

Health & Wellness  
**MOBILELIFE**  
October 2007 *Today*

*How's Your 30?  
Creative Workout Ideas*

*Today's Nutrition...  
Nutrient Sense*

*The Day Tripper  
The Spirit of Ninety-Six*

Set off the fireworks! Break out the Grill!  
Well, yes, summertime is over, but it is also the inaugural issue of a new magazine, created for and dedicated to you, the newly crowned fitness fanatics.

Our promise to you is to create a interesting, insightful, and thought provoking magazine. It will be a “work in progress,” as our editorial departments and features evolve to keep the magazine fresh. We would love to hear from you: What sections do you like? Dislike? What would you like us to cover in upcoming issues? You can reach us by e-mail at [info@mobilelifetoday.com](mailto:info@mobilelifetoday.com), and be sure to visit our website at [www.mobilelifetoday.com](http://www.mobilelifetoday.com).



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# How's Your 30?

Now that we're all doing our best to get our daily exercise, MLT thought it would be fun to look at how everyone is getting their 30 minutes. These are a few of the creative and fun ways that our readers shared.

Bryan Boudreau hiking on Paris Mountain's Sulphur Spring Trail.

## Marry Anne Perez

**Office** – HomeSat

**Title** – Traffic Control

**Team** – The Road Runners

Nobody likes to be bored, so changing up my workout is the key to consistency for me. On Mondays and Wednesdays I take advantage of the Cardio Kickboxing class at the Davis Field House. Tuesdays and Thursdays bring the fun of Step Aerobics class. I have made some new friends and have been reacquainted with old ones, and we do a lot of laughing. I actually look forward to my workout on these days. Fridays and the weekend it's the treadmill. Not as exciting, but since it's not a daily routine that makes it a little more tolerable. The most rewarding thing about this whole Wellness scene is seeing the results. They're not dramatic, but good things are happening, and that makes it all worth it!



## Vern Hoyt

**Office** – BJU Press, Interactive Marketing

**Title** – Press Product Data Base Coordinator

**Team** – The Road Runners

I have been using an exercise DVD. It is really helpful because it gives a warm up and a cool down and also will get more difficult as time goes on. I started easy with one mile and will go to two miles with more weights later.





## Bryan Boudreau

**Office** – Admissions

**Title** – International Student Admissions Counselor/Advisor

**Team** – The Road Runners

I like variety, so for my most interesting 30-minute sessions I break them up into three segments of 10 minutes each. The best part is that this does not take a lot of expensive equipment. I bought two dumbbells, so I lift weights for 10 minutes, jump rope for 10, and do an ab-roller for 10. I can do all of this indoors when my allergies are bad or when the weather is miserable. On days that I am pressed for time and have to get in extra steps, I combine the exercise and steps with a brisk walk that gets my heart rate up. I end up with a good balance of aerobic and strength training. I push myself when I mow the lawn (otherwise known as “power mowing”), and this time of year I plan some major hikes and camping trips around all the state parks around here.

## Cerelle Shultz

**Office** – Human Resources

**Title** – Staffing Coordinator

**Team** – Mellor’s Milers

On Monday and Wednesdays after work I do kick boxing for 30-45 minutes. Tuesdays and Thursdays after work I do step aerobics for 30 minutes. Fridays and Sundays, I jump rope followed by a rapid jog/walk through the neighborhood carrying two-pound weights. Saturday, I do a rapid aerobic house cleaning routine, followed by some rapid yard work (both fast enough to raise the heart rate). Also, I try daily to park my car either on the 3rd or 4th floor of the parking garage, by the girl’s dorms, or somewhere else on campus that would force me to walk a greater distance to and from work.



## Mary Ellen Boyle

**Office** – Social Events

**Title** – Social Events Coordinator

**Team** – The Road Runners

I use a DVD that is pretty doable for most people (I think). The nice thing is that you can do it in your own home as long as you have a DVD player. The session has a 1-mile walk and a 2-mile walk on it. Unfortunately the 1-mile wouldn’t really count for the Wellness exercise challenge though, because it isn’t 30 minutes. It could count to get in more steps. The 2-mile walk does count because it’s 30 minutes.



## Pat Manning

**Office** – Museum & Gallery

**Title** – Docent

**Team** – The Road Runners

My home is designed so that it has a circle I can walk through my family room, living room, dining room and kitchen. It is air-conditioned and I can listen to tapes or TV and I am safe in my own home. The one bad drawback is that I am probably going to wear out my carpet and floors, and a person does get a little dizzy if you go as fast as the Road Runner. [MLLI](#)

# Water, water, everywhere...

By Gilbert B. Elwyn



Would you like to keep a pet, but don't want to spend the time or expense? Do you want to beautify your space, but don't have the know-how? Try bird watching, with only a little effort on your part, some birds that are already visiting or flying over your home everyday. With a relatively small expense, you can entice more visitors and enjoy lengthier visits.

Birds' wants are fairly basic: a home, food, water, and a mate. We will have to leave the last to the whims of nature, but we will spend the next few issues discussing the others.

## “Water, water, everywhere...”

Birds seek water for two reasons: drinking and bathing. It is not uncommon to see a bird splashing and preening in a bird bath – a fun and interesting sight – or stopping for a couple of long drinks before resuming their bath.

As with many bird watching products, you can spend as little or as much as you would like on a birdbath. They range from basic and functional to sculpted works of art. It really depends on what you're looking for. The birds are more interested in the water than a birdbath.

A few tips: Keep the water clean and filled; clean the birdbath with water and a brush, but no cleanser; and place the birdbath where the birds have a clear view of any approaching predators.

Did you know? Birds need water in the winter too, so do try to keep your birdbath available during the colder months. Birdbath deicers are offered at most bird supply retail sites to make life easier for birdbath chippers. **MIHI**

# The First Step

By Gilbert B. Elwyn

New Year's resolutions have a knack for sounding good at the moment and not so good beginning January 2<sup>nd</sup>. Thus, it is October as you are reading this, well past the year's half-way point, and the good intentions of January 1<sup>st</sup> have been perpetually postponed if not outright ignored. For those who vowed to improve their fitness during 2007 we offer this monthly column about running.



## “The First Step”

The first step is always the hardest – not just for beginners, but also for returning/recovering runners. If you make it out that door and onto the road or path you are a winner, no matter the form, shape, speed, or distance.

One of the joys of running is its relative inexpensiveness. You need a t-shirt, comfortable shorts, and running shoes – this is the one that'll cost you a bit, but the correct shoe is essential.

Consult a running professional for your initial shoes. They can explain the intricacies of pronation to you and suggest the shoe that is right for you. When you find one that is right you, buy multiple pairs as shoe

companies love to “improve” or “upgrade” their line. *(If you are overweight or have other health issues consult your doctor before beginning any fitness program.)*

Don't try to run a marathon your first day – begin slow and easy. Walk, then set a short running goal (“to that mailbox”), walk again and set another running goal. Do not run if it hurts. “No pain, no gain” was coined by someone who didn't know the difference between athletic exertion and medical warning signs. Listen to your body.

Run with a friend. Motivation, camaraderie – a friend will make the running easier and more efficient. **MIHI**

# The Day Tripper The Spirit of Ninety-Six

By Gilbert B. Elwyn



One of the joys of living in the Greenville area is the many enjoyable and interesting spots located just a day trip away.

## “The Spirit of Ninety-Six”

South Carolina is well-suited historically to celebrate Independence Day. The Palmetto State is bursting with Revolutionary War battle sites. A visit to any one of them will help bring history to life.



The Ninety-Six National Historic Site, located on SC 248 not far from Greenwood, is the now peaceful reminder of a particularly fractious area. On November 19<sup>th</sup>, 1775, the American Revolution’s first major land battle took place at Ninety-Six. Even after both sides agreed to a truce, skirmishes continued to break out until General Nathaniel Green’s siege of the fort.

In July 1781, the loyalists departed, but destroyed all that they could as they left. Thus Ninety-Six Historic Site features mainly recreations and remnants, as well as some artifacts. There is a walking path to guide you through the area. Some of the highlights:



- ◆ The star fort – the actual remains; the town of Ninety-Six – you can see where three roads intersected, making Ninety-Six a trading hub of its day;
- ◆ The siege trenches – an example of siege operations by the book. The stockade was moved to the site in 1968, it is furnished as an 18<sup>th</sup> century inn. The house itself was discovered



inside a house in Greenwood.



For more information visit [www.nps.gov/nisi](http://www.nps.gov/nisi)

### A Walking Tour of the Park

**Spring Attack:** In 1781, this attack was fire-fighting. It was the loyalists' primary source of water during the siege.

**1. Island Ford Road:** This is parallel to a colonial road that came through Ninety Six. Decades of travel of the road to its present depth. The road crossed the Saluda River at Island Ford, seven miles north.

**2. Patriot Forces Arrive:** On May 21, 1781, the Carolina Army under General Greene came along Island Ford Road, soon launching the siege.

**3. British Fortifications:** Colonel Craig's fort-strengthened Ninety Six's defenses by adding stockades, digging ditches around buildings, and building the star fort above the rest of the work.

**4. Siege Trenches:** Colonel Koscisko considered siege operations by the rear. Three parallel lines were connected by zigzag approach trenches (ditch) that could not be collapsed by enemy fire. From the third parallel, sappers dug a ditch—a six-foot-vertical shaft. From its bottom they lowered toward the star fort and planned to blast open the wall so troops could charge inside. The siege ended before the mine was finished. This was the only use of a mine in the American Revolution. Patriots built a 30-foot log tower about 30 yards from the fort, so they could fire directly down onto the loyalists. This 18-foot tower is a reconstruction.

**5. The Attack:** Patriots began firing at noon on June 16. Fifty cannons roared into the fort's ditch to open the way for the army. Loyalists assaulted them on both sides, killing 30. Greene halted the first attack.

**6. Star Fort:** Three earthen mounds are the actual remains of the star fort. At the time of the siege the walls stood 14 feet above the bottom of the ditch. During the siege, Loyalists added the protective *barbette* and dug a 25-foot wall. They found no water, and slaves continued to speak water to them at night through the earthen-communication beneath powered walls. Four-to-five-foot-deep ditches that connected the star fort, village, and stockade fort.

**7. Town of Ninety Six:** Three roads intersected here. Loyalist troops here maintained British fires with the Cherokee and tried to suppress the increasingly vocal patriots. A five-story brick jail—the first in the area—was built here in 1772. The jail stood on the first floor, prisoners on the second. Another communication trench led to the stockade fort.

**8. Stockade Fort:** Loyalists built a stockade around the home of James Holmes to guard the town's food supply. On June 18 Colonel Lee captured the fort but held it only until Greene ended the attack. This stockade fort is a reconstruction.



## Today's Nutrition Nutrient-Dense = Nutrient Sense

By Lorna G. Williams

We live fast-paced lives in a fast-paced world. All too often, our food choices are also fast – fast foods, convenience foods, and processed foods – “empty” calories consumed to fill our “empty” stomachs. To live a healthier lifestyle, we need to learn to make smart food choices from every food group. Nutrient-dense foods are the smart choices. They give you the nutrients that you need with fewer calories than other choices in the same group. The wise choices are foods with the lowest amounts of solid fats or added sugars. For example, choose



twice the suggested serving amount, you are getting twice the amount of calories, fats, sugars, etc. You will also want to check the ingredient labels for added fats and sugars. The ingredients are listed in the order, by quantity, that they are found in the food. Therefore a food that has the first ingredient listed as being “high fructose corn syrup” would have this sugar as its primary ingredient.

Names for added sugars include sucrose, dextrose, glucose, fructose, maltose - (the “ose” suffix is your clue) – corn syrup, high-fructose

corn syrup, molasses, and honey. Beware of “fat-free” processed foods too. Much of the flavor in foods is derived from the fat content. When the fat is removed, sugars are often added to improve the taste. Therefore, fat-free cookies, cakes, and ice cream may have more added sugars than the higher fat option and may contain more calories. You may want to check out the U. S. Department of Agriculture website, [www.mypyramid.gov](http://www.mypyramid.gov), for more information and personalized eating plans. **MLT**

In order to increase your food savvy, learn to be a label reader. Most packaged foods are required to have a Nutrition Facts label. The labels give you information to help you compare packaged foods to make good choices quickly and easily. Pay special attention to the serving sizes listed. If you consume

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## Your Home

### 3 Tips for a happier and healthier home

By Tom Matlock

Did you know the average person spends up to 90% of his daily routine indoors? The time spent at home is certainly a large part of that. Experts agree, the following three tips can help keep your family healthier and happier.

#### Tip #1 - Air Quality

Many of us know that studies show the air quality inside a home can be many times poorer than outside air, but how do we fix that? Replace your home air filters regularly. Most homeowners find a 30-day routine works best. Keep floors picked up (free of toys, magazines and newspapers, etc.) and vacuumed. Dust mites and allergies thrive in the areas we tend to vacuum around.

#### Tip #2 - Door Mats and Shoes

This is an especially good tip for those of us with children. Studies show that wiping your shoes off, and removing them when entering a house can cut the amount of mold, allergens, lead, and germs being tracked into our homes significantly. This is a becoming a hot topic these days and there are many products out there claiming to help. I have even seen antimicrobial doormats sold online. All that aside, leading experts say when you arrive at your door, wipe your shoes at least two times on a sturdy commercial grade mat, and remove them when entering the house. Have a pair of sturdy house shoes sitting just inside that you can easily slip on, and go about your business. This simple habit can go a long way to making your home a healthy environment.

#### Tip #3 - Replace your Mattress

It's amazing with all the gimmicks and infomercials out there how little we think about this, but it doesn't change the facts! Mattresses not only provide an excellent living area for allergens and dust mites, but they play a huge role in the way we sleep. There are a myriad of health and other issues linked to poor quality of rest. To insure you are getting the quality rest you require, some studies recommend replacing your mattress as regularly as every 5-7 years. Choose the mattress that is right for you. Use a breathable cover and clean around and under it regularly. **MLT**

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## Your Money

### Health Challenges – Saves Money

By Ashleigh Millard Sutter



Exercise, exercise, exercise. In today's society, we are inundated with articles, news broadcasts, and conversations centered on getting fit by the latest diet and exercise crazes. What you didn't know was that getting fit not only makes you feel and look better, but it will save you money.

First, it will save the money coming out of your paycheck for health insurance. Currently, most of you have money withdrawn from each paycheck to pay for your health insurance. When each individual in the group gets healthier, the whole group rate goes down. When a whole group rate goes down, you have less money taken out of your paycheck for health insurance and more money in your paycheck for other expenses.

Also, you will save on life insurance. Now I know at this point, you're saying, "I'm too

young for life insurance" or "I don't need life insurance," but there are very few people in the world who do not need insurance. Pretty much anyone who has debt or a family should have a life insurance policy. A small expense now could prepare your family to pay off any debts or maybe even a mortgage in the event of your home-going.

So for those of you that feeling great and looking great are not much in the way of motivation, look at the marginal benefit of exercising. As you exercise, remember that each step you take is a like a penny saved. Give us a call to see if you can put each penny towards a life insurance policy, health insurance policy, or maybe even a health savings account. At Millard Insurance & Financial Group, we have many opportunities for you to save money, and I would love the opportunity to see what I can do to help you and your family. **MLT**

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## Coffee & Ice Cream

### Health Advantages of ICE CREAM! YES!

By Dave Wilson

For those of us that struggle with a few extra pounds, there is really good news: ice cream and other frozen dairy products are good for you! This is true on many levels:

**1 Low Glycemic Index** This concept is related to the low carb craze championed by Dr. Atkins. Dairy products in general help your body burn calories more efficiently (prevention.com). Ice cream and frozen yogurt not only treat you, but metabolize more slowly than, say, french fries and bread-type snacks. It takes a longer time for your body to digest ice cream and frozen yogurt, so you don't get a quick carbo-high and then feel sleepy.

**2 Various Frozen Dairy Bases** There is not only ice cream, but frozen yogurt and yes, low-carb ice cream. All of these bases have the advantage

of having a low glycemic index to differing degrees, as well as giving people with certain health issues different healthy choices. I know a man who looks as healthy as anyone you would ever see, but has serious heart problems. He only eats frozen yogurt. It is low fat, about the same or a bit higher in carbs as ice cream, but just as tasty.



### 3 Calcium in dairy products

Again, dairy products in general have the benefit of helping to keep your bones strong. Other benefits are lower blood pressure and a boost to the immune system.

(prevention.com)

### 4 Add your favorite stuff

Believe it or not, studies in the UK indicate that it may be good to actually mix *vegetables* in ice cream or frozen yogurt in order to get kids to eat their veggies. While this is not a

wide-spread practice anywhere yet, it is a good idea! I like to mix lots of different things in ice cream. Breakfast cereals usually work well, as do candies, fruits and nuts. The key is to add items that will help you and be a treat. You don't want to add too many different things at one time, or too much of anything. The grocery store shelves are filled with frozen dairy products that contain all kinds of ingredients. Usually, there is too much additive and they are too rich to help you get the benefit of frozen dairy products. You are much better off getting plain vanilla, chocolate, strawberry or Neapolitan and adding your own ingredients in moderation.

### 5 Ice cream makes you happy! (hindustanimes.com)

This is a huge health benefit! It can be measured in brain activity similar to listening to music.

This is not a health benefit, but most people like their ice

cream and frozen yogurt to be around 20 degrees Fahrenheit. I first noticed this when I realized that about the only time I really wanted ice cream from the grocery store was when my wife had just brought it home from the grocery store. It had been in the car and was soft, smooth, and really delicious.

After it had been returned to the freezer for a couple of days, it was too hard for my taste. And that, my friend, is why I started an ice cream business that could give me – and thousands of my closest friends – the best custom blended ice cream and frozen yogurt on earth! Moderation is the key; once a day is OK! [www.stbespresso.com](http://www.stbespresso.com)



# Your Health

## Exercise and Your Wellness

By Dr. Lisa Silva

Action is the evidence that we are alive, and it is very important to regenerate our body. When we exercise, all the cells of our body exert themselves, consume remaining nutrients, and finally, require new food. Therefore, it results in the production and balance of hormones, and the normal function of our body. As we grow old, exercise is more important. However, it is not desirable to exercise excessively or competitively, because we can get stressed of exercise. The most desirous exercise is to take a walk in the beautiful nature, and to cultivate the soil for pleasure. In the National Health Survey, Australia, published in May 1992, males were more likely to undertake vigorous or moderate exercise, while females were more likely to choose walking. Persons who engaged in walking exercise tended to exercise more often and for a longer amount of time than those engaging in vigorous or moderate exercise.

The key to fitness is to exercise regularly, at whatever pace you set yourself, ideally for a period of at least 20 minutes continuously, at least 3 times a week, vigorously enough to raise your heart rate, but not so vigorous that you cannot keep up a conversation while exercising.

Good exercising! **MLT**

For more information please contact Dr. Silva at:

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...LIFE...HAVE IT MORE ABUNDANTLY. JOHN 10:10

Dear Readers,  
I hope you are enjoying the wellness challenge as much as I am. When we first heard about this at the Snack Shop, we made the conscious decision to add products to our menu that would help everyone make their goals, even when eating at a place that would not traditionally be thought of as a healthy restaurant. With this initiative, we added a vegetable medley, fruit cup, or roasted apples as options for combos. We have also added a wellness cheer package that you can send to your friends in the program. These packages include vital items such as V-8 Fusion juice, bottled water, fresh fruit, raisins, and baby carrots. We hope this helps. Keep up the good work!  
Sincerely,  
Jeff Hagans  
Snack Shop Manager

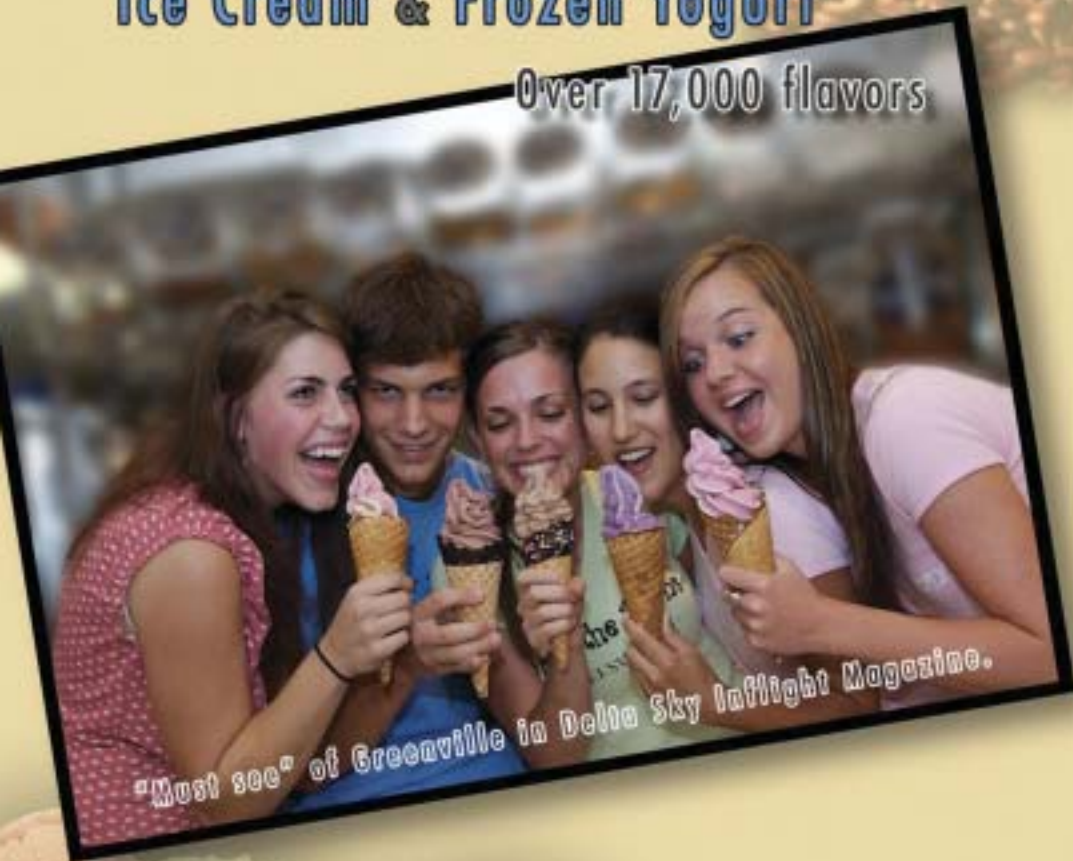


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