

# Wellness: On the go

October 30, 2006

Posted: 10/30/06

## Wellness: On the go

**By Tamara Quintana**

Let's face it. Most of us live our lives always "on the go." But we still need to take the time to be healthy. I recently shared this "on the go" wellness information with our marketing staff who accumulate thousands of frequent flyer miles each year.

### **Eating**

Eating on the go often means making poor food choices. To make better choices, keep these things in mind:

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- [Baylor among most physically fit schools](#)
- [Wellness: Weight training for a balanced workout](#)
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# Wellness: Nutrition facts

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## Wellness: Nutrition facts

**By Tamara Quintana**

If you're trying to plan healthy meals and snacks for yourself and your family, you already have all the information you need. Since 1994, [The Food and Drug Administration](#) has required "Nutrition Facts" labels to be placed on most food packaging.

At first glance the label might look confusing, but it is a great resource when trying to make healthy food choices.

**Serving size and servings per container**

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## Wellness: Dental health

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# Wellness: Dental health

**By Tamara Quintana**

We all know that the foods we eat affect our overall health, but do you consider the health of your teeth when you make food choices?

According to the [American Dental Association](#), there is a growing concern among America's dentists that many of their patients are consuming record numbers of sugar-filled drinks and non-nutritious snack foods that can harm teeth.

When you eat these types of foods, and even some foods that are otherwise healthy for your body, the bacteria in your mouth come in contact with sugars and starches and produce acids. If left in the mouth, these acids attack the teeth and destroy the enamel, eventually resulting in tooth decay.

## **See Related Article:**

- [Fit or fat? Covered-dish dinners take toll on Baptists' health](#)
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# Former White House insider urges Christian political â€œfastâ€œ

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## Former White House insider urges Christian political â€œfast'

**By Robert Marus**

*ABP Washington Bureau*

WASHINGTON (ABP)—A tell-all book by a former White House insider is roiling the conservative movement with its charge that top officials in President Bush's administration have been pandering to Christian conservatives for their votes while delivering little of lasting value to the constituency.

But [David Kuo's](#) memoir of his years in the White House and elsewhere in the conservative movement is also notable for its afterward. In it, the author—who has impeccable Religious Right credentials—calls on all Christians, conservative and otherwise, to take a two-year “fast” from political activity to re-focus on the gospel.

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# Seminary delays endowment transfer

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## Seminary delays endowment transfer

**By Robert Marus**

*Associated Baptist Press*

FORT WORTH—Trustees of [Southwestern Baptist Theological Seminary](#) delayed action on a recommendation to transfer \$90 million in seminary endowment funds from the [Baptist Foundation of Texas](#) to Southwestern's in-house foundation.

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# Dell volunteers staff festival for children & families in need

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# Dell volunteers staff festival for children & families in need

**By Miranda Bradley**

*Children at Heart Foundation*

ROUND ROCK—More than 200 [Dell](#) employees pitched in to sponsor the third annual Dell Fall Festival for children and families served by [Texas Baptist Children's Home](#) and [STARRY](#).

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## **Second-generation UMHB student from Zimbabwe makes mark**

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Tatenda Tavaziva  
of Zimbabwe, a  
second-generation  
University of  
Mary-Hardin  
Baylor student,  
proudly waves a  
UMHB flag from  
the sidelines at  
Crusaders football  
games.

## Second-generation UMHB student from Zimbabwe makes mark

**By Jennifer Sicking**

*University of Mary Hardin-Baylor*

BELTON—Spectators at [University of Mary Hardin-Baylor](#) football games have a hard time not noticing Tatenda Tavaziva on the sidelines, decked out in a gaudy purple-and-gold outfit and sporting a flag of [Zimbabwe](#) on his back.

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# Mexico trips spark desire to meet needs immediately

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A vision  
tour visits  
a mission  
in the  
Huastecan  
field,  
where  
Matamoros  
border  
leaders  
went on a  
mission  
trip this  
summer.

## Mexico trips spark desire to meet needs immediately

**By John Hall**

*Texas Baptist Communications*

LOS MOCHIS, Mexico—Texas Baptist leaders are finding it too difficult to

see ministry opportunities in Mexico without starting to meet them.

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# **Josue Valerio to lead BGCT missions section**

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## **Josue Valerio to lead BGCT missions section**

**By John Hall**

*Texas Baptist Communications*

DALLAS—Josue Valerio, an associational director of missions and former campus minister and missionary, has been named team leader of the missions section within the Baptist General Convention of Texas Missions, Evangelism and Ministry area.

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# Youth Revival Movement honored at Truett

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Baylor  
University  
students  
prayed for  
revival for  
90 straight  
nights  
during the  
spring of  
1945. The  
results  
were felt  
around  
Texas,  
throughout  
the South  
and even  
to Hawaii.

## Youth Revival Movement honored at Truett

**By Marv Knox**

*Editor*

WACO—Participants in revivals that began at Baylor University and spread across the nation six decades ago looked back in gratitude and forward with expectation as they gathered on the campus where it all began.

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## **Around the State**

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Mobberly Church's Elevation building has been named Metal Architecture magazine's 2006 winner in the interior category in its annual design awards competition.

The Longview church's 26,000-square-foot Elevation building was constructed to reach the youth of the community. It includes classrooms, informal gathering areas, a cafe, a covered outdoor sport court and a large meeting room, complete with stage and seating for 600 people, that already has become a popular venue for concerts and worship services. The building was designed by Fitzpatrick.Butler Architects.

## **Around the State**

- Baylor University's Hankamer School of Business will host a business ethics forum titled "Five Years Later: Leadership Lessons from Enron and Andersen" Nov. 1-3. The forum will begin Wednesday at 3:30 p.m. with a panel discussion, and events will continue through Friday afternoon.
  - The annual Miss Mary Hardin-Baylor Pageant will be held Nov. 3-4 at 7 p.m. This year's theme is "Rock the Runway." Friday evening will be the talent competition, with Saturday featuring the evening gown and interview portion. General admission is \$10 for both nights or \$7 for one night.
  - Tye Newkirk has been named director of student activities at East Texas Baptist University.
  - Rebecca O'Banion has been named director of alumni relations at the University of Mary Hardin-Baylor. She is a 1993 graduate of the school and current president of the alumni association.
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## **DOWN HOME: Never too late to do something new**

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# **DOWN HOME:**

## **Never too late to do something new**

When you get to be my age (late-late-late young adult; OK, middle aged), you don't get to do many things for the first time.

But last week, I did something I've never done before.

Months ago, I received an invitation to preach in chapel at [Howard Payne University](#), one of our Texas Baptist schools, in Brownwood.

I quickly accepted, although some people would question my logic.

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