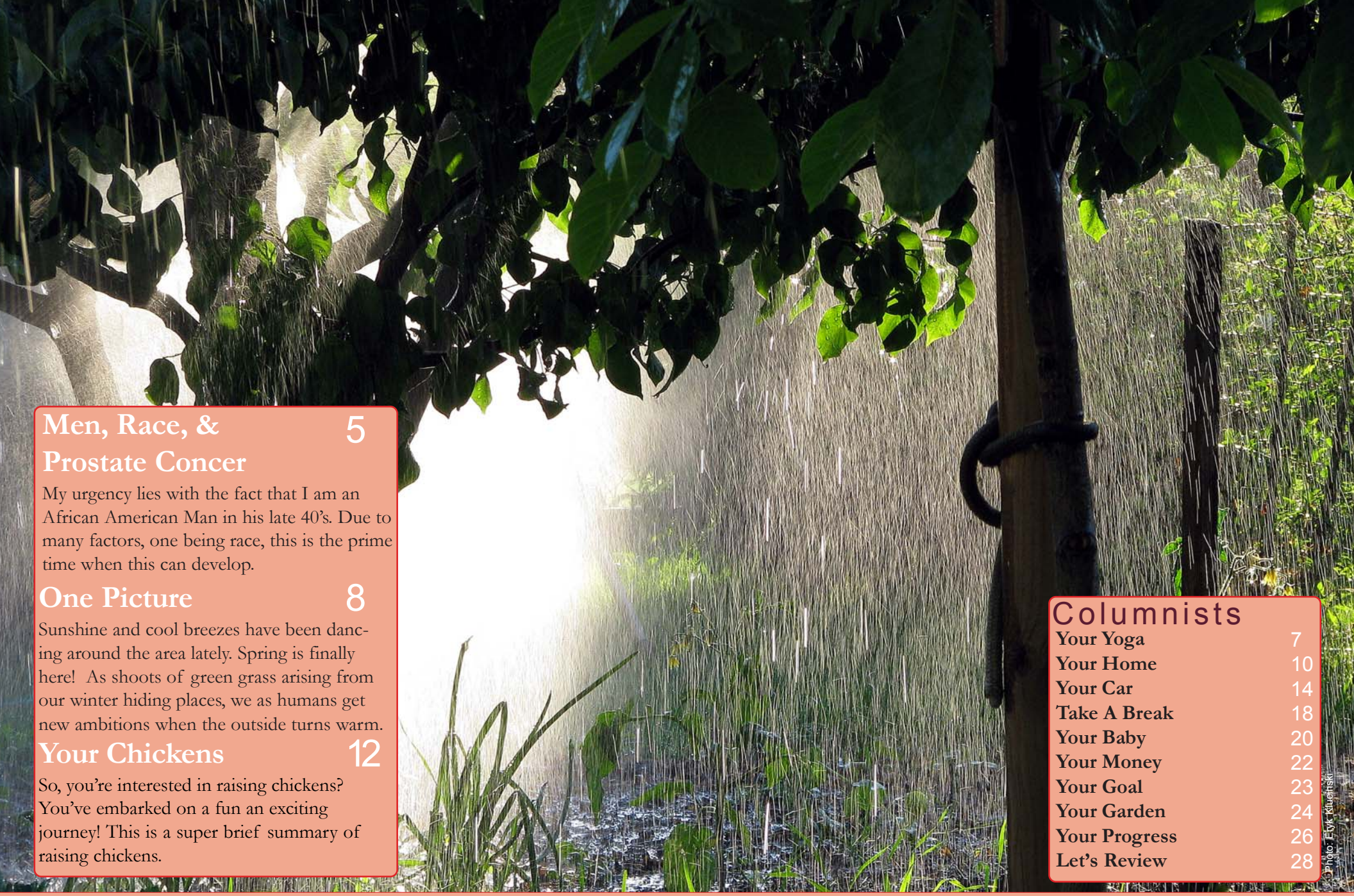
Health & Wellness
MOBILELIFE®
Today
April 2009
Let's Review
The FitMenu Vision:
Eat Out, Look Great
Your Car
It's a Clean Machine
Men's Health
Men, Race, & Prostate Cancer



Men, Race, & Prostate Concer 5

My urgency lies with the fact that I am an African American Man in his late 40's. Due to many factors, one being race, this is the prime time when this can develop.

One Picture 8

Sunshine and cool breezes have been dancing around the area lately. Spring is finally here! As shoots of green grass arising from our winter hiding places, we as humans get new ambitions when the outside turns warm.

Your Chickens 12

So, you're interested in raising chickens? You've embarked on a fun an exciting journey! This is a super brief summary of raising chickens.

Columnists

Your Yoga	7
Your Home	10
Your Car	14
Take A Break	18
Your Baby	20
Your Money	22
Your Goal	23
Your Garden	24
Your Progress	26
Let's Review	28

Photo: Elyk Kluehski

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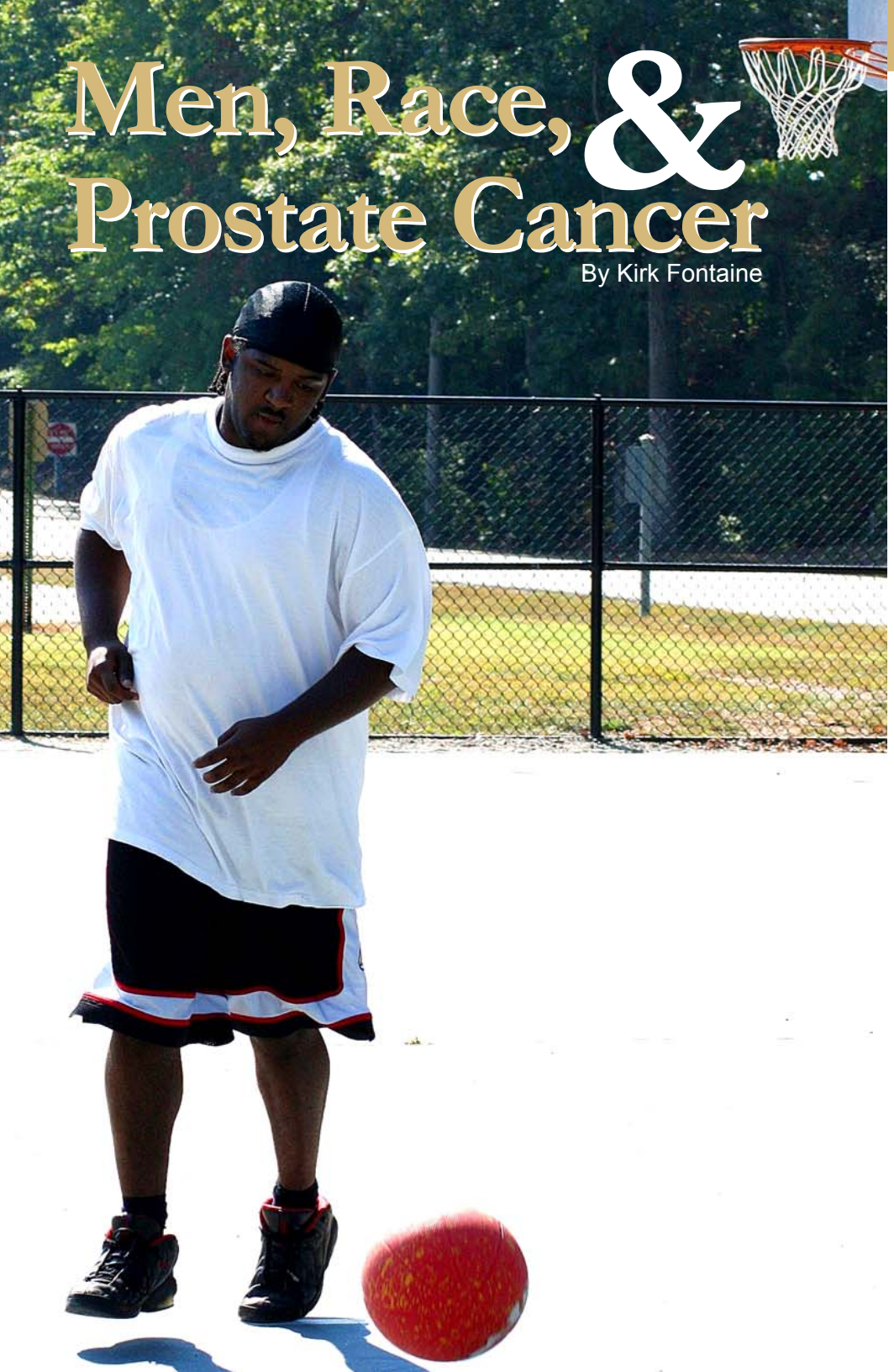
Men, Race, & Prostate Cancer

By Kirk Fontaine



When I spoke with the publisher of MobileLife Today he gave me the go ahead to submit this article based on my personal experience with this topic, I am unofficially in remission from Prostate Cancer. I want to stress the importance of getting a complete series of tests to determine if one has indications of having a tumor that maybe benign or cancerous. I have been looking at the headlines and have found that the Prostate Specific Artigen (PSA) Test that detects severity or indication of a malignancy is just the tip of the iceberg.

My urgency lies with the fact that I am an African American Man in his late 40's. Due to many factors, one being race, this is the prime time when this can develop. I did speak with some men of color that have not had th PSA Test done. From a cultural standpoint, it seems to be an issue that is shrugged off and I wonder why when this is a silent killer. I am on a mission to inform men of how important it is to get complete testing done to check the health of a prostrate, especially if the men are over 40 and African American.

To get a summarized account of my journey from the beginning here is an excerpt of my blog:

"Just got devastating news on St Patrick's Day. (2008) I was diagnosed with Prostate Cancer. I was very shocked but they caught it early and the prognosis looks great. I am trying to get my appointment to consult with the oncologist (Cancer specialist) moved up. The original date is April 23 but I want to get this started soon. I have heard from friends and family that it is great that I did get diagnosed early since most men that get this disease are cured of it and it goes into remission."

"I am lucky that I went and got the blood test and exam since I am in a quandary regarding who my biological mom is, therefore I am in the dark about my medical history. So I decided to get a biopsy done since the doctor detected an abnormality on my prostate and said it was of no major concern since my blood test or PSA was in the good range. This determines how severe the cancer could be if it was cancerous I believe. I could be wrong. Anyhow I went and got the biopsy and within two weeks I would know the results but it got rescheduled twice and the final date was on St.Patrick's Day. Go figure on an ethnic holiday so that I can remember providing a mental milestone. I am not too afraid of the disease since I tend to minimize things even tragic events, but the waiting is hard so I am probably going for the radiation treatment vs major surgery which involves removing the prostate gland all together. The tumor is small and slow growing according to my doctor who was the messenger of bad news that day. He told me that I was the fourth one that he consulted with and told them that they have prostate cancer also."

This was a personal account of the initial events that took place though September 8th when my treatments were done. If this can change the mindset of one man that fits the criteria then I have done my job. MLT

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www.twitter.com/fitnewbie

By Susi Hately

The High Heels Syndrome

As part of Susi Hately Aldous' extensive training program a common problem she often addresses with her clients and students is the pain experienced as a result of walking in stilettos and heels all day. Some women claim they cannot live without their 4 inch heels and as a result they are seeking effective ways to combat the pain experienced at the end of the day or night.

Susi offers a few simple yoga tips for those of us who are not willing to let go of the Manolo's but would like to put an end to the pain often felt at the balls of our feet, in our calves, and even in our backs and hips (resulting in bad posture). Please see attached photo for two simple foot stretches Susi recommends to help alleviate pain associated with wearing high heels.

Susi explains that "the soreness we feel after a day in heels has much to do with the short term muscular fatigue. Over the long term this soreness can lead to adaptive change. By using specific stretches and massages you can reverse the impact of a day of heel wearing." Find more info at www.functionalsynergy.com MLT

functional synergy

One Picture

The Art of Spring

By Cassia Leidigh

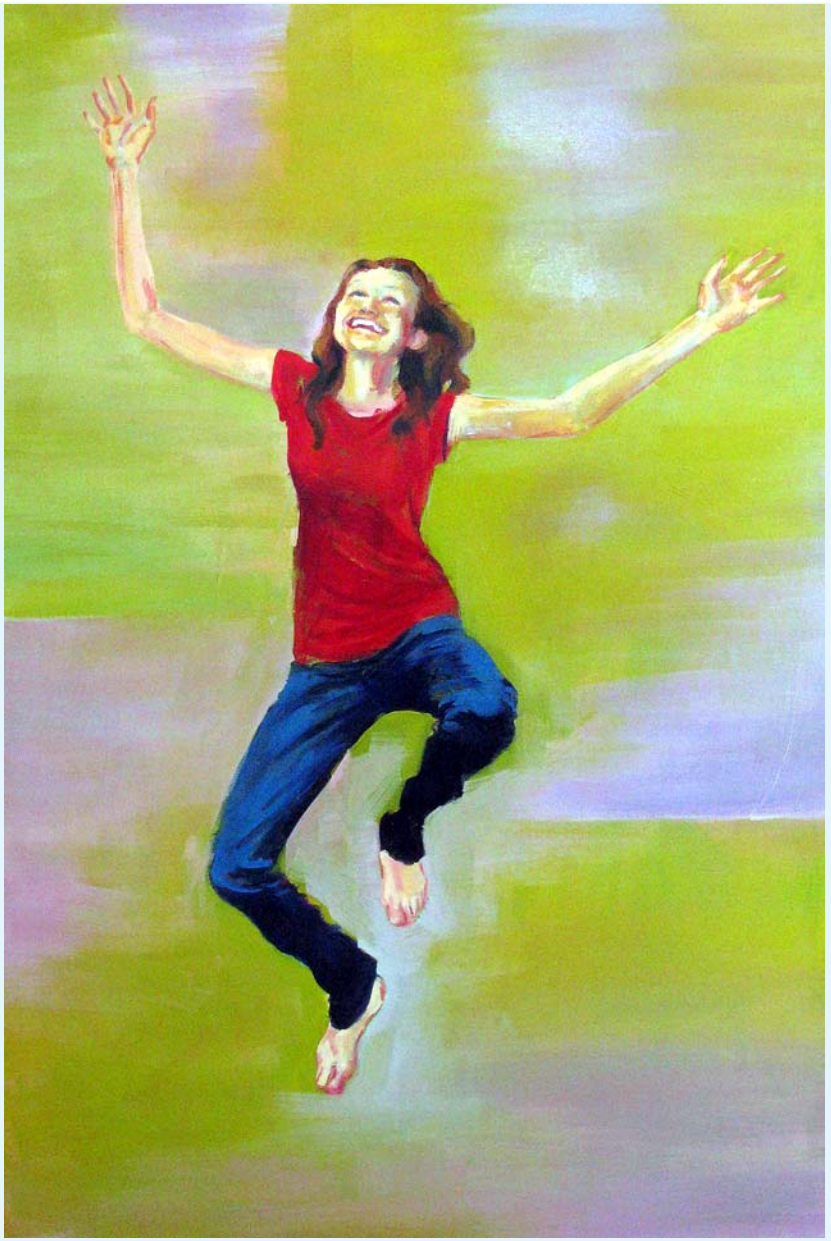
Sunshine and cool breezes have been dancing around the area lately. Spring is finally here! As shoots of green grass arising from our winter hiding places, we as humans get new ambitions when the outside turns warm. Whether it is doing some spring cleaning around the house or getting out and enjoying nature, we are inspired to do something new and fresh. We see the hope of new growth and the opportunity for expansion and exploration. All around us are bright sights, sounds, and smells, moving us to try new things.

In my painting "Exuberance" I tried to express this spirit of spring. The idea behind the painting came from running and leaping in fields of grass. It came from the feeling you get the first time you wear short sleeves again. It came from experiencing spring.

Lately I have been thinking about new ways to develop my art-work. Ideas that have been floating around in my head are in the beginning stages of being realized. My creative energy is just waiting for the moment when it can express itself in some new artwork. I want to paint and draw and fling out all of my exuber-ance onto some surface where it can rest.

It is good for all of us to break out of our winter dullness and do something creative. Why not try planting a garden this spring and watching it grow. Try out a recipe that you've never made before. Change up your fitness routine. Do something daring. Take that hike in the mountains that you've been meaning to take. The spring is inviting you to join it in fresh hope and bold new endeavors. MLT

To see more artwork by Cassia Leidigh view her portfolio at www.cassialeidigh.com Cassia's work is also displayed at Coffee To A Tea 54 Lois Ave, Greenville, SC 29611



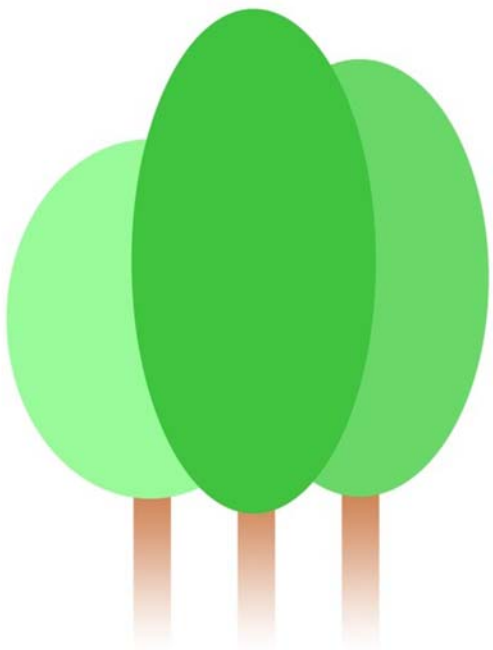
Greenville's Foreclosure Rate Stays Low

I came across a recent USA Today online article that caught my attention. It focused on foreclosures and the areas that have been hit the hardest. According to the article by Brad Heath, half of the nations foreclosures are in only 35 counties or around 1% of the nations counties. These hardest hit areas included places like Detroit, Cleveland, Las Vegas, Phoenix, Washington D.C., and worst of all Southern California and Southern Florida.

So how does the Greenville Real Estate Market look when it comes to foreclosures? In the last year, our foreclosure rate has gone up from .08% to .09%, basically no change. The nation as a whole has gone up from .5% to 1.2% with those 35 counties being the main cause of the increase. 650 counties have actually seen a decrease in the amount of foreclosures. Part of the reason that Greenville's foreclosure rate is so low is the low amount of sub prime loans in the area, 6% less than the rest of the nation. Also, our cost of living has stayed steady but affordable and we did not see extremely high prices like San Diego or Miami did. The House Price Index (HPI), that measures the price of residential housing, shows that 9 out of the 10 markets with the highest price depreciation are in California. Those 10 markets lost between 28.05% and 29.92% in home value in just one year (Source: First American Core Logic). Miami is the only other area in the top 10 not in California.

What can we learn from this information? First, don't listen to the news. The Greenville market is not flooded with foreclosures. Second, since we are not flooded with foreclosures, there are not amazing deals to be found on every street. We do have a number of foreclosed homes that are available but most of them need quite a bit of work and you cannot expect to find the deal of a lifetime. You can make money foreclosures but it takes a lot of patience for the right one as well as money for repairs. If you are in the market for a Miami condo or California suburban home, then now is your chance for an amazing deal. Why do that though when you could buy in Thornblade for the same price? MLT

Steven Woods



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By Rob Ludlow

Raising Chickens 101

So, you're interested in raising chickens? You've embarked on a fun an exciting journey! This is a super brief summary of raising chickens. For more detailed information please visit our web site www.backyardchickens.com.

Why Raise Chickens?

Here are a few of the most frequently expressed reasons people raise chickens:

• Easy and inexpensive to maintain
• Eggs that are fresh, great tasting & nutritious
• Chemical free pest control
• Fun & friendly pets with personality (yes, you read that right)
• Free fertilizer
• Weed Control
• Uniqueness- Be the cool person in town that grows their own eggs!

Ready To Get Chicks?

• Local Feed Stores often carry a variety of day old chicks around Spring
• Hatch chicks from eggs - HomeMade Chicken Incubator
• Search our Buy Sell Trade section for members selling hatching eggs or chicks.
• Check our list of chicken suppliers.

New Chick Care First 60 Days:

• Young Chick Brooder - Can be as simple as a sturdy cardboard box or a small animal cage like one you'd use for rabbits.
• Flooring - Pine shavings work best
• Temperature - 90 to 100 deg. for the first week, decrease 5 deg. per week. A 100 watt bulb pointing in one corner (not the whole brooder) works well.
• Food & water - chick crumbles / starter & a chick waterer
• Play time - Play with your chicks when young to get the use to being around people.
• Outside time - Section off an area in your yard where the chicks can explore, scratch, etc. Make sure you can catch them when it's time to come in.

After First 60 Days: General Chicken Care:

• Chicken Coops - Once featherd

By Chris McNeil

The FitMenu Vision: Eat Out, Look Great

Modern medicine and technology have given us the ability to live longer, healthier and more vigorous lives than ever before. So why don't we all look and feel our best? It is certainly not a lack of knowledge. I believe the obstacle is the habits of our society that pull us in the other direction. Modern conveniences make life easier, but our work is often intense and extremely time consuming. We choose our foods based on convenience and ease, and often, speed, rather than on nutritional value.

Face it: busy people often make poor choices about maintaining their health because good choices have more friction.

I created the FitMenu program and fitmenu.net to lower the friction to healthy eating by being a counter-balance to the health challenges of eating in restaurants.

My 20-something years in personal fitness, fitness management, and now, fitness software, have shown me that results come when the path to health and fitness is made easier. Since restaurants are where most people have the hardest time making good nutrition choices that is where I focused.

The FitMenu program works because it makes it easy for you to eat healthy while dining out. It is a streamlined path to healthy dining choices. If you pick a FitMenu meal, you know it's healthy. If you have special needs, such as a high fiber or low sugar diet, you can use the online database to find meals that meet your own special criteria.

So far, the restaurants' response has been extremely positive, with many of the chefs happily creating new dishes to meet the criteria of our FitMenu plan. Stephan Ollard, owner and executive chef, Coco's Café in Mount Pleasant, says "Participating in the FitMenu program is a great way to showcase the healthy menu options we have at Coco's Café. My philosophy is to create delicious and authentic French dishes, but with a healthy twist. By showcasing Coco's through FitMenu, we're able to reach diners who want good food without feeling guilty because they consumed too much fat or calories. I'm excited to work with FitMenu and our sponsor to attract more customers to all our businesses while supporting a program that promotes a healthy lifestyle."

The feedback from the diners has been similarly encouraging. They now feel they can eat out frequently and still maintain a balance between eating for enjoyment and eating for health.

With the benefits of sponsorship now available to similarly aligned businesses and health practices throughout the United States, the program is also easy for restaurants to get involved in. The restaurant gets the benefit of the exposure to health-minded diners and the sponsor gets the exposure to the restaurant's customers. Everybody wins. I aim for FitMenu to rapidly be available everywhere. MLT

Chris McNeil's Pensarc Software was recognized as an "Innovator 2008" by the Charleston Regional Business Journal for developing www.fitmenu.net . Chris has also won two national awards for innovation for web-based fitness software. Follow fitmenu on twitter at www.twitter.com/fitmenu You can reach Chris at chris@pensarc.com.