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David Showalter's...

Pleasantly Practical

Healthful, Successful & Fun Living...

Cell Phones And Automobiles

May Jeopardize Your Safety

You've probably done it yourself . More than 100 million U.S. motorists use cell phones while driving. The National Highway Transportation Safety Administration estimates that at any given moment during daylight hours, 8 percent of all drivers are talking on a cell phone.

But the next time you do make a call in traffic, consider this: You may be jeopardizing your safety and the safety of those around you.

According to the Insurance Information Institute, research shows that while using a cell phone when driving may not be the most dangerous distraction (compared to eating, drinking, talking to passengers, adjusting the radio, applying makeup and reading), because it is so prevalent, it is by far the most common cause of crashes and near crashes.

University of Utah psychologists have taken it a step further. They published a study showing that drivers who talk on handheld or hands-free cell phones are as impaired as drunken drivers!

Experts believe that using a cell phone requires not only the hands, eyes, and ears, but also plenty of mental attention, which is a great contributor to accidents. And there are more distractions to come, with new vehicles coming out with web access, inertial navigation systems, heads-up displays, and more.

As many as 40 countries restrict or prohibit the use of cell phones while driving. In the U.S., Washington State, New York, New Jersey, the District of Columbia, Connecticut and California have outlawed speaking on a hand-held cell phone while driving.

Text messaging, or "texting" by teens is another major concern. Nationwide Insurance found that 19 percent of motorists say they text message while driving. In fact, Washington became the first state to ban texting with a cell phone while driving, imposing a fine for DWT (driving while texting).

There's no doubt about it, cell phones have become part of all of our lives, and despite all the controversy, they are one of the best safety tools a driver can have in case of an emergency.

Word For The Month...

Experts say a strong vocabulary is a sign of higher intellect and advanced culture. Here's this month's word, so you can impress your friends and colleagues...

Affable \`a-feh-behl\ (adjective)

Meaning: Being pleasant and at ease in talking to others. Characterized by ease and friendliness.

Example Sentence: Belinda found Dustin to be an **affable** and courteous gentleman on their first date.

Amusing Irrelevant Facts...

- Albert Einstein couldn't speak fluently when he was nine. His parents thought he might be retarded.
- In Los Angeles, there are fewer people than automobiles.
- You're more likely to get stung by a bee on a windy day than in any other weather.
- Research indicates mosquitoes are attracted to people who have recently eaten bananas.
- A sneeze zooms out of your mouth at over 600 miles per hour.
- The average bank teller loses \$250 every year.

And finally...

Because metal was scarce, the Oscars given out during World War II were made of wood!

Build Your Family Tree For Free!

Did you know you can trace your family tree on the internet? **Ancestry.com** is the number-one source for family history on-line. You can visit **Ancestry.com** for a free 14-day trial and find your ancestors now. Search over 1 billion names and trace your family tree.

"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."

—Helen Keller, author

In fact, every day more than 200,000 calls are made from wireless devices to 911 or other emergency services.

We can help each other be safer on the road by following these tips from the Cellular Telecommunications Industry Association:

1. Know your phone and its features.
2. Place it within easy reach.
3. Stop your car before placing your call.
4. Let the person you're talking to know you're driving. End your call if you're in heavy traffic or hazardous weather.
5. Don't take notes or look up phone numbers while driving.
6. Use a hands-free device.
7. Don't get involved in an emotional conversation that diverts your attention from the road.
8. Dial 911 to report serious emergencies.
9. Use your phone to help others in emergency.

Call roadside assistance or a special non-emergency cell number when necessary.



Heart Disease Detected In Kids?

Here's a startling discovery. Researchers at McGill University have found that critical indicators of heart risk turn up in kids under age 9. The study noted insulin resistance, elevated blood fats and low levels of good HDL cholesterol in children.

Meanwhile, obesity in children is also a factor in heart health. Obesity among American children has tripled in the last 15 years. For further information and guidelines for children, visit the American Heart Association website at www.americanheart.org.

Mind Teaser...

I weaken all men for hours each day. I show you strange visions while you are awake. I take you by night, by day take you back, none suffers to have me, but do from my lack. What am I?

(answer on last page)

They say we came from what?

It is even harder for the average ape to believe that he has descended from man!

It's More Than a Job

A young fellow rushed into a service station and asked the manager if he had a pay phone. The manager nodded, "Sure, over there." The boy pushed in a couple of coins, dialed, and waited for an answer. Finally, someone came on the line. "Uh, sir," he said in a deep voice, "could you use an honest, hard working young man to work for you?" The station manager couldn't help over-hearing the question. After a moment or two the boy said, "Oh, you already have an honest, hard working man? Well, Okay. Thanks just the same."

With a broad smile stretched across his face, he hung up the phone and started back to his car, humming and obviously elated. "Hey, just a minute!" the station manager called after him. "I couldn't help but hear your conversation. Why are you so happy? I thought the guy said he already had somebody and didn't need you?" The young man smiled. "Well, you see, I am the honest, hard working young man. I was just checking up on my job!"
-Charles Swindoll

God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me.

~Adapted

Are You Losing Your Soul?

by Alexander Green (adapted)

I recently bumped into an old acquaintance I hadn't seen in years. "Are you still managing money?" he asked.

"No, I *write* investment advice now," I said.

"Well, it must not be panning out too well," he said with a wink, "or you wouldn't still be working!"

I've heard variations of this line over the years. Why would anyone continue to work if he didn't have to? Yet I'd be bored to death without a job - and even more of a pain in the neck to everyone around me, I'm sure.

Three quarters of us are disengaged from our jobs. More than 60% of employees are currently searching for new employment opportunities. It's odd that we spend most of our waking hours at work - in occupations often chosen by our younger selves - and yet seldom ask ourselves how we got there or what our occupations really mean.

When we meet someone new, the question we most frequently ask is what he or she *does*. Our work, to a great extent, defines us. It wasn't always this way.

Voltaire argued that work exists to save us from three great evils: boredom, poverty, and vice. As a society, we have since put our belief in two great ideas: romantic love and meaningful work.

These are two beautiful ideals, but rarely does either go long without hitting a rough patch. The pain can be immense. When we are without work - as 29 million Americans are today - we lose more than income; we are cut off from an identity. We can't explain any more what we do - and hence who we are.

It's always a shame to see a person's talents wasted. That is also true for those who are employed but disengaged. Ideally, your work should give your life dignity and meaning. If you don't enjoy what you're doing, there's little chance your work will please or impress anyone else.

Those who recognize the dead-end nature of their current position are often reluctant to change. Some are caught up in the pursuit of status, display, and possessions which puts them in a bind.

Giving up the dream of "having it all" is often the first step in the right direction.

Another reason many remain stuck in unsuitable work is *fear* that doing work you love is reserved for someone else.

Work is the natural outlet for our energy and enthusiasm. What could be more enjoyable than to love what you do and feel that it matters?

A life of meaning comes from being in harmony with the one who gave you life, and finding a way to either increase the pleasure or decrease the suffering of your fellow humans, whether you're compensated for it or not.

More Airline Stories...

About five years ago, I was on an American Airlines flight to Amarillo, Texas, on a particularly windy and bumpy day. I could tell during the final descent that the Captain was really having to fight it, and after an extremely hard landing, the Flight Attendant came on the PA and announced, "Ladies and Gentlemen, welcome to Amarillo. Please remain in your seats with your seatbelts fastened while the Captain taxis what's left of our MD-80 to the gate!"

Sudoku Puzzle

7								
	4	1	7		6	9		
	8	9		3				
8	2						3	
4	9				1	6		5
		5						
		6				7		1
			1	8	2			3
2			6	3				

Character consists of what you do on the third and fourth tries.

-James Michener

Answer To Mind Teaser... I am Sleep.

THANK YOU for reading my Pleasantly Practical newsletter. I intend to produce newsletters that have great content and are fun and valuable to you. Your constructive feedback is always welcome.

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Here's Why You May Need More Vitamin C In Your Diet...

Even if you have a glass of orange juice and take a multivitamin every day, you could still need more vitamin C. Here's why:

- Low vitamin C is very common in humans. One in three Americans has low blood levels of C. Researchers at Arizona State University think one reason is that foods don't contain as much vitamin C as we think. For example, orange juice in ready-to-drink cartons has far less vitamin C than juice from frozen concentrate.
- The recommended daily allowance (RDA) for vitamin C is too low. Vitamin C is an antioxidant superpower that neutralizes free radicals that can cause cancer, heart disease, cataracts, and other medical conditions. Doctors writing in *Prevention Magazine* say 500 to 1,000 mg of vitamin C per day are needed to saturate blood and tissue. Current RDA levels are 90 mg for men and 75 mg for women.
- If you have diabetes, extra vitamin C is recommended. People with diabetes have high levels of oxidative stress. That leads to blindness, nerve damage, and heart disease. Vitamin C helps to counteract these effects. If you take supplements, be sure to tell your doctor.

The safe upper limit for vitamin C taken daily is 2,000 mg. Higher doses can cause diarrhea or stomach upset. The American Cancer Society's committee on nutrition and physical activity says extra vitamin C isn't for everyone. Don't take it if you are taking chemotherapy. If your body stores excess iron, or if you have a history of kidney stones, don't take more than 100 to 200 mg per day.

David's Interior Photograph for *This Issue*

