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Clarksburg WV

DATE: June 10, 2004 L7

WEEKLY MEETING:

BHLC SDC

FIRST BAPTIST CHURCH NUTTER
FORT 219 Maryland Avenue

AGENDA – THURSDAY June 10, 2004

- I. 5:00 Exercise
- II. 6:00 Stress Management
- III. 7:00 Group
- IV. 7:30 Dinner POT LUCK

EDITORIAL: *Exercise. It's not what happens to us, but our response to what happens to us that hurts us.* I had a lot of work to do this week end. I planted tomatoes, cut the grass, fixed the grill, etc. normal things. And I was very tired. I did not feel like exercising, but I did complete my exercise, and maintaining the program is what does not hurt us. It only helps our heart disease reversal. Our SDC inspires me each week.



SDC:

The **Harrison County American Heart Walk** is Scheduled for October 9, 2004, at the Robert C Byrd High School. Please mark this on your calendar and join us there for an important day. Pictures from our last walk will be in future newsletters.

UNITED HOSPITAL NEWS:

Cohort 8 has started at the Hospital and anyone in the SDC is welcome to attend a Tuesday meeting to discuss the SDC with the new cohort. Please contact Frank Taylor for details.

RECIPES: Stir Fry Vegetables with Rice.

From The Kitchen of Joe Capozzi

2 red peppers, 1 yellow pepper
1 green pepper, 2 small zucchini
1 small yellow squash
1 large Vidalia onion
2 cups sliced mushrooms
1 cup diced pineapple chunks
1 cruet fat free Italian Dressing
2 cups Lundberg Blend of Wild Rice and Premium Brown Rice
1 teaspoon freshly ground black pepper
1 teaspoon freshly grated ginger
In a large wok, slowly sauté the Vidalia onion in the fat free Italian dressing for about 8 minutes. Add the chopped peppers, zucchini, squash and mushrooms and cover for approximately 15 minutes or until tender. Add seasoning and remaining dressing before covering. Scrape back the vegetables and add the cooked rice, ginger and pineapple chunks and cover for approximately 7 to 8 minutes. Mix all the vegetables, rice and pineapple together and cover for 8 to 10 minutes.

JOKES:

Doctor – “Are you an organ donor?”
Patient -"No, but I once gave an old piano to the Salvation Army."

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