



Find your fit

I share this bit of White Sox trivia with you because for some reason when I started thinking about writing this column, PICK TO CLICK popped into my mind. I dismissed the thought immediately but it kept popping back up: 'Column...PICK TO CLICK...Column...PICK TO CLICK'. I finally decided it had to be a message from the Universe of some sort.

The next thing I found myself doing was looking up the definition of a metaphor in the dictionary: a figure of speech in which one object is likened to another by speaking of it as if it were that other. And here's another little tidbit, the only difference between a metaphor and a simile is the use of "like" or "as".

So now I had a column intro, the definition of a metaphor and still no clue as to what direction I was heading. Pulling this theme off would be about as easy as plucking chicken feathers

blind. (That's a simile.) And then it came to me, PICK TO CLICK was the metaphor.

What spurns us to do just about anything is what we PICK TO CLICK. The actions we do or don't take are driven by personal perpetual prescription. (That's alliteration, albeit not a great one.) We've just been pickin' 'n clickin' on thoughts and emotions all along.

Going forward, I have now relegated myself to associating behavior and actions (the brilliant as well as the combustible) as being the direct result of my PICK TO CLICK du jour. And when negatives creep in, I try and rid them immediately with a quick and positive PICK THE CLICK. 'K' sounds work wonders on those days when you need a good Kick in the butt.

What PICK TO CLICK have you been prescribing to lately?

**Wellness is *everything!*
J.J.Rusch**

PICK THE CLICK

White Sox TV announcer, Ken Harrelson (aka "The Hawk") plays a simple game at the beginning of every telecast, PICK TO CLICK. Hawk picks the player he thinks will be the star of the game that day and invites the viewing audience to do the same. At the end of the game, he and his co-anchor compare whose pick did the best. It's nothing special or earth shattering, just something fun to do.

In this Issue

2-4 Find your Fit

PICK THE CLICK

Keep Your Computer Healthy
and Your Frustration to a Minimum

Mind Body Connection
When a Seed becomes a Journey

5-6 COVER STORY

Guy-a-titian, Dave Grotto

7 Financial Fitness

Taxing Tips: Rebates, Deductions & Planning

8-11 Consuming News

- On the Shelves
- Works for Me
- The **ULTIMATE** Food Storage Guide
- Online Votes Needed for Children's Hospital
- Health is the New Wealth Future Outlooks

Changes & Updates

Gadget Diva, Cathi Volante, has left CWM to pursue her own television show. While we're sorry to see her go, we're excited for her too; Good luck, Cat! Although we lost our 'Diva' we gained a Guru in Jason White, founder of JPW Production Design. Jason joins us in a dual role, as web developer to improve and expand our website, and also as part of our editorial team. Welcome, Jason! Please check out our new digs online at chicagowellnessmagazine.com; we've made navigation easier, posted new Reader Discount offers (with more, are on the way), added CWM Express, our new free e-weekly and more.



Cover Photo by Lee Balgemann

12-15 The Psychology of Clutter

Vitamin Jay
Don't Worry, Buy Happy

The Long Run
Notes from a First Time Marathoner

Motivational Moves
What Do You Mean You, "Don't Know What You Want"?

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Chicago Wellness magazine

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Web	chicagowellnessmagazine.com

Chicago Wellness Magazine is published six times per year at the subscription price of \$25. Subscriptions are accepted by phone, fax, mail, and online at: chicagowellnessmagazine.com.

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CWM Out 'n About

Food Cop CWM Publisher, J.J. Rusch will be going to the International Home and Housewares Show March 16-18 to report on new products and trends for making life easier. J.J. will return to the NBC5 studio on April 8th.

FIT TODAY CWM Columnist, Andrea Metcalf's new TV show, FIT TODAY debuted on CLTV in February to great acclaim. CWM Publisher, J.J. Rusch is also now on board as a co-host. Watch for Metcalf & Rusch in the morning: Saturdays at 11 and Sundays at 8!

Top Spot CWM Graphic Designer, Christina Landon, a multiple-award winner (more than 20 times over) in advertising and graphics has been nominated again for "Best Ad Designer" by the IPA (Ill. Press Assoc.). Congratulations and good luck, Christina!

Dance Class CWM Editor (and professional dancer), Joanne Flom will be teaching Zumba & Belly Dancing classes for all skill levels at Stage One Studios in Des Plaines on M & T nights. Call: 773-403-5149 for more info.

Top Spot CWM Photographer, Lee Balgemann will be addressing the American Society of Media Photographers on April 3rd at Calumet Photographic, discussing his experiences and work while on assignment last August in Rizhao, China at the Olympic Sailing Venue. Lee was one of only 20 photographers selected nationwide to go to China. Pictures from the trip were also chronicled in the magazine section of the Sunday Sun Times last February.

Wednesday Workouts Tune in to fitness with Andrea Metcalf on NBC5 Wed. mornings at 6:50 a.m. And keep an eye out for her on BetterTV.com throughout March & April.