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Clarksburg WV

DATE: October 7, 04 L24

WEEKLY MEETING:

FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue

AGENDA – THURSDAY Oct 07, 2004

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner POTLUCK

EDITORIAL: By: Wesley Miller

"The next time you feel burdened by the "load of life" and are tempted to give up, think about this fact: Each of us has two parents = 2; each parent has two parents = grandparents = 4; each grandparent has two parents = great-grandparents = 8; etc., etc. Continue to multiply each generation times two. Add together the totals of each generation and you will discover that **in the last 25 "generation ripples" of eternity that are called Time, God has invested His infinite energy into 67,108,862 of your ancestors just to create YOU ! That is how important YOU are ! ! ! You need look no further. The power to overcome is within you !**"

SDC: Modality adherence is up this week great job. It is a hard battle, but remember "success is a journey not a destination".

Adherence Results Last Weeks Average:

MODALITY	RESULTS
Exercise	90.3
Diet	91.8
Stress Management	72.7
Group Support	94.3
Out Side Group Support	87.5
Not Attending Group	6
Number of Inputs	18

Calendar of Events:

October 9 – Heart walk at RCB.

October 16 – Annual SDC Meeting. Participants from West Virginia and Pennsylvania will be there.

RECIPES: Pasta Primavera with Roasted Bell Pepper Sauce. From the Kitchen of Joe Hull

- ½ pound whole wheat spaghetti
- ½ cup carrots, peeled and julienned
- ½ cup zucchini, julienned
- 1 cup broccoli florets
- ½ cup yellow squash, julienned
- ½ large tomato, peeled, seeded and diced
- 1 green pepper, roasted, peeled, and seeded
- ½ onion, oven-roasted
- 1 garlic clove, oven-roasted
- 1/8 tsp. dried thyme
- 4 pieced basil leaves (garnish)
- 1/8 tsp. tabasco sauce
- ¼ cup vegetable broth, Salt to taste

Steam the vegetables until slightly firm, 1 minute or less, depending on the size of the cut. Drain and refresh in iced water. Roast peppers, onions and garlic in oven at 350, high fan, for 15 minutes or until tender. Combine tomatoes, peppers, onions, garlic, thyme and vegetable stock in pan and simmer for 15 minutes. Pour in blender and season with salt and tabasco sauce. Cook pasta according to package directions. Drain well. Mix pasta and julienned vegetables. Serve ¼ cup of pepper sauce on plate. Serve pasta on top of sauce. Add the basil leaf for garnish.