hitchcock's Caldicott and Charters; tea and cricket and a pint at the pub. He shared a legal background with John

Mortimer and Henry Cecil and, like them, wrote best about that which he knew best, the British legal chambers.

Some of Gilbert's books also are reminiscent of some of Alfred Hitchcock's best works. Average men and women are placed in extraordinary circumstances, where danger and the commonplace coexist in a crazy juxtaposition. This makes the danger more shocking and the commonplace somehow eerie.

Michael Gilbert had few series characters. Petrella of the "Q

Division" police procedurals is one of them; two of his most enjoyable are his spy team, Mr. Calder and Mr. Behrens, accompanied by their canine partner Rasselas. They are more reminiscent of George Smiley than of James Bond, but they too have and use their "license to kill".



Excerpt: Mr Behrens said, raising his voice a little, 'If I were to lift my right hand a very well trained dog, who has been

approaching you quietly from the rear while we were talking, would have jumped for your throat.'

The colonel smiled. 'Your imagination does you credit. What happens if you lift your left hand? Does a genie appear from a bottle and carry me off?'

'If I raise my left hand', said Mr Behrens, 'you will be shot dead.'

And, so saying, he raised it.

When trying to qualify Michael Gilbert's books, though, we are reminded of a quote about Cary Grant. "Average movies starring Cary Grant are better than above average movies starring almost anyone else."

MLT

The Day Tripper

By Gilbert B. Elwyn

Wildcat Falls

We'll admit to being enamored of waterfalls. A pleasant way to see the sights and get a bit of exercise is to do a "Waterfall Crawl." This entails mapping out an itinerary which can be visited within one day. The exercise comes not from the driving, but from the fact that most waterfalls are off of the beaten path and require hikes, sometimes strenuous, to get to the breathtaking view.

An easier and nearby alternative is Wildcat Falls located on the stretch where Highway 11 and US 276 are combined. The casual motorist is usually unimpressed by Wild Cat Falls. They often don't realize that it is a waterfall.

Wildcat Falls is actually three waterfalls. The lower falls can be seen from the highway and flow into a pool where, during warm weather, people gather to cavort in the water. At times during the year, the water is slowed to a trickle and the pool is almost dried up.



Photo: Ruslan Korolych

If you park at the pull-off area and look above the lower falls, you should be able to see the middle falls. A stair-stepping trail to the left of the pool leads up to the middle falls. Be advised, even this fairly

easy climb requires some exertion and balance. When the ground is slippery it can be treacherous.

Following this trail, you'll pass through some wilderness and a burned out site to get to the upper falls. These falls can only be viewed from below. Do NOT attempt to climb the boulders

to get to the top of the upper falls. It is posted as illegal and it is dangerous. A cross was placed beside the pool in memory of someone who lost his life on this falls.

The total height of all three sections of Wildcat Falls has been estimated from 130 feet to as much as 175 feet, with the upper falls being the tallest as about 100 feet.

If the exercise, and the view and, possibly, the wade in the pool aren't enough pleasure for you, a roadside vender is usually on-site at the pull-off to hawk boiled peanuts.

MLT

By Dr. Lisa Silva Feeling “Run Down”?

When you feel tired, or not quite up to par, you compare your own body mechanism to that of a watch. “I’m run down,” you say.

Not a bad comparison. Why not carry it one step further? When a watch is run down and doesn’t work properly, we have to have it adjusted. You can do the same for your body—through chiropractic adjustments.

The result in both cases is the same. The watch and the body are both made up of hundreds of tiny parts, all of which must be meshed together in perfect coordination and balance, with nothing to impede the flow of vital energy. The mainspring of the watch is its “brain.” With human beings, the brain is the mainspring of all of our action; the brain is the capital of the body, the seat of all the nervous forces and of mental actions—conscious and unconscious. Our system of interlocking gears and mental impulses are conveyed to all nerves of the body and they control the vital action of the system. The skull and spine house all the nerves.



Photo: Georgios Wollbrecht

Shock, fatigue, repetitive work, stress, a fall, or any one of a hundred causes can throw the spine off-balance and interfere with proper channeling of nerve impulses from the brain to other organs of the body. When we’re “run down” it’s a symptom that, like our watches, we need “adjusting.”

The doctor of chiropractic care corrects the distortions that have altered or obstructed the proper channeling of nerve impulses restoring the body to the desired equilibrium. **MLT**



For more information please visit Dr. Silva’s web site at www.findabundantlife.com or call (864) 292-9853.

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What Is A CL-100?

Banks require anyone who is getting a loan to have a CL-100 letter that assures that there are no termites or moisture problems in the house that want to buy. In a normal real estate transaction, the purchaser will pay between \$75 and \$150 to have this done.

There are a couple of things the banks are looking for when it comes to the termite inspection. First, are there any active termites and second, is there is any structural damage. In a normal sales contract inspectors will list any damage that they find. However the seller is only required to fix structural damage and not cosmetic damage. The seller would also be required to have the home treated if there were signs of active termites. There can be signs of past infestation as long as it has been treated and there is no structural damage.

One way to keep termites away is to use treated mulch in flowerbeds.

Just be sure you keep the mulch from getting high up against your house. It is good to treat your home yearly for termites to avoid any major repairs when you go to sell.

When it comes to the moisture side of the inspection, the banks are looking to see that the moisture content is under a certain level. If the moisture content is too high there is most likely a water problem that needs to be taken care of. Correction of moisture problems are treated just like termite problems in the transaction.

Just let me know if you ever need names of some good pest control companies. **MLT**




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Insurance. Why work in insurance? This month, I decided to tell you why I have chosen to work in insurance. You may have thought that after graduating from college in 2007, I would obtain a job in the accounting career field in which I graduated. Instead, I set out to help people. I know I have already lost you. How is taking your money every month for premiums that you may or may not ever use helping people? Basically, I work in insurance because of the stories of my acquaintances. I want to share some stories about people I have encountered in my life at Allstate when their luck ran out.

- An 18-year old college student was driving her siblings to school when an oncoming car broadsided her. All three of her passengers escaped with bumps and bruises, and all of their treatment was covered by her auto policy. The young girl was in the hospital for almost a week with a hip fracture. She went through months of physical therapy, missed school and work for weeks, and had multiple follow-up exams. All of her treatment would have been covered by her auto policy, unfortunately she did not have Medical Payments or Personal Injury Protection. Do you have medical payments?

- A 49-year old self-employed attorney went on vacation with two of his daughters. He had a life insurance policy that had expired four years earlier. While on the trip, he passed away. His wife and family of six kids mourn the loss of their father while trying to afford the costs of a funeral. The wife worked for her husband, she now needs a new job.

Do you have life insurance that will provide for your family when you are unable to?

- A 41-year old woman went to the doctor for a regular medical exam. Doctors informed her that she had breast cancer. She needed to undergo surgery and chemotherapy. She had major medical insurance, but she also had a supplemental cancer policy. Due to the treatments, she was out of work for long periods of time, had to go to the doctor numerous times, and had to eat special food because of the side effects caused by her treatments. She didn't have to worry that she couldn't afford it because she received \$30,000 paid to her for everything she went through from her supplemental cancer policy. Does cancer run in your family? Have a survivor story like this woman who is 3-years cancer free.

Although these things may be hard to think about, it's something you must discuss and plan for. While it may seem that I just take your money and you don't file claims, you can never anticipate a catastrophe. I want you to be prepared. Take a moment and reflect on your family's situation. Are you prepared for when your luck runs out? **MLT**




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

Health Advantages of Tea!

Part 1

The tea business is mysterious. I suppose this is due to the exotic places that it comes from. There is no mystery about the health benefits of tea, however.

The product called “tea” is from the *Camellia sinensis* plant. Herbal teas are not really “tea.” This is not to say that they aren’t good and good for you, I’m just being precise. The various kinds of actual teas are grown in different places, which is one way they get their different flavors or unique characters.

Picking the leaves at differing times in their development gives various character. White tea is the most expensive because these leaves are new leaves that have not developed as much as traditional tealeaves. Another way that tea gets its uniqueness is the way the leaves are

processed. Black teas are fermented to some degree. Green teas are not. Studies have been done on both types. Both types have much the same advantages, with green and white teas possibly having an edge. I should also note that some studies indicate that there are no benefits to tea drinking. I think coffee growers fund these studies.

Some studies indicate that drinking three to four cups of black tea a day is better for you than drinking as much water. (<http://news.bbc.co.uk/2/hi/health/5281046.stm>)

Next Month:

Antioxidant properties and Brain Stimulants!



Photo: Sara Haj-Hassan



Photo: Pancho Pantera

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How To Advertise On The Radio...

And Get Results

Think about it... you're in the break room getting your morning coffee and your best work buddy walks in. He says, "I saw that new Russell Crowe movie last night. It was AWESOME!"

First, recall how you felt about that movie before he said anything. Did you have a favorable opinion, or any opinion at all? But after your conversation, are you more likely to see it? Maybe you won't drop everything to run out to buy your ticket, but the next time you're trying to decide what to see, and you're perusing all the titles, and you come across 3:10 to Yuma... see where I'm going?

Radio advertising works the same way. Our listeners already like us. To them, we're ALREADY their buddy. Our word holds water, and therefore, anything on our station will be accepted by our listeners as word-of-mouth from a trusted friend.

There are a lot of misconceptions about radio, mostly perpetuated by people that have tried it and found it ineffective. But you can't blame the radio any more than you can blame your spoon for that ice cream you ate. If you buy a commercial schedule, that doesn't guarantee it will

work. Think of a radio commercial as a box. It's not the box that will impress people. It's what's inside the box. We are merely the FedEx to your care package.

So now you're ready to start. You've got the box, and you know what you want to accomplish...

...now what? That's where we come in. We can target your consumers like no other medium. We have a team of creative copywriters, schedule builders, researchers and production talent, all ready to make sure your box is the one they remember opening.

Nowadays, radio is more than just radio as you know it. We're not only in homes, at work and in the car... we're on the web, we're on the roads, we're on the HD airwaves, and still touching 96% of Americans every-day. We're just like word-of-mouth... with 100,000 watts behind it! **MLT**



Photo: Afonso Lima



For more information please contact Austin Bell at (731) 609-7920 or Abell@entercom.com

In the mid 1950s our family owned a 1949 Ford. Our brother, obnoxiously precocious lad that he was, named this automobile Uncle Fudd. To the best of our knowledge it was named for the title character of a popular song. Uncle Fudd was a cheerful and incorrigible procrastinator who just kept puttering along at his own pace, letting nothing bother him. Somehow he "never had the time to spare." The last verse describes his encounter at long last with St. Peter, telling him "I'm sorry I'm late, but I never had the time to spare."

Our Uncle Fudd was named well in that it puttered along, bare-tired, across the snows of Iowa winters while new automobiles, equipped with chains and the new invention, snow tires, were wallowing in the drifts.

Uncle Fudd wasn't built for speed. He looked like an Uncle Fudd should look, solid and a bit bulbous in the backside. It reminded us of our Uncle Elmer.

A brief digression about Uncle Elmer: I'm sure that many of you were told by loving parents to be sure to wear clean, non-holey underwear "in case you're

The opinions expressed in *Ink Blots*, are not necessarily those of the management, advertisers, or contributors.

in an accident." Uncle Elmer had the misfortune to not only be in an accident while wearing holey underwear, but the holes were so large that the nurse was able to give him a shot through one of them.

When we first began musing about Uncle Fudd, we consulted our extensive reference library (we Googled it) and could not find the lyrics for the original song or even mention of it. However we did discover that Uncle Fudd featured prominently in a later hit record, a current musical group, at least two restaurants, a fitness column, and a farm. Uncle Fudd would never have abided accomplishing all of this. He wouldn't have "had the time to spare."

Here we are at the end of another Ink Blots. We've discussed our old automobile, an old song, a relative, and the apparent popularity of the name, Uncle Fudd. What we did *not* discuss was procrastination, which was our original intent.

That's okay. We'll discuss procrastination in a later column. When we have "the time to spare." **MLT**

making the pieces fit...together

Brookshire Discovery Center

A Parent's Testimony

Our family was introduced to BDC and we immediately fell in love with the warm environment and the loving staff. My children have attended two other (well-known) local preschool/mother-morning-out programs and I felt that they really were just glorified daycare centers. The kids would have activities, "centers", and themed units, but I found most of it was not the type of higher-level instruction I wanted for my children. At Brookshire Discovery Center, my children are instructed on their level (as a result of extensive testing... Does ANYONE else do that for preschoolers?? No!) and they learn at their pace. The teacher/staff are phenomenal. I have never met a more passionate and creative bunch who truly pours all of their energies and talents into those precious lives. I am truly grateful. I have two children who have been attending since it opened, and I'm excited to put my younger third and fourth children in as well!

~ Kim Caldwell



A parent letter to BDC...

This letter is to inform and compliment you and your staff for the excellent education you are giving the kids at Brookshire Discovery Center and, in particular, Jaden. I cannot express to you the ways in which Jaden has benefited from the outstanding teaching of Melissa and Kelly.

Jaden has dramatically increased his listening skills, sharing with other kids, and most importantly, his interaction with other kids and adults. This is the best setting we have ever seen to draw out the seeds of greatness that are in every individual child. The distance to get to school is no issue because of the quality of the education Jaden is receiving. Jaden's confidence has grown because of the individual attention and love displayed at Brookshire and we, as parents, appreciate it greatly.

You are a blessing to us and Jaden!

~ Jeff and Sarah Magg



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