

# Back To Health and Living SDC News Letter



**DATE:** December, 09 L33

**Clarksburg WV**

## **WEEKLY MEETING BHLC:**

**UHC HOLIDAY DINNER.**

**AGENDA – THURSDAY December 09, 2004**

**1. 6:30 Dinner UHC Room F.**

**EDITORIAL:** The article below was sent to me by email and made me think about my busy life.

## **THE MAYONNAISE JAR AND COFFEE**

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar...and the coffee.....

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students again begin to laugh.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things-your God, family, your children, your health, your friends, and your favorite passions-things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else-the small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

**SDC:** Thursday was a great night at the UHC Holiday Dinner. With representation from 10 Cohorts the evening was excellent with some of the best food I have tasted. I must admit that I did eat abundantly. Congratulations & welcome to Cohort 10, a great life style change is ahead of them.

Below are the modality results from last week. **Congratulations on the stress management being at 71.9%, keep up the good work. That is up 0.6% from last week. Let's try for 75% I know we can do it.** For some incentive the Greensburg SDC achieved 80% this last week for stress management. Congratulations to them.

MODALITY	RESULTS
Exercise	93.8
Diet	86.4
Stress Management	71.9
Group Support	89.5
Outside Group Support	82.8
Not Attending Group	3
Number of Inputs	16

***RECIPES: Vegetable Rice Medley***  
*From the Kitchen of Madeleine Hefner*

6 fresh asparagus spears  
 1 cup chopped onion  
 2 cloves minces garlic  
 1 cup sliced shiitake mushroom caps  
 1 cup long grain brown rice, uncooked  
 1 cup vegetable stock, undiluted  
 ½ cup water  
 ½ cup dry white wine  
 1 tsp. dried basil  
 1 tsp. dried oregano  
 ¼ tsp dried crushed red peppers  
 1/8 tsp salt  
 1-10 ounce package frozen black-eyed peas, thawed  
 1 cup sliced carrots  
 1 cup sliced zucchini  
 ¼ cup chopped fresh parsley  
 2/3 cup cup grated cheese (Ornish – Vegan or allowed Feta)

Snap off ends of asparagus spears and remove scales with knife. Cut into 1 inch pieces and set aside. Steam onion and garlic in vegetable broth and water until translucent. Using a large non-stick skillet, add mushrooms to steamed onion and garlic. Cook 2 minutes. Combine remaining ingredients. Stirring well. Bring to a boil, cover and reduce heat, simmering for 15

minutes or until vegetables are crisp tender, depending on your preference. Transfer mixture to serving bowl and top with parsley and cheese. Yield: 5-1 ½ cup servings.

**BRAIN TEASER.**

Count the "F's" in the following text:

***FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS...(see below)***

Managed it ?

Read down only after you have counted them, okay?

Do you think there are three?

How many ? 3?

Wrong, there are 6 !!--no joke.

Read it again.

The reasoning behind it is further down.

The brain cannot process "OF".

Incredible or what? Go back and look again!!

Anyone who counts all 6 "F's" on the first go is a genius.

Three is normal, four is quite rare.

**JOKES:**

These are doctors' notes on patients' charts: (Actual notes - unedited!)

1. Patient has chest pain if she lies on her left side for over a year.
2. She has had no rigors or shaking chills, but her husband states she was very hot in bed last night.
3. The patient is tearful and crying constantly. She also appears to be depressed.
4. I saw your patient today, who is still under our car for physical therapy.