

KIWAN-O-GRAM
Friday, February 25, 2011
February 2011

Chester, VA Kiwan-O-Gram

Newsletter Editor: Kathleen J. Wiltsie for contributions to the news.
Thank you in advance.

OFFICERS: President: Joan Benton
Vice-President:
Treasurer: Robert Cassada
Secretary: Philip Crow
Immediate Past President: Gary Burleigh

QUOTE of the month:

Half of giving is expecting nothing in return.

Prez Joan Benton's 5 F's:
Faith, Family, Friends, Finances & Fun

For Better Health

Health Observances February is HEART MONTH

Let's Talk About High Blood Pressure and Stroke

High blood pressure means that the force of the blood pushing against the sides of your arteries is consistently in the high range. This is not normal. It can lead to stroke, heart attack, heart failure or kidney failure.

Two numbers represent blood pressure. The higher (systolic) number shows the pressure while the heart is beating. The lower (diastolic) number shows the pressure when the heart is resting between beats. The systolic number is always listed first.

A blood pressure reading of less than 120 over 80 is considered normal for adults. A blood pressure reading equal to or higher than 140 over 90 is high. Blood pressure between 120–139/80–89 is considered “prehypertension” and requires lifestyle modifications to reduce the risk of cardiovascular disease.

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What is high blood pressure?

- People with a family history of high blood pressure
- African Americans
- People 35 years or older
- People who are overweight or obese
- People who smoke
- People who eat too much salt
- People who drink too much alcohol
- Women who use birth control pills
- People who aren't physically active
- Pregnant women

Who is at higher risk?

Having hypertension does not mean that you're tense, nervous or hyperactive. You can be calm and relaxed and still have high blood pressure. You usually can't tell if you have it. The only way to know if your blood pressure is high is to have it checked regularly by your doctor.

Do you have questions for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your healthcare provider:

Will I always have to take my medicine?

What should my blood pressure be?

How often should my blood pressure be checked?

- Talk to your doctor, nurse or other healthcare professionals.

How can I learn more?

- For more information about stroke, or to get more fact sheets, call the American Stroke Association at 1-888-4-STROKE (1-888-478-7653) or visit us online at StrokeAssociation.org.
- If you or someone you know has had a stroke, call the American Stroke Association's "Warmline" at 1-888-4-STROKE (1-888-478-7653) and:
 - 🕒 Speak with other stroke survivors and caregivers trained to answer your questions and offer support.
 - 🕒 Get information on stroke support groups in your area.
 - 🕒 Sign up to get *Stroke Connection*, a free magazine for stroke survivors and caregivers.

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Even if you have had a prior stroke or heart attack, controlling high blood pressure can help prevent another one. Take these steps:

- Lose weight if you're overweight.
- Eat a healthy diet that's low in salt, saturated fat, trans fat and cholesterol.
- Eat fruits and vegetables, and fat-free or low-fat dairy products.
- Enjoy regular physical activity.
- Limit alcohol to no more than two drinks a day if you're a man and one drink a day if you're a woman. Check with your doctor about drinking alcohol; it can raise blood pressure.
- Take medicine as prescribed.
- Know what your blood pressure should be and try to keep it at that level.

Email k_wiltsie@comcast.net with your health questions and the answers will be in the next "For Better Health" column.



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February, March Birthdays Happy Birthday!!!

2/17 Jay Slagle
2/21 Guy Smith
2/27 David Duncan
3/3 Kate Wiltsie
3/24 Joan Benton

Anniversaries

Feb 2nd 110th Army Nurse Corps Anniversary
Feb 7th The 13th wedding anniversary for Mr. & Mrs. Ed Grosso

Speaker Ideas always welcomed!!

Speaker Chairperson Jan, Feb, Mar: Ted Rayman
Speaker Chairperson Apr, May, June Noelle Grosso
Speaker Chairperson Jul, Aug, Sep You ☺

Starting in July - September each member will have 10 minutes to talk- on any subject. The amount of time is negotiable - see Joan for details. It will be done alphabetically. ☺



RECIPES

Please email recipes to the editor at: k_wiltsie@comcast.net

Texas Caviar

Combine into a bowl the following ingredients & stir:

Can of Black Beans (drained & rinsed)

Can of Mexicorn (drained)

1 Large Tomato or 2 plum tomatoes (seeded & diced)

2 ripe avocados (diced)

1 packet of Good Season Italian mix

1/3 cup of white vinegar

1/3 cup of vegetable oil

Serve with scoop Tostitos!

Submitted by; Noelle M. Grosso

Whole Roasted Lemon-Herb Chicken on a Bed of Vegetables

Provided by EatingWell.com

Preparation Time: 40 minutes

Level: Easy

Cook Time: 2 1/4 hours

Serves: 6

When you season roast chicken under the skin, as in this recipe, the meat itself gets flavored and the skin becomes nicely browned and crisp. Here, the chicken is roasted on a bed of carrots, turnips and celeriac - but any mixture of root vegetables will work.

Ingredients:

- 1/4 cup fresh sage leaves, divided

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- 1/4 cup fresh thyme sprigs, divided
- 2 lemons, divided
- 2 teaspoons minced garlic
- 2 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground pepper, divided
- 1 small onion, quartered
- 1 4- to 4 1/2-pound chicken
- 4 large carrots, cut into 1/2-inch chunks
- 3 medium turnips, peeled (see Tip) and cut into 1/2-inch cubes
- 2 celeriac roots, (1 1/2-2 pounds total), peeled (see Tip) and cut into 1/2-inch cubes

Preparation:

1. Position rack in lower third of oven; preheat to 400°F.
2. Chop 8 sage leaves and place in a bowl with 2 teaspoons thyme leaves. Squeeze the juice from 1 lemon into the bowl. Add garlic, 1 tablespoon oil, 3/4 teaspoon salt and 1/2 teaspoon pepper; mix well. Set aside.
3. Pierce the remaining lemon all over with a sharp fork. Cram the lemon, onion and the remaining sage and thyme into the chicken cavity.
4. Place the chicken breast-side up on a cutting board. Use your hands to gently loosen the skin covering the breast, thighs and the top end of the drumsticks. Smear the lemon-herb mixture under the skin, covering as much of the meat as possible.
5. Toss carrots, turnips and celeriac in a large bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper until well coated.
6. Place the chicken breast-side up in a large roasting pan (but not on a rack). Scatter the vegetables around the chicken. Bake, stirring the vegetables occasionally, until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 1 to 1 1/4 hours.
7. Transfer the chicken to a clean cutting board and let rest for 10 minutes before carving. Transfer the vegetables from the roasting pan to a serving dish with a slotted spoon, leaving behind as much of the fat as possible. Serve the chicken with the vegetables.
8. Tip: To peel turnips and celeriac (also called celery root), cut off one end of the root to create a flat surface so you can keep it steady on the cutting board. Follow the contour of the vegetable with your knife to remove the skin. Or, if you use a vegetable peeler, be sure to peel around the root at least three times to ensure that all the fibrous skin is removed.

Nutritional Information:

Per serving (without skin)

Calories 308 kcal

Calories From Protein -

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Calories From Carbs	-
Calories From Fat	-
Carbohydrates	21 g
Dietary Fiber	5 g
Fat	9 g
Saturated Fat	2 g
Monosaturated Fat	-
Polysaturated Fat	-
Protein	34 g
Potassium	1012 g
Sodium	691 g
Iron	-
Cholesterol	100 g
Folic Acid	-

Nutritional Bonus:
Per serving (without skin)

Vitamin A (162% daily value), Vitamin C (50% dv),
Potassium (29% dv), Magnesium (19% dv), Zinc (17% dv),
Iron (16% dv).



The FONNY COLUMN

FROM " A cowboy's guide to life"

After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you're full of bull, keep your mouth shut!

If you find yourself in a ole, the first thing to do is stop diggin' !

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Good judgment comes from experience & a lot of that comes from bad judgment.

Never miss a good chance to shut up.

Submitted by KJ Wiltsie-found it in the mess I am cleaning up after my busted pipe ©

Following submitted FROM GARY BURLEIGH

Born a Lutheran

Each Friday night after work, Ole would fire up his outdoor grill on Center Street and cook a venison steak.

But, all of Ole's neighbors were Catholic. And since it was Lent , they were forbidden from eating meat on Friday.

The delicious aroma from the grilled venison steaks wafted over Chester, and all the way to Enon, and was causing such a problem for the Catholic faithful that they finally talked to their priest.

The Priest came to visit Ole, and suggested that he become a Catholic. After several classes and much study, Ole attended Mass. The priest sprinkled holy water over him, he said, "You were born a Lutheran; raised a Lutheran; but now you are a Catholic."

Ole's neighbors were relieved.... until Friday night arrived. Again the wonderful aroma of grilled venison filled the neighborhood.

The Priest was called immediately by the neighbors, and, as he rushed into Ole's yard, clutching a rosary and prepared to scold him, he stopped and watched in amazement.

There stood Ole, clutching a small bottle of holy water.... which he carefully sprinkled over the grilling meat and chanted: "You vuz born a deer; you vuz raised a deer; but now you is a salmon."

Wit and Jesus

Submitted by Gary Burleigh

Finkelstein and Jesus

Jesus was wandering around Jerusalem when he decided that he really needed a new robe.

After looking around for a while, he saw a sign for Finkelstein, the Tailor..

So, he went in and made the necessary arrangements to have Finkelstein prepare a new robe for him. A few days later, when the robe was finished, Jesus tried it on -- and it was a perfect fit!

He asked how much he owed.

Finkelstein brushed him off: "No, no, no, for the Son of God there's no charge!"

However, may I ask for a small favor. Whenever you give a sermon, perhaps you could just mention that your nice new robe was made by Finkelstein, the Tailor?"

Jesus readily agreed and as promised, extolled the virtues of his Finkelstein robe whenever he spoke to the masses.

A few months later, while Jesus was again walking through Jerusalem, he happened to walk past Finkelstein's shop and noted a huge line of people waiting for Finkelstein's robes.

He pushed his way through the crowd to speak to him and as soon as Finkelstein spotted him he said: "Jesus, Jesus, look what you've done for my business!"

Would you consider a partnership?"

"Certainly," replied Jesus

"Jesus & Finkelstein it is."

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"Oh, no, no," said Finkelstein.

"Finkelstein & Jesus.

After all, I am the craftsman."

***The two of them debated this for some time.
Their discussion was long and spirited, but ultimately fruitful -- and
they finally came up with a mutually acceptable compromise.. A few
days later, the new sign went up over Finkelstein's shop:***



From The American Legion March 2011 magazine;

As a crowded airliner prepared to take off, the silence was shattered by a 5-year-old boy, who picked that moment to throw a temper tantrum. No matter what his frustrated, embarrassed mother did to try and calm him down, the boy continued to scream and kick the seats around him.

Suddenly, from the rear of the plane, an older man in the uniform of an Air Force General walked up the aisle. Stopping the flustered mother with an upraised hand, the white haired, courtly, soft-spoken General leaned down and motioning toward his chest, whispered something into the boy's ear.

He instantly calmed down, took his mother's hand, and quietly fastened his seat belt. All the other passengers burst into spontaneous applause.

As the General made his way back to his seat, one of the cabin attendants touched his sleeve, "Excuse me General," she asked, "but could I ask you

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what magic words you used on that little boy?"

The General smiled serenely and confided, "I showed him my pilot's wings, service stars and battle ribbons, and explained that they entitle me to throw one passenger out the plane door on any flight I choose."

Editor: Kathleen J. Wiltsie RN, MSN, LTC, USA Ret
Email address H: k.wiltsie@comcast.net W:
kjwiltsie@bryantstratton.edu