

Back To Health and Living SDC News Letter



DATE: August, 2007 Letter 82

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH OF
NUTTER FORT. 5:00 pm each Thursday.
219 Maryland Avenue. Nutter Fort, WV.

ARTICLES:

1. Internet links.
2. Newsweek Dr. Ornish.
3. American Heart Association Walk
4. Corn Roast Pot Luck
5. Wheat Pretzels / Curves Exercise
6. Stress Management Classes
7. Editorial Larry Massey.
8. Recipes and Jokes

LINKS: (1) <http://www.chasoc.org>
(2) <http://www.heartbeats4life.org/>
(3) <http://www.msnbc.msn.com/id/3037964/site/newsweek/>
(4) <http://www.clarksburgbhlc.com>

NEW ARTICLE IN NEWSWEEK HEALTH AUGUST, BY DR. ORNISH: "John Edwards"

Newsweek column posted: interview with John Edwards posted in August: We sent out an email on the first of the month about this interview, but it is worth reviewing again.

<http://www.msnbc.msn.com/id/20059944/site/newsweek/>

If you like it, please rate it. Please rate all articles so this information with continue to be available to us and the general public.

Clarksburg WV

CLARKSBURG SDC:

SDC BIRTHDAYS: July & August – 2007



No SDC Member Birthdays, If you would like to be added to our Birthday database please email Martha at mlgpab@juno.com

HAPPY BIRTHDAY TO ANYONE WE MAY NOT HAVE ON OUR LIST.

AMERICAN HEART ASSOCIATION:

FROM: Toni Marascio. As part of the AHA heart walk—we are trying to get publicity, see the email below from Heather Cross.

Hello Everyone! I am looking for heart survivors (or family members of a heart survivor) willing to tell their story on TV. If you know of anyone (including yourself), please have them contact me, or provide me with their contact information and I will touch base with them. Please contact me for more information.

Thanks and have a great weekend!

Heather Cross

Division Director

American Heart Association

Great Rivers Affiliate

1110 Prestwick Avenue

Morgantown, WV 26508

Phone: 304.594.0497

E-mail: heather.cross@heart.org

HEART WALK:

Mark your calendar this Month for the American Heart Association Family Day and Heart Walk at RCB High School Track in Clarksburg. Registration 11:00 AM, Walk 11:30 AM. Please attend and support the AHA. Team Captain – Toni Marascio, Director Health Connection. Call 304-624-2935 to register or register at the gate.

CORN ROAST:

On August 23, 2007 the SDC meet at Willie and Mary Mutschelknaus's cabin for a corn roast. It was a great evening with hotdogs and all the toppings, garden picked corn, potatoes, and many deserts and toppings plus many other dishes, all Ornish. No one leaves hungry from our SDC meeting we even take food home. It was said by many people that this is the great life, in the outdoors, plenty of food and great friends. A fabulous retreat of fun and relaxation.



Picture by Dan Webster.

Bottom from left to right Wesley Miller, Mary Mutschelknaus, Martha Griffith, Helen Vernon. Standing from left to right Willie Mutschelknaus, Larry Massey, Sherry Stepp, Dave Wolfe, Stan Firth, Larry (Rabbit) Snyder, Dan Webster.

WHEAT PRETZELS:

Many thanks to **Ron Begola** from the New Castle SDC for getting a truck load of Pretzels, Peanut Butter, and Crackers for the Clarksburg, and Morgantown SDC. We had many members to try boxes of the pretzels and crackers.

Quote of the Month:

"Be not afraid of going slowly, be only afraid of standing still."

"Resolve to succeed, the greatest discovery one can make is that nothing is impossible."

~Authors unknown, From quotes I have seen during my travels this last month.

STRESS MANAGEMENT CLASS:

By Elizabeth Connor. From Denise Binion
Namaste Friends!

Hope you all enjoyed some relaxing times with friends and family this summer!

My son and I are off to Yogaville, VA to camp this Labor Day weekend. I am staffing a weekend retreat which promises rejuvenation and inspiration. I am looking forward to bringing it all back to you, my WV yoga community, to share.

Please check out the fall '07 class schedule below. New sessions are starting the week of September 10th!

Tuesdays

Noon Yoga @ YWCA of Clarksburg

Yoga! @ The Lake Floyd ClubHouse - 7pm

Wednesdays @ the Benedum Civic Center of Bridgeport

Pregnancy Yoga - 5pm

Integral Hatha Yoga - 6:30pm

Thursdays Vinyasa Flow Yoga @ the YWCA - 6:30pm

(Class Dates and Registration Details? - Keep Reading!)

Interested in deepening your practice? I'm pleased to invite you to Yoga Centerpoint Studio in Doddridge Co., for a special Meditation Workshop on Saturday,

September 15th. The deck yoga studio is finished! I hope you can join me to enjoy the inspiring blend of meditation and nature in this open-air, WV woodland setting.

MEDITATION WORKSHOP

Saturday September 15th.

10:30am - 2pm

10:30 - 11:30 Introduction to Meditation/ Stretches to sit easily/ 1/2 hr. Guided Meditation Session.

11:30 - Noon Walking Meditation in Nature.

Noon - 1:00 Yogic Lunch Provided with Inspirational Reading

1:00 - 2:00 1/2 hr. Silent Meditation Session / Discussion - Deepening Your Meditation Practice.

Please bring a mat and blanket and dress comfortably, in layers, for the weather. Call 873.2128 to RSVP and get directions. And remember, if its a rainy day, class is postponed until 9/ 22.

A donation of 20\$ for the workshop would be gratefully accepted! (: Thank you all, as ever, for your ongoing support. See you soon!

Peace, Elizabeth Connor, RYT

TUESDAYS @ the YWCA

NOON YOGA

12:05 - 12:50pm

Class meets 9/11, 9/18, 9/25, 10/2, 10/9, 10/16.

Call YWCA - 624-6881

TUESDAYS @ The Lake Floyd Community

YOGA!

7 - 8pm

6wks- 36\$

Class meets 9/11, 9/18, 9/25, 10/2, 10/9, 10/16.

Call Elizabeth - 873-2128.

WEDNESDAYS @ the Benedum Center

Integral Hatha YOGA

6:30 - 7:30pm

6 wks - 42\$

Class meets 9/12, 9/19, 9/26, 10/3, 10/10, 10/17.

Call Benedum Civic Center/ Bridgeport- 842-8240

*** ...also starting September 12th!
Pregnancy Yoga and Relaxation
Wednesdays at 5pm**

THURSDAYS @ the YWCA of Clarksburg

Vinyasa Flow YOGA

6:30- 7:30pm

Class meets 9/13, 9/20, 9/27, 10/4, 10/11, 10/18.

Call YWCA - 624-6881

Please e-mail your inquires or contact Elizabeth at 873-2128. See you soon!

"Peace is your nature, don't disturb it" - Yoga Sutra I.2

CURVES: From Vicki D'Amico.

You may already be aware of this, but the Curves here in Fairmont where I go to exercise has a sign up that states that PEIA will pay for at least part of your exercise as part of the Wellness Program. I think this is great and a step in the right direction. I'm not sure where else this is being honored but I see exercise places going up all over Fairmont. Everyone wants a piece of this pie. So, why not enjoy the benefits!

EDITORIAL: By Larry Massey:

I was surprised and humbled last week when I received a newsletter from my friends (SDC & UHC Staff) at the SDC dinner about me. Each person gave comments about me. I want to thank Dave Wolfe for putting everyone's words to paper, and the pictures from Larry (Rabbit) Snyder. Sometimes we do not know how many friends we have and how they feel about us. I know I have many.

I am blessed to have the Ornish program, the SDC members, the Staff at the Health Connection. I have so many mentors and friends that give me inspiration each week at the SDC meeting. I cannot miss a meeting unless it is not possible for me to be there. Thank you, to all my Ornish friends in the Clarksburg and Morgantown SDC. God has truly blessed me to know many remarkable, talented, and fantastic friends.

RECIPES:

Carol Schweiker cschweiker@yahoo.com

August 15, 2007

Roasted Eggplant

* this is a very adaptable recipe; seasoning and vegetables can be changed.

*Heat oven to 425 degrees, or may be grilled

Ingredients:

***best with fresh vegetables in season*

1 medium sized eggplant

1 c. medium sweet onion, chopped

3 garlic cloves, diced and smashed

1 ½ c. Roma Tomatoes, or 1 large

homegrown, diced

*½ c. diced banana pepper, if desired

1 c. diced red pepper

1 ½ c. chopped portabella mushrooms

1 c. very thinly sliced carrots

*1 c. finely chopped broccoli, if desired

½ cup mild Pace Salsa, if tomatoes are not juicy

½ t. Italian seasoning

dash of Mrs. Dash, tomato and basil flavor

½ c. chopped fresh parsley

Cut eggplant in half, long ways. Cut out meat from eggplant, leaving about ½ inch inside

skin. Dice eggplant meat, set aside. Place eggplant shells in shallow roasting pan sprayed lightly with no-fat spray. The key to this dish is to not overcook the vegetables as you prepare them; and let the roasting do the cooking. Saute' onions and garlic in lightly sprayed skillet till garlic and onion begin to smell, do not over cook. Add red pepper,* banana peppers, then tomatoes; stir and briefly simmer on high. Add seasoning. Toss in thinly sliced carrots and broccoli, toss until coated with liquid and bright colored. Remove from heat and stir in mushrooms and chopped eggplant cubes while mixture is hot. Stuff eggplant shells with vegetables, remainder can be spread around pan. Roast at 425 degrees until liquids cook down and vegetables begin to brown and crisp, about 30 to 45 minutes. Serves 4. Sprinkle with chopped parsley. Serve with spinach salad and toasted sourdough bread coated with Smart Squeeze and garlic powder or soy cheeses.

JOKES:

One day, a man came home and was greeted by his wife dressed in a very sexy nightie. "Tie me up," she purred, "and you can do anything you want. "So he tied her up and went golfing."

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the lottery!"

The husband said, "Oh my God! What should I pack, beach stuff or mountain stuff?"

"Doesn't matter," she said. "Just get out."

Mother Superior called all the nuns together and said to them, "I must tell you all something. We have a case of gonorrhea in the convent."

"Thank God," said an elderly nun at the back. "I'm so tired of chardonnay."