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**To:** Adams, ChaneyChaneyAdams@gov.sc.gov  
**Date:** 2/19/2016 1:43:26 PM  
**Subject:** MidlandsLife: A Conversation with City Year Columbia Executive Director; The Lasting "Must Have Shoe"; Today's Fitness Fads

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**COLUMBIA, SC - Feb 19, 2016**  
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## A Conversation with City Year Columbia Executive Director Dr. Gail Wilson- Giarratano

As the site of the "First in the South" Presidential Primary, we in SC are smack in the middle of partisan politics and heightened rhetoric.

Studies show, however, that no matter what political party you are, Americans overwhelmingly support the concept of national service.

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## Basic White Sneakers -

### The Lasting "Must Have Shoe"

By Brian Maynor  
Style Coach

Remember growing up when the worst thing in the world was a new pair of white shoes? Well times have definitely changed.

Here are a few of the most popular reasons to snag a pair for yourself.

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## Today's Fitness Fads

By Jesa Culy, ACE Certified Personal Trainer  
Team Elite Staff

CrossFit, Barre, and Insanity.

When looking at starting a new fitness program, it is important to be aware of several things. You must be honest with yourself about your fitness level, past exercise experience, and what best motivates you.

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## A Super Getaway - Outer Space, Science, Nature, & More

By Tom Poland  
A Southern writer

Ready for adventure?

All you need do is drive to Durham, North Carolina to the Museum of Life + Science."

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## The Perfect Quiche

By Jan Pinnington

Healthy Hands Cooking

Easy enough for kids to make!

The perfect quiche? Yes! This quiche is perfect for Sunday brunch or a weeknight meal.

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## Wordless News

By Maria Fabrizio

Local illustrator + designer

Is Organic More Nutritious? New Study Adds To The Evidence

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Cooking at home doesn't have to be a chore

By Kay MacInnis

Registered dietitian

Try this Zucchini Lasagna

Many of our nutrition issues can be helped by cooking more at home. [More...](#)

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