

**From:** MidlandsLife <acooper=midlandsbiz.com@mail1.suw13.rsgsv.net>  
**To:** Adams, ChaneyChaneyAdams@gov.sc.gov  
**Date:** 1/31/2016 1:54:44 PM  
**Subject:** MidlandsLife: The Daily Grace: Free Forming It; The Modern Professional Wardrobe; Improving Your Distance Running

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Welcome to MidlandsLife.

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**COLUMBIA, SC - Jan 31, 2016**

See the last issue [here](#).

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## The Daily Grace: Free Forming It

By [Cathy Monetti](#)

It was a comment that made me laugh, then made me wonder, then made me rejoice.

It was Sunday afternoon, you see, and my sweet husband was parked in front of the TV for his weekly dose of NFL football.

[More...](#)

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## The Modern Professional Wardrobe –

### Breaking Down New Work Essentials

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

One of the most frequent questions I am asked is, “What are the key work wardrobe essentials for today?”

Here are what I refer to as the basic categories of the modern professional wardrobe that will help you know where to start looking for the pieces that work specifically for you. [More...](#)

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### Kale Salad with Warm Cranberry Almond Vinaigrette

By [Kay MacInnis](#)  
[Registered dietitian](#)

Here comes another lecture, but bear with me. I promise it’s good for you.

[More...](#)

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### The Journey That Lies Ahead

By [Tom Poland](#)  
[A Southern writer](#)

Like sun-burnished rails, life stretches toward that hazy horizon known as the future. Consider train travel a metaphor for life, for we stand in the depot December 2015 punching our ticket. Destination? [More...](#)

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## Herbed Baby Red Potatoes

By Jan Pinnington  
Healthy Hands Cooking

Easy enough for kids to make!

[More...](#)

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## The MGC Long Run

February 6

The MGC Long Run returns to Columbia, next Saturday.

The MGC Long Run has a race for everyone – 15k Road Race, 15k Relay, 5k Run/Walk and a half-mile Kids' Fun Run.

[More...](#)

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## Improving Your Distance Running: Lift More than Just Your Feet

Kristen Tice-Zeismer  
Owner, Elite Nutrition & Performance

Wondering how you could cut down the time in your next half marathon? Try resistance training! Now we know what you might be thinking “well I can’t lift weights because it will just make my time slower!” [More...](#)

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## Wordless News

By Maria Fabrizio  
Local illustrator + designer

Shifting Colors Of An Octopus May Hint  
At A Rich, Nasty Social Life

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