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**COLUMBIA, SC - Feb 26, 2016**  
See the last issue [here](#).

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## Running for the Hills

By [Amy Coward](#)

The seductive headline, "America's Most Beautiful Half Marathon", complete with photos of green pastures and champion horses, appeared in *Runners World* and I was registered just like that! [More...](#)

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## The Secret to Street Style Chic Jeans

By [Brian Maynor](#)  
[Style Coach](#)

Most people love their jeans, and would literally wear them every day if possible, and if you're a fan of street style blogs like me, the inspiration is endless on making that a reality.

[More...](#)

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## Down In Camellia Land, Part One

By Tom Poland

I'm making my way to Edgefield to attend Edgefield Camellia Club's annual Camellia Tea. As soon as I take Exit 18 onto Highway 19, everything changes. I-20's bland corridor of cars, trucks, and tedium gives way to thick, green cedar groves, sprawling pine-edged fields, stately avenues of oaks, an abandoned home or two, historic plantations, horses, and a curious collection of what appears to be forsaken 18-wheelers in a powerline right-of-way. [More...](#)

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## The advantages of a plant-based diet: Spaghetti Squash Spaghetti

By Kay MacInnis

A plant-based diet – one that emphasizes fruits, vegetables, grains, legumes and nuts – is rich in fiber, vitamins and other nutrients. And it's all the buzz in the nutrition world. [More...](#)

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## John de la Howe School Sees Change on the Horizon

By Temple Ligon

The State of South Carolina runs a school, something of an orphanage, in McCormick called the John de la Howe School. The school's property and its early funding came from Dr. John de la Howe in the late 18C. A half-century ago the school had a student population of almost 400, but now it's less than 100.

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## Teriyaki Beef Stir Fry

By Jan Pinnington  
Healthy Hands Cooking

Here's a tasty meal that can be served over rice noodles or brown rice.

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## Diabetes and Resistance Training

By Sean Vander Veer RD, LD

The major benefits of resistance training in people with diabetes include improved cholesterol levels, increased heart function, decreased blood pressure (less stress), improved insulin sensitivity and blood sugar control, and improved muscular strength, power, and endurance with increased bone strength.

[More...](#)

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## Shuckin' on the Shoals at Saluda Shoals Park

The 9th Annual Shuckin' on the Shoals oyster roast and auction will be held at Saluda Shoals Park on Sunday, February 28, 2016, from 4:00-7:00 p.m.

Funds raised will support art and educational programs for summer camp; outdoor drama and musical performances; and the preservation of Saluda Shoals Park.

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