



Health & Wellness  
**MOBILELIFE**  
November 2007 *Today*

***Fall Fruits and Vegetables***  
*A Cornucopia of Healthy Choices*

***Today's Nutrition...***  
*Healthy Alternatives*

***The Day Tripper***  
*The Carl Sandburg House*



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### Publisher

David Nichols  
Dnichols@mobilelifetoday.com

### Contributing Writers

Gilbert B. Elwyn  
Dr. Lisa Silva  
George Clements  
Ashleigh Sutter  
Lorna G. Williams

### Cover Photo by:

Martin Boose

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www.mobilelifetoday.com  
info@mobilelifetoday.com

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# Fall Fruits and Vegetables

## A Cornucopia of Healthy Choices

By Lorna G. Williams

Fall is in the air! The temperatures are turning cooler, the holidays are just around the corner, and the autumn harvest provides us with a bounty of fruits and vegetables from which to make healthy and nutritious food choices. Fall produce is loaded with vitamins, minerals and fiber. It is fat free, low in calories, and tastes great. The deep, rich colors of fall fruits and vegetables give us clues to their great nutritional value. It is important to have a variety of color in our diets: the more color the better, and the greater

likelihood of an adequate and balanced eating plan.

Flavonoids are found in almost all fall fruits and vegetables. Flavonoids are naturally anti-inflammatory, anti-ulcer, anti-viral, and they have anti-oxidants which help to reduce the risk of cancer. Beta carotene is an orange pigment found in carrots, butternut and acorn squash, and sweet potatoes. Beta carotene is an important source of vitamin A, which is necessary for normal vision, healthy skin and mucous membranes, bone growth, and tooth development. Beta carotene



is a powerful anti-oxidant which is essential for the efficient functioning of the immune system, cancer prevention, prevention of free-radical damage, and the reduction of cardiovascular disease risk.

Green vegetables are great fall choices to add extra nutrients to the diet. Spinach, Swiss chard, collards, and kale have lutein. Lutein promotes eye health, helping to prevent macular degeneration, and is a good source of calcium. Broccoli, brussels sprouts, and cabbage all belong to the cruciferous family of vegetables and are good sources of calcium, potassium, folate and

fiber. Folic acid (folate) is important in preventing birth defects. These vegetables are also potent cancer fighters, protect the immune system, help build strong bones, and protect against ulcers and rheumatoid arthritis. The fiber in these foods aids in colon health and helps to fill us up so we eat less. The autumn harvest also provides us with beets, cauliflower, avocados, leeks, turnips, eggplant, and parsnips to add variety and extra nutrients to the diet.

Fall fruits are also filled with important vitamins and nutrients. Apples and cranberries are a great source of fiber, quercetin, and



vitamin C. Vitamin C is an important anti-oxidant that helps to reduce the risk of cancer. It is also necessary for the growth and repair of tissues, helps form the connective tissue collagen, keeps capillaries and blood vessels healthy, and aids in the absorption of iron and folate. The pectin fiber in these fruits forms a gel in the intestine which traps cholesterol and increases its excretion, thus helping in the fight against cardiovascular disease. Quercetin, found in the fruit skin, is also an anti-oxidant and may inhibit the production of LDL (bad cholesterol). Figs are a great source of calcium and fiber. Kiwi, pears, grapes, pomegranates, bananas, and citrus fruits are also

healthy and flavorful fall fruit choices.

Truly, autumn offers us an overflowing cornucopia of healthy options. By choosing fruits and vegetables that are “in season” you will be getting them at the peak of their nutritive value as well as at the best prices. Help your family eat healthier this fall by picking up some of the best of the fall produce selections. Celebrate autumn’s harvest, not only for its great taste and variety, but also for all the healthy nutrients that fall fruits and vegetables pack.

## Fall Harvest Vegetable Roast

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|--|--|
| <b>1 Medium eggplant, cut into small wedges</b>                              | <b>4 Roma tomatoes, cut into chunks</b>                    |
| <b>3 Zucchini, cut into chunks</b>   | <b>4 Cloves garlic, peeled and left whole</b>              |
| <b>2 – 3 Leeks, sliced (including tops)</b>                                  | <b>1 Cove or garlic, minced</b>                            |
| <b>2 Carrots, peeled and sliced</b>  | <b>1 Branch fresh rosemary, chopped</b>                    |
| <b>2 Parsnips, peeled and sliced</b>   | <b>½ Cup fresh basil leaves</b>                            |
| <b>1 Butternut squash, peeled, halved, seeded and cut into 1 inch pieces</b> | <b>½ Cup fresh thyme, chopped salt and pepper to taste</b> |
| <b>2 red peppers, seeded and cut in wedges</b>                               | <b>¼ - ½ Cup good quality olive oil</b>                    |
| <b>¼ pound green beans, trimmed, cut in thirds</b>                           |  |

Mix together the minced garlic, rosemary, basil, thyme, salt, pepper, and oil. Let sit while chopping vegetables. Chop remaining ingredients and mix together in a large mixing bowl. Pour oil mixture over vegetables and toss to coat. Let sit for 15 minutes. Spread vegetables in the bottom of a large roasting pan. Bake at 350°F for 30 – 40 minutes or until tender-crisp.

## Fall Salad with Cranberry Vinaigrette

- |  |   |
|--|---|
| <b>½ Cup cider vinegar</b>                 | <b>2 heads romaine lettuce torn into bite size pieces</b> |
| <b>¼ Cup fresh cranberries</b>             | <b>2 medium heads Belgian endive – chopped</b>            |
| <b>¼ Cup olive oil</b>                     | <b>2 red Anjou pears</b>                                  |
| <b>2 teaspoons white sugar</b>             | <b>1 apple, cored, unpeeled</b>                           |
| <b>⅛ teaspoon kosher salt</b>              | <b>½ cup toasted walnuts, chopped</b>                     |
| <b>1 pinch freshly ground black pepper</b> | <b>½ Cup crumbled Gorgonzola cheese</b>                   |

In a saucepan, combine vinegar and cranberries. Cook over medium heat until cranberries soften. Remove from heat; add olive oil, sugar, salt and pepper. Place in blender and mix until smooth. Refrigerate until chilled.

Core and julienne one pear, core and dice the other. Core the apple, leaving the peel on, dice. In a large bowl, combine the Romaine lettuce, endive, diced pears, diced apples, walnuts, and Gorgonzola. Toss and drizzle with enough dressing to coat. Divide among salad plates and garnish with julienned pear. Top with additional walnuts if desired. **MIT**



## Bird Watching 101

# Birds and Books

By Gilbert B. Elwyn

With the approach of cold weather, some birds have left the area, others will soon do so, and you might observe still others just passing through. But there will be enough year-round birds to keep your birding interest. Here are a few things for you to consider.

Birds need water year-round, so keep your birdbath full, clean, and unfrozen. Heated birdbaths are available for birders wishing to go that route.

Fall and winter is a good time to put out the suet, a high-energy food source for birds. The easiest way to add suet to your other bird-feeding regimen is by utilizing prepackaged suet “squares” which can easily be inserted into suet cage feeders. You’ll find suet and the feeders at most stores which sell bird-feeding items.

Another type of birdfeed, which you may already be using, is sunflower seeds. These can be used in ground feeders, window feeders, pole feeders...you name it. They can even be strewn upon the ground. Popular with a wide variety of birds, sunflower seeds should attract quite a few visitors to your yard. Including squirrels.

If you feed birds, you inevitably feed squirrels. There are some squirrel-proof feeders available in birding departments and stores, as well as poles with baffles. Another ploy is give the squirrels their own



feeding station with an ear of corn ready for them to eat. Nevertheless, you will discover that the squirrel is singular in its resolve to eat your sunflower seeds, incredibly athletic in its pursuit, and one of the great problem-solvers of all time in this regard. As long as you purchase reinforced tube feeders, so they don’t actually chew through the plastic or wood, and so they can’t eat your whole supply at one sitting, you can enjoy their antics at the cost of some extra sunflower seeds.

A word about bird books: They are wonderful reference tools for the birder, whether new or experienced. One suggestion is *The Bird Feeder Book* by Donald and Lillian Stokes, published by Little, Brown and Co.

Well-written, clearly laid out, and uncluttered, it is an easy-to-use and very useful “how to” guide. Your bookstore, library, or computer should help you pick out the best book for you. **MLT**

## Miles Of Smiles

# Big Steps and Little Steps

By Gilbert B. Elwyn

Last month we wrote about taking your first steps as a runner. Now, after a month on the road, it’s a good time to recap and review.

How are you doing? Are you feeling more comfortable and showing progress? If so, what is your next step? People run for a myriad of reasons, as varied as humankind itself. If you have not yet done so, ask yourself what you’d like to get out of your running and what you’d like to achieve: fitness? fun? a social outlet? a hobby? competition? Any or all of these may apply to you.

Regardless of your answer, motivation is a prime consideration for any runner. You need to keep it fresh and interesting. Vary your running routes. Reward yourself for accomplishments. Set attainable goals. Decide to run in a road race.

Really. I didn’t say: decide to compete in a race. Just decide to run in one. The Race for the Grasshopper 5k in Cowpens is in January. Depending on your physical abilities and personal progress, this could be doable for you. A 5k = 3.1 miles. Again, the goal should be to run it, not to compete in it. Set a reasonable finish time goal for yourself, based on your current rate, and train for that time. As a beginner this might be very slow. Not a problem; enjoying the race experience and finishing it in good health are your goals.

The Race for the Grasshopper has the added advantage of taking place

at an actual historic Revolutionary War battle site, complete with Visitors’ Center and Gift Shop, so it is a fun trip. The event could be a family or running buddy outing.

We’ll have more in the next issue about the Cowpens site, running your first race, and cold-weather running.

I am a former recreational runner (and hope to be again as time and health permit), who has completed over 100 road races, including four marathons. I ran mainly for fun, occasionally also winning an Age Group trophy. All of this to say, I am neither a coach nor a health and/or training specialist. The purpose of these articles is to pass along encouragement and information from one who knows first-hand what it is like to lace his running shoes on for the first time, take those first steps, and discover the enjoyment of running. **MLT**

*If you are overweight or have other health issues consult your doctor before beginning any fitness program.*

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# The Day Tripper

## A Nice Place to Visit – I'd Like to Live There

By Gilbert B. Elwyn



You've surely heard the expression: "It's a nice place to visit, but I wouldn't want to live there." If you take the short jaunt to Flat Rock, N.C. to visit The Carl Sandburg home, there is a good chance that you won't agree with that sentiment.

The house was purchased by Mrs. Sandburg as a place which would be conducive for her husband to write his poetry and other works. It is hard to imagine

how anyone could live high atop a hill amidst some of the most beautiful nature-filled scenery imaginable and *not* write great poetry.

Visitors will also learn that Connemara, as it is called, was a working goat farm which was run by Mrs. Sandburg, respected in her own right for her prize goats.

The house itself is a dichotomy: a beautiful, large rambling house in a majestic

setting, but inside as comfortable as an old shoe. The Sandburgs and their children all had their routines and their areas of domain (check out Sandburg's work room on the top floor) and the entire house looks lived in and functioning as if the family just stepped out for a walk. Magazines, correspondence and newspapers are scattered and piled about. Bookshelves abound. The décor is simple and rustic, including a liberal use of orange crates (remember them?) as end tables.

Not long after Mrs. Sandburg had turned the house over to the Park Service, one of her daughters visited and decried the neatness of the place as being unrepresentative of them. The Park Service dutifully messed things up again in the spirit of accuracy.

Animals, including goats, are still kept at Connemara and a Ranger is usually on hand to answer visitors' questions.

Well-marked hiking trails of varying degrees of difficulty were actually walked by Carl Sandburg until nearly the end of his life.

Guided tours are given at a very reasonable price, led by well-informed and enthusiastic volunteers. The gift shop

features Sandburg's writings and recordings among other things, including the invaluable guide to Connemara written by Sandburg's granddaughter Paula Steichen.

There is much more to tell and much more to experience, but at the Sandburg Home it is best gleaned in person; however, I will leave you with a few tidbits to further whet your appetite:

- 1) Carl Sandburg did not use the canes which are displayed throughout the house.
- 2) The house was transferred to the Park Service on condition that the birdfeeders would be kept filled.
- 3) The wonderful photographs decorating the Sandburgs' walls were by noted photographer, Edward Steichen (his picture's on the wall, too). He was Mrs. Sandburg's brother.
- 4) The television in the dining area was a gift. Carl Sandburg thought television to be a "thief of time."
- 5) Mrs. Sandburg did not use window treatments when they lived in the house. She considered windows to be nature's picture frames. **MUT**

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

Photos provided by NPS Photo

# Today's Nutrition

By Lorna G. Williams

## Healthy Alternatives


Listed below are some suggestions for making healthy alternative food choices. You may also 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.

Smart choices . . .	Rather than . . .
Plain fat-free yogurt with fresh fruit	Sweetened fruit yogurt
Lowfat or fat-free milk	Whole milk
Loin or round cuts of beef with fat trimmed	Chuck, rib, or brisket cuts of beef
Chicken without skin	Chicken with skin
White-meat poultry	Dark-meat poultry
Canadian bacon or lean ham	Bacon or sausage
Pasta with vegetables/ed (marinara) sauce	Pasta with cheese sauce or white sauce
Whole grain toast or bread	Croissants or pastries
Unsweetened applesauce	Sweetened applesauce
Baked potato with salsa	Baked potato w/ butter, sour cream, cheese
Plain lowfat or fat-free yogurt	Sour cream
Seltzer mixed with 100% fruit juice	Sugar-sweetened soft drinks
Unsweetened applesauce or berries as toppings	Syrup on pancakes, waffles, French toast
Fresh or dried fruit	Candy, cookies, cake, or pastry

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# Your Health

By Dr. Lisa Silva

## Fruits & Vegetables

The basic theory for a healthful diet is not what to eat but how to eat. We should not eat everything we like. We should take essential and healthful nutrients to our body in time. One of the reasons that salads with lots of greens are so



beneficial is because they are eaten raw. Eating our fruits and vegetables in their natural state allows the body to receive more enzymes, vitamins, minerals, and phytonutrients that are usually destroyed by cooking and processing. Although eating cooked veggies is sometimes okay, the living phytonutrients and natural enzymes aid in human digestion and promote better overall health. Another added bonus to eating fresh produce is a decrease in the amount of salt and sugar consumed.

Most of us have heard that it is okay to eat as much fresh fruit as we can, but frankly, eating too much fruit has its effects as well. It can

overload the liver's sugar content and can trigger carbohydrate cravings, which in the long run affects our fat levels. One to two fresh fruit servings are recommended. The best fruits are apples, pears, melons and berries, as they have lower sugar levels and higher fiber levels than most other fruits.

The following is a daily fruit and vegetable recommendation guide:  
**7-9 servings daily or more of phytonutrient and vitamin rich foods. Example: 1 cup raw vegetable salad, 1/2 cup vegetables or fruits, 1/2 cup dark green and yellow veggies, 1/4 cup dried fruit.**

Remember, proper nutrition is the foundation of good health and recovery. What you put into your mouth is going to be used to generate your cells, tissues, blood, nerves, and bones, etc., of tomorrow! Healthy eating! **MLT**

For more information please contact Dr. Silva's web site at [www.findabundantlife.com](http://www.findabundantlife.com).



**Dr. Lisa Silva**  
**Abundant Life**  
 Chiropractic

## Should I Have a Radon Test Done on My Home?

Have you ever heard of someone having a radon test done at their home and wondered if it would be worth it for you to have one too? The more I learn about the issue the more I think it is a good idea to have a test done anywhere you will be living.

I recently had a long conversation about radon with one of my home inspectors who had just taken some pretty serious extended education classes on the subject. I had it in my head that homes with crawl spaces would be more at risk than homes on slabs, but he said that it is actually the opposite. I also thought that if one home in a subdivision did not test positive that the others probably wouldn't either, but he said that it is more of a lot by lot basis. So if your neighbor doesn't have radon it doesn't necessarily mean that you don't either.

The EPA has a great website on radon that can be found at [www.epa.gov/radon](http://www.epa.gov/radon). One of the most interesting things

there is that Greenville County, South Carolina, is the only county in the whole state that is considered a "Zone 1" or has the highest potential for having radon. Also interesting are some of the facts given. One fact is that radon is the second leading cause of lung cancer, which the EPA website says claims 20,000 lives annually.

So what can we do about radon? The good news is that homes built today in Greenville, SC, come with radon vents built in. If radon is found in a home, only a fan must be installed to keep it vented.

If radon is found in an older home, the whole vent has to be installed; this will take a little more work but it's still not the end of the world. Also, if you are buying or selling a home, it pays to know what your rights are according to the contract. If you have any questions about radon in the home buying and selling process or if you would just like some names of trusted radon testers, shoot me an email at [glements@kw.com](mailto:glements@kw.com) and I am always happy to help. **MIT**



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## Running for Life



**Bob Millard, local Allstate Agent, presenting the Hands in the Community Grant to Amanda Folk.**

someone new is diagnosed with a blood cancer – leukemia, lymphoma, and myeloma; every 10 minutes, someone dies." Team in Training provides a training program for runners of all shapes and sizes to help them accomplish their personal goals while running or walking for a great cause. There are races around the state and country where Team in Training participants may get involved. Recently, Furman University hosted an event called 'Light the Night,' raising money for the Leukemia and Lymphoma Society. Other upcoming races include the October 29<sup>th</sup> race in Dublin, Ireland, where the Greenville Chapter is sending one gentleman, and then two women and two men will be racing in the Marine Corp Marathon in Washington, D.C., on the 28<sup>th</sup> of October. **MIT**

On October 16, 2007, Millard Insurance & Financial Group, a local insurance agency, partnered with the Allstate Foundation to present the Allstate Hands in the Community Grant to Team in Training member, Amanda Folk. On behalf of the Leukemia and Lymphoma society, Allstate awarded a \$500 donation from the Allstate Foundation in support of the half-marathon she will be running in San Francisco, California.

She is running along with 28 other women from Greenville in the Nike Women's Marathon and Half-Marathon in San Francisco on October 21, 2007. The women are part of the Greenville chapter of Team in Training, known to many as TNT. Started in 1988, TNT has raised more than \$700 million towards leukemia, lymphoma, Hodgkin's disease, and myeloma research and patient services.

According to the Team in Training website, "every 5 minutes

*For more information about Team in Training or to become a member, visit their website at [www.teamintraining.org](http://www.teamintraining.org), or contact Melody Williams, the Greenville Coordinator, at [melody.williams@lls.org](mailto:melody.williams@lls.org).*



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