

# Back To Health and Living SDC News Letter



**DATE: November 25, 04 L31**

**Clarksburg WV**

**WEEKLY MEETING BHLC:**  
NO MEETING THIS THANKSGIVING WEEK. HAVE A GREAT HOLIDAY, WE HAVE MANY THINGS TO BE THANKFUL FOR.

**EDITORIAL: I would like to share with you an article that was read to us during the end of our stress management session by Wesley Miller.**

## **LOVE LOOKS LIKE THIS**

A group of professional people posed this question to a group of 4 to 8 year olds. What does love mean? The answers they got were broader and deeper than anyone could have imagined.

1. When my grandma got arthritis, she couldn't bend over and paint her toenails anymore. So my grandpa does it for her now all the time, even when his hands got arthritis too. That's love. Rebecca- age 8
2. When someone loves you, the way they say your name is different. You just know that your name is safe in their mouths. Billy- age 4.
3. Love is when a girl puts on perfume and a boy puts on after shave and they go out and smell each other. Kari- age 5
4. Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs. Chrissy- age 6
5. Love is what makes you smile when you're tired. Terri- age 4
6. Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.

Danny- age 7

7. Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My mommy and my daddy are like that. They look gross when they kiss. Emily- age 8

8. Love is what's in the room with you at Christmas if you stop opening presents and listen. Bobby- age 7

9. If you want to learn to love better, you should start with a friend who you hate. Nikka- age 6

10. Love is when you tell a guy you like his shirt, then he wears it everyday. Noelle- age 7

11. Love is like a little old woman and a little old man who are still friends even after they know each other so well. Tommy- age 6

12. During my piano recital, I was on stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore. Cindy- age 8

13. My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night. Clare- age 6

14. Love is when mommy gives daddy the best piece of chicken. Elaine- age 5

15. Love is when mommy sees daddy smelly and sweaty and still says he is handsomer than Robert Redford. Chris- age 7

16. Love is when your puppy licks your face even after you left him alone all day. Mary Ann- age 4

17. When you love somebody, your eyelashes go up and down and little stars come out of you. Karen- age 7

18. Love is when mommy sees daddy on the toilet and doesn't think it's gross. Mark- age 6

19. You really shouldn't say I LOVE YOU unless you mean it. But if you mean it, you should say it a lot. People forget. Jessica- age 8

20. And the winner was a 4 year old child whose next door neighbor was an elderly man who had just lost his wife. When the child saw the man cry, the little boy went over into the man's yard and climbed on top of the man's lap and just sat there. When the boy's mother asked him what he'd said to the neighbor, the little boy said, "Nothing, I just helped him cry."

**SDC: UHC is having Christmas Ornish Style you are invited to join us on December 9, 2004 at 6:30 in classroom F. R.S.V.P. 12/03/04 to the Health Connection at 624-2935.**



If you get the opportunity check out our website at - [http://www.equipmenthealth.com/people\\_health.htm](http://www.equipmenthealth.com/people_health.htm) . If you have any ideas about adding to the site please email me.

Below are the modality results from last week. Good job on stress management it has increased 2% from the last week. Let's keep working toward getting Stress Management above 70%, this means each person must do at least 5 hours per week. I know that next week we will be above 70% and we can reach the goal of 80%.

MODALITY	RESULTS
Exercise	87.5
Diet	86.2
Stress Management	68.9
Group Support	98.8
Outside Group Support	90
Not Attending Group	6
Number of inputs	20

## **RECIPES: *Oatburgers*** **From The Kitchen of Dave Mitchell**

4 ½ cups water  
½ cup soy sauce  
4 ½ cups oats  
1 onion, chopped  
1 tsp. garlic powder  
¼ cup Brewers yeast or nutritional yeast flakes

Bring water, soy sauce, and seasoning to boil. Turn down heat. Add onion and oats, mixing together. Turn off heat and allow to cool about 30 minutes. Form into patties. Suggestion: Use both parts of a canning lid. Fill with mixture then place on cookie sheet upside down, then remove both parts of lid. This will make equal size burgers. Bake until nicely browned at 350 degrees for about 45 minutes. Turn after 20 minutes.

## ***Fruit Salad*** **From The Kitchen of Toni Marascio**

Any fresh or canned fruit of your choice  
2-3 packets Splenda  
¼ cup Grand Marnier  
Mix and allow to marinate for 2 hours. Serve chilled.

## ***Soybean Patty:*** From The Kitchen of Diane Bumgardner

1 cup mashed, cooked soybeans  
1 cup bulgur wheat, cooked in broth  
1 egg or egg substitute  
1 tsp. onion powder  
½ tsp. ½ tsp. Italian spice  
½ tsp. garlic powder  
¼ tsp. natural smoke flavoring  
1 tbsp. soy sauce  
Salt and Pepper to taste

Mix all ingredients together well. Form in to patties and sauté in skilled lightly sprayed with non-stick cooking spray until browned on both sides.