

Lifestyles

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ANNIE'S MAILBOX

Kathy Mitchell
and Marcy Sugar

Everyone should have a current will

Dear Annie: I recently married "Clark" and discovered, after the wedding, that he has a terrible gambling problem.

In the past few months, Clark has spent more than \$18,000 gambling, and although he's won a little, he hasn't made back nearly as much as he's lost. He also hasn't updated his will, which means if anything happens to him (and I hope it doesn't), I will get nothing, not even my car. His grown daughter from his first marriage inherits everything.

Clark is 15 years older than I am. I'm not looking to be rich, but I also don't want to be left destitute. He doesn't seem to understand that at age 60, anything could happen to him. Please help.

— No Name, No City

Dear No Name: It doesn't matter that Clark is 60. Everyone should have a current will, regardless of age. Ask him to go with you to see an estate planner so you won't be tossed out on the street if something should happen to him. If he refuses, we hope you will start putting money away for this purpose and also see an attorney on your own. And make sure Clark can't get to the money you are setting aside, because he's sure to gamble it away. Please contact Gam-Anon (gam-anon.org), for friends and family of compulsive gamblers, at P.O. Box 157, Whitestone, NY 11357.

Hate hurts everyone

Dear Annie: I am 38 years old. When I was 13, my grandparents told me they were angry with my mother and decided to disown her. They and the rest of the relatives went out of their way to avoid Mom. I understand they had their reasons for doing this (she embezzled from the family company and then came out of the closet at about the same time), and that they were angry and ashamed.

However, Grandma died this year, never saying a final word to my mother. This was not just hard for Mom, but also for my children and me. I tried on many occasions to get Grandma to forgive her, but she wouldn't. Now Grandpa is not in the best of health.

I'm still trying, but don't know what else to do. Please remind your readers that hate hurts everyone. I truly feel that my grandparents might have enjoyed better health if they could have learned to forgive. I know it would have changed my mother's life, as well as mine. Everyone else in the family says they would never do this to their kids, but they still allow it to happen to my mother. Any suggestions?

— Still Hurting After
All These Years

Dear Hurting: We agree that the inability to forgive can hurt the person who holds the grudge. Sadly, there's not much to be done about parents who disown a child for being gay, but has your mother made amends for the embezzlement? Did she ever make the effort to show her parents she is sorry for betraying their trust? If your grandfather attends church, try enlisting the help of his clergyman to effect a reconciliation before it's too late.

Kick the bum out

Dear Annie: This is for "Lost Wife," whose husband of 29 years is a serial cheater. If I understand correctly:

He can move in and out at will and have sex with whomever he wants. She gets to do his laundry.

He gets friends with benefits. She deserves no explanation.

He gets to spend her money on his girlfriends. She gets to stay home, alone.

He gets to publicly humiliate her in front of family and friends. She gets to take it.

He will never treat her with more respect than she treats herself. I say drain the bank accounts, kick him out and lawyer up. Get a new dress, a new hairstyle, a new attitude and go out with whatever man he hates the most.

— Not That Kind of Man

Dear Not That Kind: Well, you certainly spelled it out in plain English. Thanks for your input.

It's almost time to dust off cleaning supplies and begin organizing home

NEW HAVEN, Conn. — There is something about the spring air that motivates even the worst procrastinators to dust off the cleaning supplies and begin organizing their home or office space. However, once the yearly ritual begins, many people can describe how they feel in one word — "Overwhelmed!"

"That's because they think being 'organized' means being rigid, sterile or perfect," explains Organizing Guru Rosemary Chioppo, author of the handbook *Clutter, Chaos and the Cure*. Chioppo, who says her style "is more Rachael Ray than Martha Stewart," defines organized as being able to find what you need, when you need it.

"It ain't rocket science," Chioppo defiantly proclaims. "Organizing just means having a place for everything and making sure everything is in its place."

Chioppo's unconventional approach stresses that clearing physical clutter clears the clutter in the mind, "Spring is all about renewal, so there's no better time to reorganize your home and reinvigorate yourself."

Chioppo offers the following five general tips for simplifying spring organizing when the "must-do-mood" hits:

■ Start with small tasks so you can indulge in the victory of completion. "Most people feel defeated before they start, so this mindset is going to keep you motivated."

■ Give your things a home at the point of their use. "Think toothbrush. You never misplace it because its home is where you use it. The same concept should be applied to just about everything else in your space."

■ Group like things together. "It allows you to keep inventory of what you do have so you don't end up with 17 black turtle-necks or 67 AA batteries!"

■ Don't put tall things in front of short things and don't put big things on top of little things. "Most people are visual; if they don't see something, it may as well not exist."

■ Remember, organizing is an ongoing process. "Once you've done the initial work of creating a place for everything, don't sabotage your progress by falling back into old habits. Try to return each item to its designated spot as soon as you can."

Once a person is armed with knowledge of how to organize and begins the process, Chioppo says that the easier the system, the more likely people will be to incorporate organizing into their daily routine. And that, she contends, is where the real payoff comes into play, "Keep your life organized, she says, and you'll find more energy and clarity in every day. More importantly, next year, you can spend your time enjoying all spring has to offer instead of cleaning!"

Only 1 in 4 Americans know heart attack warning signs Centers for Disease Control calls public awareness 'alarmingly low'

ATLANTA (AP) — Only about 1 in 4 Americans know the warning signs of a heart attack and what to do first, according to a new government report.

That's a decline in knowledge since the last survey in 2001, which showed nearly 1 in 3 to be well informed.

The study's lead author, Dr. Jing Fang, called public awareness in the new survey "alarmingly low." Fang is with the Centers for Disease Control and Prevention, which surveyed residents of 13 states and the District of Columbia.

Heart attack warning signs can include one or more of the following five symptoms: shortness of breath; pain or discomfort in the chest; discomfort in the arms or shoulder; a feeling of weakness or lightheadedness; and discomfort in the jaw, neck or back.

Chest pain is the most common symptom. Women are more likely than men to experience some of the other symptoms, particularly shortness of breath and back or jaw pain, according to the American Heart Association.

Anyone experiencing these symptoms should call 911, the heart association advises.

The groups best informed of heart attack warning signs and what to do about them tended to be white, highly educated, and women. Also scoring well were residents of West Virginia, which has some of the nation's highest heart attack death rates.

Each year more than 900,000 Americans suffer a heart attack, and about 157,000 of them are fatal. About half the deaths occur within an hour of symptoms occurring, experts say.

Because different people experi-

ence different symptoms, it's important to be aware of all of them, doctors say.

"It's not always massive chest pain," said Wayne Rosamond, a University of North Carolina epidemiology professor and expert on heart disease statistics.

Of course, knowing is not the same as doing: Although most of those who got the heart attack symptoms right said they would call 911, other studies show that only about half of heart attack victims go to a hospital by ambulance, Rosamond noted.

Patients' concerns about lack of health insurance status or other matters may explain why so few go to a hospital, said Rosamond, who was not involved in the new study.

The CDC's findings were based on a random-digit-dial telephone

survey of about 72,000 people in 2005.

In West Virginia, more than 35 percent of respondents from that state knew all five warning signs and that they should call 911, compared with 27 percent in the overall study population.

Iowa and Minnesota also were at the top of the list. The gap between West Virginia and the two other states was not statistically significant.

West Virginia consistently ranks among the states with the highest heart attack deaths rates, and also is a leader in smoking, obesity, high cholesterol and other heart disease risk factors. But it's not clear whether personal experience was the reason the state's residents were so well informed. Public health education campaigns or other factors may also explain the result, experts said.

Gaffney native wins 'Teacher of Year' honors in Lexington

Erica Millwood was chosen Teacher of the Year at Leaphart Elementary School in the Lexington/Richland School District 5.

She is in her second year of teaching third grade and expects to receive her Masters of Education degree from Southern Wesleyan University in September.

Mrs. Millwood is the former Erica Leigh Martin. She and her husband, Byron, reside in Lexington. Both are natives of Gaffney. Mrs. Millwood is the daughter of Dennis and Sherry

Martin and granddaughter of Aileen Byars, John and Gail Martin and Paulette Shipman. Her great-grandmother is Thelma Kirby. Mr. Millwood is the son of Ervin and Sandra Millwood and grandson of Edward and Frances Erwin, all of Gaffney.

Mrs. Millwood attended Luther Vaughan Elementary and Granard Junior High School and graduated from Gaffney High School. She received a B.A. degree, magna cum laude, in Elementary Education from Limestone College in 2006.



Erica Millwood

NAACP will present Black History program

The Cherokee County Branch of the NAACP will have its annual Black History program Tuesday, Feb. 26, at 6:30 p.m. at Indian Hill Baptist Church.

The Adult Branch and the Youth Council will present a play titled, "If Anybody Asks You Who I Am: Tell Them I'm a Child of God."

Everyone attending is asked to wear an African heritage fashion. Supper will be served in the fellowship hall following the program.

Get rid of their food and pesky moles will leave

A mole will eat nearly 100 percent of its body weight daily in insects

By DAVID PARKER
County Extension Agent

How do I control moles? That's one of the most common questions we get at the Extension Office.

Everyone is familiar with what the mole looks like and the tunnels it digs in yards and gardens. If you'll bear with me and let me explain a few more things about moles, it might make it a little easier for you to control them.

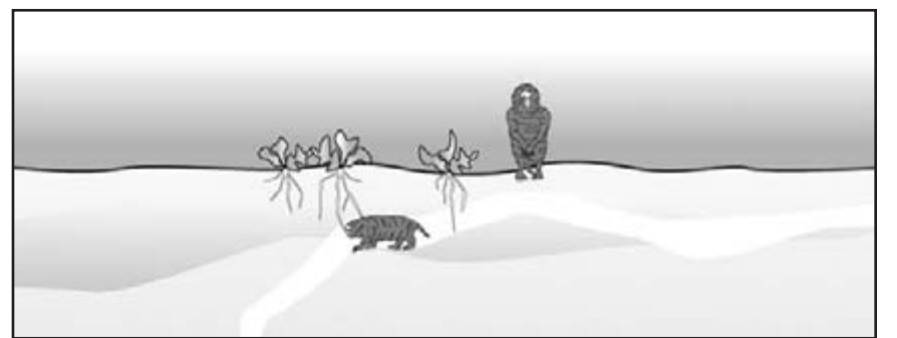
The mole lives totally on insects. It burrows through the ground looking for grubs, earthworms and other insects. The mole will eat nearly 100 percent of its body weight daily. Moles spend a tremendous amount of energy digging their tunnels in search of food. Because of their need for energy, the mole must eat almost continuously. In fact, a mole will starve to death in just a matter of hours if denied food.

The mole is also a very solitary creature. The yard that you feel is totally infested with moles may actually only have one or two. More than a couple of moles per acre are considered a very heavy population.

It is pretty common for rats, chipmunks and other small animals to use old mole tunnels. These pests may feed on exposed plant roots. Remember, the mole does not directly harm plants. The only damage done to plants is by disturbing the soil near the plants or by these other pests that have used the tunnels.

So, armed with all this knowledge, how do you go about controlling moles?

First, decide if control is really worth the effort. Remember, the mole is eating a lot of insects. If the area is away from the house or garden, you might just leave it untreated. If you choose to treat an area you try to control the mole indirectly. If you eliminate or limit the food



supply the mole will leave on its own.

Treat the area at least twice, about 10 to 14 days apart, with a general insecticide. Several insecticides are available in granular form. You can apply them with a push-type fertilizer spreader which is a lot easier than walking and spraying with a pump-up type sprayer. The poison peanut bits are not very effective because the moles do not eat them. Don't forget the mole eats only

insects. Trying to poison a mole with a poison peanut is like trying to poison me with turnip greens.

The traps don't work very well either. If a mole happens to hit a trap, it's just luck. If you do use traps, don't put them in old tunnels. Moles do not use the old tunnels. They are constantly digging new ones in their search for food.

The most effective control is going to be the insecticide. Without the food the mole will leave.