

BALANCE MY CHOICE

Wellness Pointers

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Geography has made us neighbors. History has made us friends. Economics has made us partners, and necessity has made us allies. Those whom God has so joined together, let no man put asunder.

John F. Kennedy



EMPLOYEE WELLNESS
Southern Adventist University

SOCIAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

The Feast of Pentecost

“When the day of Pentecost came, they were all together. . .” (v. 1)

For reading & meditation -- Acts 2:1-12

The occasion of the Feast of Pentecost was extremely fitting for the descent of the Holy Spirit, for the Feast of Pentecost was also called the Day of the Firstfruits -- the festival when the first fruits of the harvest were offered to God in thanksgiving and prayer.

On that first Day of Pentecost, Jerusalem was doubtless crowded with people gathered from all parts of the nation. As the people outside the upper room offered to God the firstfruits of the natural harvest, those inside were offering to God the gift of themselves -- the firstfruits of a spiritual harvest, which Christ would reap in that generation and the generations to come. At a divinely ordained moment -- nine o'clock in the morning -- the Holy Spirit fell upon those waiting disciples and transformed them, in a matter of minutes, from men and women who were timid and hesitant into fearless and fiery disciples. Instead of cowering behind closed doors for fear of the Jews (John 20:19), they stepped out into the crowded streets of Jerusalem, and rallied around Peter as he declared the truth of what had happened. And what a sermon Peter preached that day! Three thousand people were converted! Today we have to preach three thousand sermons to get one person converted!

The first Day of Pentecost ended, as far as the nation was concerned, in a religious festival. However, for the disciples it ended in a religious fervor that set the world on fire. The former concluded with a strong community spirit; the latter concluded in an eternal fellowship, the deepest on earth -- the church.



O God, give us another Pentecost! Make this day the beginning of new things for me and for Your church. Fill me now -- to overflowing -- with Your blessed Holy Spirit. For Jesus' sake. Amen.

9 Ways to Socialize

On A Budget

Is that pocket book feeling a bit thin these days? Are you in serious need of time with friends and not sure how to make that work on a tight budget? Well, you are definitely not alone. Here are some ways to socialize on a budget:

Host a pot luck. Enjoy some time with friends and try new recipes!

Host a game night. There's nothing like a rousing game of Cranium to loosen up the crowd.

Meet for a bag lunch and walk. A fun way to connect AND get some exercise, try the Green Way for a meet up that lets you catch up, eat and get a few laps in.

Catch some local music. Small cover charges for some great music make the perfect way to get together with friends without killing the pocket book.

Meet for Tea. Warm up with a steamy cup of your favorite flavor while you catch up on all the latest news.



Book Club. This is a lovely way to get some me time in while hanging out with friends, even if you never read the book.

BBQ. When the weather warms up, you can do this often.

Get a group together for a walk. There are plenty of amazing spots to get together and do that here.

Tour local museums and art galleries. For free or just a few dollars. You can check out everything from historical artifacts to contemporary expressions at small museums throughout the region.

So, no excuses. Call up those friends you've been meaning to reconnect with and plan a budget-friendly meet up today. They'll love to see you – and won't even notice that thinning wallet.

Southern Adventist University

Employee Wellness

Committee

Phil Garver, Director

Jeff Erhard

Clarice Esquilla

Leslie Evenson

Betty Garver

Harold Mayer

Carlos Parra

Dennis Schreiner

Merlin Wittenberg, Retired Rep.

Employee Physician

Dennis Thompson, DO

welldr32@live.com

Wellness Pointers Editor

Holly Hargus

Cover Art Photographer

Holly Hargus

On The Cover

Yellow Crocus

Please send comments/suggestions to:

wellness@southern.edu

EDAMAME DIP

Edamame (eh-dah-MAH-may) are nothing more than fresh soy beans. Typically cooked in heavily salted water, they are usually found in the shell served at Japanese restaurants. They've recently become more popular in the states and you can usually easily find them frozen, both shelled and shell-on. They are rather tasty beans, so I thought we would make a simple bean dip with them. So good! This dip includes cilantro, lime juice, yogurt, and a whole avocado. Also just a little bit of Tabasco and dark sesame oil for some sparkle.



INGREDIENTS

- 12 to 16 ounces shelled edamame, fresh or frozen
- 1/2 cup, packed, roughly chopped fresh cilantro, including stems
- 1/2 cup plain yogurt
- 1 avocado, peeled, pitted, roughly chopped
- 1/2 cup water
- 1/4 cup lime or lemon juice
- 1-2 teaspoons salt
- 5 shakes of Tabasco (less or more to taste)
- 3 drops of dark sesame oil (more to taste)

METHOD

1 Bring 2 quarts of well salted water (2 Tbsp salt) to a boil. Add the shelled edamame. Return to a simmer and cook for 5 minutes, or until cooked through and tender. Drain with cold water.

2 Place drained cooked edamame in a food processor. Pulse several times. Add the chopped cilantro. Pulse again. Add the remaining ingredients, and pulse until well puréed. Add more water if you want a smoother consistency. Adjust seasonings (salt, Tabasco, lime, sesame oil).

Serve with pita, chips, crostini, or crudités.

If you want to make pita chips, cut pita bread into triangles, and cook in a 350°F oven for 15 minutes or until crispy.

Yield: Makes about 2 cups.

Prep time: 10 minutesCook time: 10 minutes

Gross Things You're Eating

There are two types of reality food shows on TV. The first features mouthwatering meals we wish we could eat right off our flat-screens. The second subjects us to gag-inducing footage of people wolfing down bull testicles, duck embryos, and puréed insects.

Is your kitchen more:

a) *MasterChef*

b) *Fear Factor*

I'm sorry to say, the correct answer is probably B. Thanks to modern food processing techniques, manufacturers are allowing toxic and disease-promoting ingredients to find their way into our food, and in many cases, they've invented clever ways to keep them off the ingredient statement.



Grain products - Many packaged breads and baked goods contain L-cysteine—a non-essential amino acid made from dissolved human hair (often from China) or duck feathers (mmmm). Food manufacturers use the ingredient as a commercial dough conditioner, meant to improve the texture of breads and baked goods.



Salad dressing - Big food corporations often add the chemical titanium dioxide—commonly found in paints and sunscreens—to processed foods like salad dressing, coffee creamers, and canned icing to make them appear whiter.



Jelly beans - Many artificial food dyes—found in hundreds of everyday foods—are made from petroleum-derived materials. Food producers use these chemical dyes in cereals and candy to make them more “fun” for kids, in pickles to make them appear fresher, and in place of real ingredients in a variety of other packaged foods. Betty Crocker Carrot Cake Mix, for example, is actually a carrot-free product, with “carrot flavored pieces” cooked up from corn syrup and artificial colors Yellow 6 and Red 40.



Mushrooms - The FDA legally allows 19 maggots—tiny, rice-shaped fly larvae that feast on rotting foods—and 74 mites in every 3.5-ounce can of mushrooms. Bon appetit!

For more information on gross foods go to: http://www.rodale.com/gross-food?cm_mmc=Yahoo-_-ETNT-_-5_Grossest_Foods-_-15_Grossest_Things_You%27re_Eating