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# LIVINGFit

*in Bowling Green*

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# Bless Our Hearts and Pass the Biscuits

**T**hat's me at the bottom of the page. My name is from my grandmother, Mary Lee. As in the Confederate General whose bronze likeness sparked a terrible event in Charlottesville, Virginia this summer.

Despite my famous long-removed relative, I wasn't raised in the South. I didn't grow up with segregation. I went to school with a large mix of people. Where there was a water fountain; we shared it. We cared more about Flower Power than white power.

Now that I do live in the South, I am repeatedly reminded the Southerners love their history. And sometimes that history seems all too current.

This summer, watching the events unfold, as Nazi's and Klansmen clashed with protesters, I kept thinking—This is over a statue? Really? Who cares about a statue of a guy on a horse? He is my great uncle cousin someone and I don't even care.

Although clearly it was reductionist thinking, I still was mesmerized by the outrage.

Naturally, there were Facebook posts and one of my friends who lives in Lexington was front and center of another debate unfolding around the removal of their Confederate statues. He made what I thought was a brilliant suggestion.

Southerners love their history, right? So his suggestion was to let the statues remain as part of the historical record.

But he also pointed out that soldiers on horses only memorialize one side of the story of the Civil War. So he suggested commissioning statues of people in chains at auctions and memorials to families separated at the holidays before a new tax

year. A family sold, children scattered for generations—bronze that up, cut a ribbon and have a picnic in that park.

Maybe he had a point, but Living Fit is a health magazine and not a political magazine. And as important as it is to have a voice, it can be frustrating to face such a politically charged atmosphere armed only with the mighty words on a page.

Then, I realized that health and politics actually do have a common denominator and they're actually also words on a page. They're called "recipes."

Recipes are handed down and cherished. They sustain us through lean times and plenty. They don't discriminate. In fact, quite the opposite: Food brings people together.

So in this issue of Living Fit, we made the decision to celebrate the best of Southern history—its delicious, and with a few adjustments—its nutritious fare.

Executive Chef Stephanie Gillispie has refreshed the menu at the Bowling Green Ballpark and is now doing the same at the Lookout Restaurant where she will keep the butter and the fat but still incorporate plenty of Kentucky Proud ingredients so that even when they indulge, diners will leave feeling good.

We also recognize the work of author Linda J. Hawkins whose cookbooks have won national and international acclaim as she brings awareness to the charm and grace that are part of the Southern dining experience.

We highlight the importance of sharing meals with family and offer some healthy snacks for school lunches.

So this fall, honor southern history by making the short trip up Highway 65 to the Lookout Restaurant at Rockcastle Resort where Second Amendment gun advocates can sit side by side with people from around the world and enjoy the fare—breakfast, brunch, lunch, supper, dinner.

All are welcome!

*Mary*



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**LIVINGFIT**  
*in Bowling Green*

## Living Fit in Bowling Green

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Photo courtesy of Getty Images

# Family Meals Make a Difference

## The benefits of eating together

### Family Features

Juggling jobs, kids and the demands of a busy, modern life often comes at the expense of family mealtime at home. Even though life never seems to slow down, now is the perfect time to renew your commitment to creating and serving meals at home that nourish your kids' brains and help them flourish.

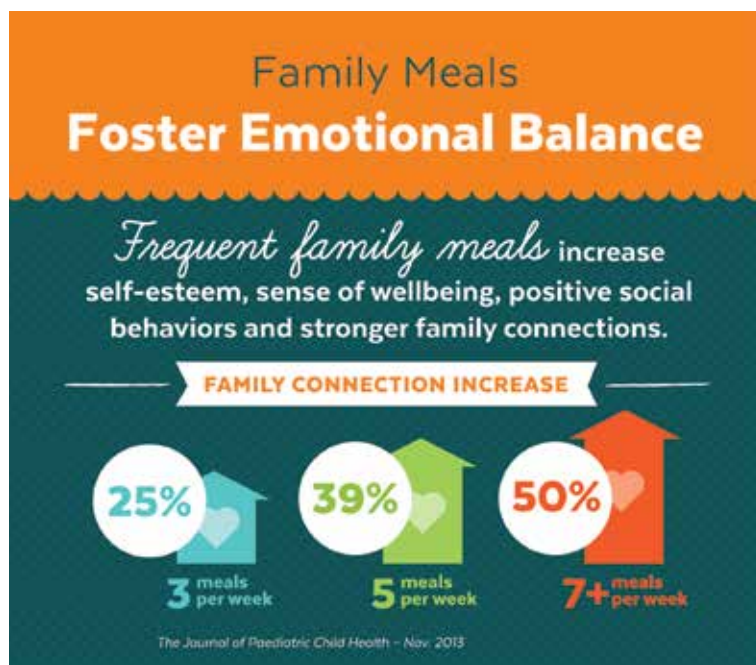
Not only is time together around the table an opportunity to catch up and reconnect, numerous studies provide evidence of the positive, lifelong benefits of family meals. Regular family meals are linked to the kinds of outcomes that ensure a bright future for children: higher grades and self-esteem, healthier eating habits and less risky behaviors.

For example, according to research published in the "Journal of Pediatrics," kids and teens who share meals with their families three or more times per week are significantly less likely to be overweight, more likely to eat healthy foods and less likely to have eating disorders.

Other studies have shown that children who grow up sharing family meals are more likely to exhibit positive social behavior as adults, such as sharing, fairness and respect.







On the other hand, research also suggests that aside from missing out on the benefits, families that have fewer meals together can also experience adverse effects when it comes to certain risky behaviors. A study on the relationship between certain family characteristics and adolescent problem behaviors, published in the "Journal of Adolescent Health," found that teens who have infrequent family dinners (fewer than three per week) are 3.5 times more likely to have abused prescription drugs or have used an illegal drug; 2.5 times more likely to have used tobacco and 1.5 times more likely to have used alcohol.

Learn more about the positive impact regular meals at home together can have for your kids' emotional, intellectual and physical well-being at [nationalfamilymealsmonth.org](http://nationalfamilymealsmonth.org).

### MEAL PLANNING TIPS

Planning for family mealtime can be tough, but it doesn't have to be. Take the stress out of planning and preparing family meals with these tips and begin reaping the benefits of more time together around the dinner table.

- **Commit** to having one additional meal with your family each week at home. It doesn't matter whether it is breakfast, lunch or dinner. The benefits are the same. After a month, you may be surprised by how easily your new commitment has become a habit for the entire family.

- **Rely on the resources** available at your local grocery store. Even when you don't feel like cooking, there are countless meal planning solutions such as pre-prepped fresh ingredients, delicious ready-made entrees and wholesome heat-and-eat dishes.

- **Make meal planning a family affair.** List each family member's favorite foods in each of the main food groups and see how many combinations you can create. Then ask your children to accompany you to the store to help select the ingredients (and use the trip for age-appropriate learning, such as comparing prices, reading labels, etc.).

- **Save time** by engaging the whole family in meal preparation. Even the littlest hands can help with tasks like setting the table.

- **Set a regular meal time** so you can plan other activities around it. Sit around the table, turn off the TV and put away phones and electronic devices. Keep the focus on each other.

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## MAKE FAMILY MEALS COUNT

• **Gathering the family** for a daily meal offers numerous ways to make lasting impressions. Promoting one more family meal each week is an educational program created by the Food Marketing Institute Foundation and the nation's grocery stores.

• **Role-modeling.** Spending time with adults where they can observe positive behaviors in action teaches kids valuable life skills such as using table manners and taking turns talking without interrupting.

• **Family values.** In a busy home where various activities and demands create divides in time and attention, family meals let everyone come together to honor the family unit. Demonstrating value for family and making this together time a priority helps teach youngsters lessons about the importance of work-life balance that they will carry into adulthood.

• **Time to relax.** Not only is mealtime a time to nourish bodies, it's a chance to force each member of the family to pause and put a temporary hold on the chaotic pace of life. Kids and grownups alike can benefit from a daily break to recharge not only physically, but mentally as well.

• **Fond memories.** A family meal tradition has all the makings for fond childhood memories. An activity that plays an important role in the family's schedule is sure to create a lasting impression for kids when they look back on their formative years. ✱



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# From Zero to Hero

## The Challenge of Curing Canine Allergies



**Eddy Grimes**  
Warren County  
Veterinarian

**T**here is no such thing as a quick solution when it comes to treating canine allergies.

Warren County Veterinarian Eddy Grimes compares finding the correct diagnosis, with searching for that proverbial needle in the haystack.

He says vets can sometimes feel like the “hero” and can also feel like the “zero” since there are so many variables in not only diagnosing, but also treating canine allergies.

A hero quickly navigates the myriad of possibilities and delivers relief from the itching, excessive licking, shaking and hair loss that are common indications of an allergy. The zero goes forward trying to fine-tune the process relying on trial and error.

Grimes says because of the complexity of the

immune system, canine allergies are almost never an overnight fix.

Owners want an affordable, effective solution. Pets just want relief. And as Grimes points out, the veterinarian devotes years of study to helping animals stay healthy, so they too can be frustrated by the deliberative process of diagnosing and treating these elusive pathogens.

Allergens can range from something as small as a flea or as big a tree—and each animal has a unique response to treatment protocols so what works in one situation may not be effective in another.

The expense of treatment can also become a barrier and often-times steroids will provide quick affordable relief though they only mask symptoms and don’t actually tackle the root of the problem.

And even steroids aren’t a sure bet. Some



pets will get four to six weeks of relief from a single injection, while others can metabolize steroids more quickly and become symptomatic again in as short as two weeks. "The biggest thing I run into is communicating with the clients that this isn't going to be an overnight solution," says Grimes.

Another misconception that Grimes deals with in his practice is the assumption that allergies can be 100 percent "cured." He says owners expect their pets to have "zero clinical signs" of allergies, but as a veterinarian who deals with distressed animals every day, he considers a 60 percent reduction to be a success.

When a dog presents with allergies, Grimes says the first order of business is to try to determine what is causing them. The more expensive and more accurate test involves administering a series of injections into the outer layers of the skin and then watching for a reaction. Grimes considers this intradermal testing the "gold standard."

A second, more affordable yet less precise option is to draw blood and do lab testing for IgE levels. IgE levels are

measures of a dog's reaction to a particular allergen. With a myriad of possible stressors, these tests are tailored for the region. Grimes says there are about 80 different allergens that he routinely checks for in his practice here in South Central Kentucky.

Once the testing identifies the biggest problem areas, the dermatologist will formulate a "recipe" and begin using shots or oral treatments to desensitize the pets to those particular allergens—in much the same way as people get flu shots from year to year. By introducing a small amount of the potential allergen, the pet will eventually develop a tolerance.

Apoquel® and Atopica® are also medicines in the vets' arsenal. Atopica® came on the market in 2004. It works by blocking the cytokines that trigger the symptoms. About ten years later, Apoquel® was introduced as a more efficient method with simpler dosing instructions. And while Apoquel® has plenty of converts from among pet owners who appreciate its fast-acting effects—the drug is ultimately just inhibiting the natural inflammatory response.

Faced with the broader question of whether atopic dermatitis is on the rise, or the methods of diagnosis are simply more refined, Grimes says he isn't sure. Back in the day when the hound dogs slept in the barn, it may have been easier for their owners to disregard their itching. But as Grimes points out, dogs have moved from the barn and often times right into the bedroom, where the allergies can be a nightmare.

Because of this, Grimes says he understands when pet owners seek out a second opinion. He says sometimes a fresh perspective on a perplexing problem is just what the doctor ordered. He himself has been the "hero" when he finds the solution that others have missed and he has also been the "zero" unable to crack a particular case. ✱

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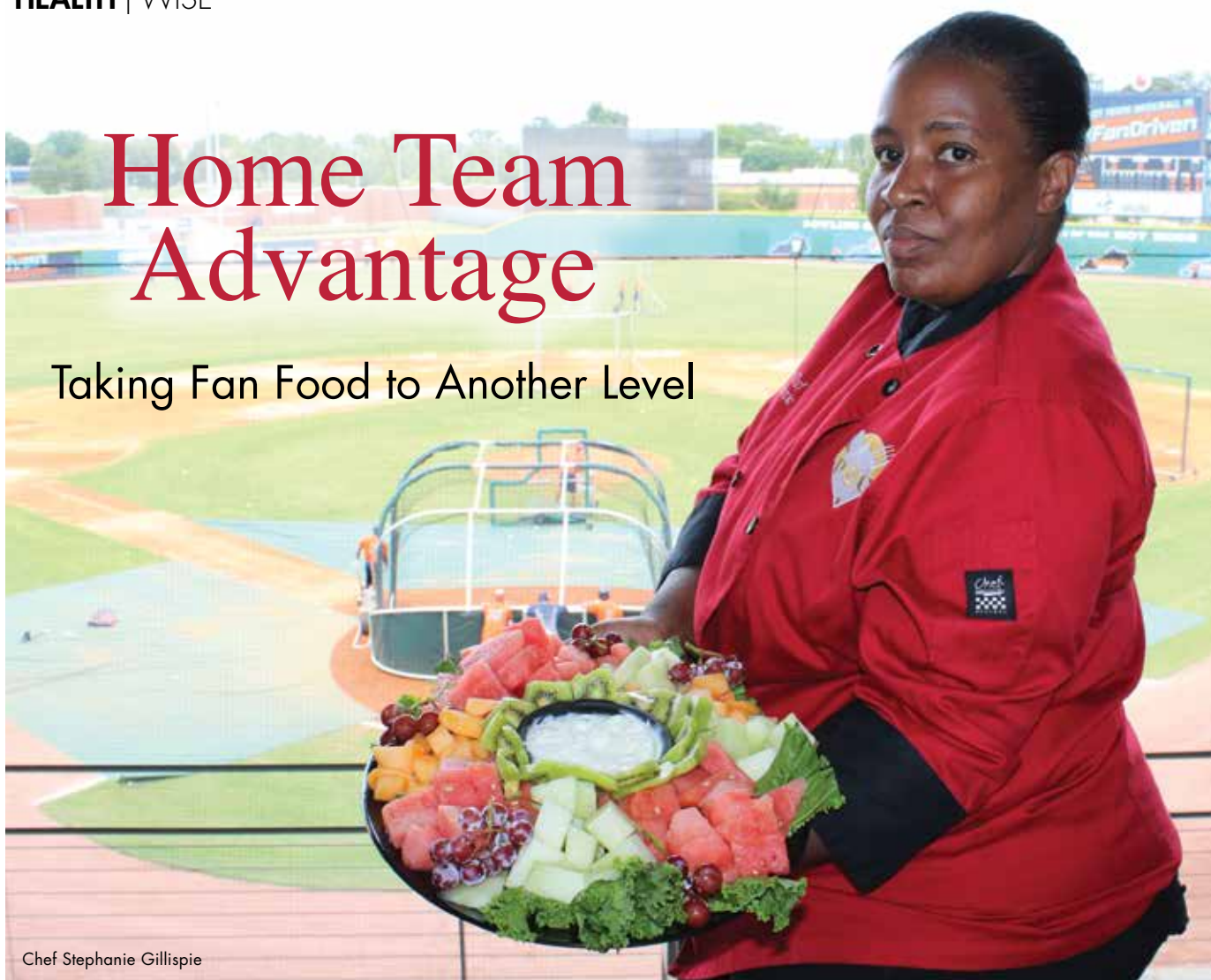
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**Dr. Eddy Grimes  
Veterinarian**

# Home Team Advantage

## Taking Fan Food to Another Level



Chef Stephanie Gillispie

**E**xecutive Chef Stephanie Gillispie spent the summer re-imagining the fan food at the Bowling Green Ballpark before she set her sights on a new adventure at the Lookout Restaurant in Park Mammoth Resort. Her goal is to keep all of the flavor—while tempting diners with healthier versions of classic fare.

Hot Rods fans may not have even noticed some of the changes that Gillispie initiated since starting in 2014, but they still got the benefit. Number one on her list was to replace all the margarine with butter and replace ordinary table salt with more flavorful Kosher salt which she uses in the meat rubs for the freshly made barbeque.

She also made sure the “big boy” smoker above the third-base line was called to commission several times a week. The slowly cooked meat makes its way



Checking it Twice: Executive Chef Stephanie Gillispie enlists the help of the staff at Lookout Restaurant to bring a fresh interpretation to the menu.

into the offerings at the custom burger station. From the Big Block burger to the Mushroom Swiss, nothing is ordinary. Macaroni and cheese piled onto a burger is just one of the inventive ways Gillispie makes sure the thousands of fans still get home made food.

“I understand it’s a ballpark and it’s fun, but we also have to take care of our guests because we want them to return healthy and happy,” she explains.

She has perfected a blend of cooking from scratch ingredients—many of them Kentucky Proud—and incorporating more conventional options like pre-made hoagie rolls, and pizza dough. But Gillispie is always looking for ways to sneak in the good stuff—sauce made without sugar, or freshly-cooked green peppers, mushrooms, and onions, sliced and sautéed in olive oil to compliment the Philly cheese-steaks.

There is a taco station with a homemade





black bean and corn salsa as well as fresh lettuce and diced tomatoes.

For dessert, she makes fresh pastries for the umpires after every game and for the fans, waffle cones and ice cream now share the stage with the healthier option of a chocolate covered banana sprinkled with coconut.

Even the beer cart got slimmer this summer, although the menu didn't. That's because the staff has made a point of introducing a growing list of local brews that are lower in carbohydrates. Country Boy, Tinman, Evil Twin and Geyser Ghost are just a few of the offerings on tap. And just like the best players, the best brews will be picked up again in the fall.

Fans who dine in the suites are often treated to an even more personalized menu since this is where Gillispie likes to try out some new recipes. It's here she grills up the bacon-wrapped shrimp and offers a tasting of things to come. She wants to try her hand at bourbon balls, but not the kind of Christmas candy that Kentuckians expect. Her bourbon balls will be a variation on meatballs but will use freshly-ground lamb seasoned with a bourbon marinade. She may chop onions and pickles, grate some fresh cheddar to incorporate those ingredients into hamburger meatballs and roll them in panko crumbs before deep-frying them. The suites are her opportunity to try something completely unique and deliciously different and her enthusiasm is contagious.

It was during a team-building exercise at the ballpark suites hosted for executives of Red Bull, that business owner Nick Noble met Gillispie and became an instant fan of her food and her focus. Noble asked Gillispie to bring her creative approach and help update the menu at the Lookout Restaurant which overlooks the pristine landscapes of the Rockcastle Resort about twenty miles north of Bowling Green in Edmonson County.

Rockcastle Resort is a vacation compound that combines sport with pleasure. Nick and his brother Nate Noble and their families purchased the club five years ago and have



Health is wealth: The million dollar view from the Rockcastle Resort's Lookout Restaurant will be worth the "weight" thanks to a new menu of indulgent desserts and healthier versions of classic fare.



This summer marked the first annual grape harvest at the Cave Valley Winery. The wine tasting room will offer local favorites as well.



been busy updating it ever since. They planted a vineyard which just produced its first harvest. They opened a wine-tasting barn to sample local wines and introduced firearm competitions that attract people from around the state, the country, and across the globe. And for the restaurant with a million-dollar view, Noble felt the menu needed more pizzazz.

Gillispie has taken on the challenge and makes her way around the kitchen of the Lookout Restaurant with the same easy confidence that she brought to hosting a 6,000-seat stadium full of baseball fans. She plans to introduce batter-fried chicken, fresh soups, and even breakfast all day since that's one of her personal favorite meals. Gillispie has been cooking long enough to improvise a recipe and on this day, she is making peach cobbler with a little kick. Layer after layer of freshly-baked biscuits are topped with canned peaches and dotted with butter. Heavy cream, brown sugar, and sweet peach juice are ingredients, but not secret ingredients. "I am like Paula Dean," says Gillispie. "Give me the butter every time," she says.

The real secret ingredient in her cobbler is none of these. It is amaretto that is the star of this dish.

Without even looking at a recipe, she moves easily back and forth from the counter to the stove where she stirs, tastes, adjusts, and to get the right flavor and texture from the amaretto sauce that will become the secret ingredient for the peach cobbler.

Gillispie doesn't miss a beat when asked about how biscuits and peaches soaked in heavy cream and drizzled with sweet amaretto sauce could possibly qualify as even a little bit healthy.

She laughs and says, "Oh you've got to have a 'cheat.' And I'll give you so much healthy stuff that it will leave you room for a few more calories." \*





## TEA TIME Cookbook Author Goes Big with her Home Cooking



Butler County business owner, Linda J. Hawkins represented Heart to Heart Publishing, Inc. She is shown presenting a new title to the governor at the event.

← World Trade Center of Kentucky, welcomed guest for **Global Executive Breakfast Forum, Landscape of Kentucky Trade & Investment**, August 29, 2017 to the Governor's Mansion. The keynote speaker was Honorable Matt Bevin, KY Gov.

Saturday, August 26, 2017, Heart To Heart Publishing, Inc. of Morgantown had a group of Kentucky Authors and Artist at Evansville Barnes & Nobles for a panel book signing and readings. An enjoyable time was had by each as they represented their books and interacted with the crowd.



LEFT TO RIGHT: Artist Travis Shanks, Henderson, KY., Author Julie Stallings, Owensboro, KY., Artist Donna Brooks, Providence, KY., Author Debra Luke Hardison, Louisville, KY., Author/Owner Heart to Heart Publishing, Inc., Linda J. Hawkins, Morgantown, KY., Author Karen Harper-Lain, Morgantown, KY., Author Donna Finch Slaton, Madisonville, KY., Author Donna Hix Bewley, Bowling Green, KY., Author Wayne Anthony, Bowling Green, KY.

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# FALL HEALTH CHECK

The beginning of the school year  
is the perfect time to screen for scoliosis

*Family Features*

**T**he leisurely days of summer are over and it's time to re-establish healthy habits and back-to-school routines. In addition to dental checkups and annual physicals, pediatric medical specialists recommend adding a scoliosis screening to back-to-school checklists.

Scoliosis, a musculoskeletal disorder that causes an abnormal curvature of the spine or backbone (sometimes resembling an "S" or "C"), is the most common deformity of the spine, affecting an estimated 6-9 million people in the United States.



Certain conditions can cause scoliosis, including muscle diseases, birth defects or injuries, but the most common scoliosis is idiopathic, which means the cause is unknown. Scoliosis is most commonly diagnosed between 10-15 years of age, during periods of rapid growth. Although 10 percent of adolescents may have the condition, not all will need care.

"Because most causes are unknown, early detection through routine screenings is key to providing the best possible outcome," said Amer Samdani, M.D., chief of surgery for Shriners Hospitals for Children® — Philadelphia.


### SIGNS OF SCOLIOSIS

Scoliosis can be hereditary and it is recommended that a child who has a relative with the condition receive regular checkups for early detection as they are 20 percent more likely to develop the condition. Pediatric medical experts recommend females be screened at least twice at ages 10 and 12 and males at either age 13 or 14.

Children and teens with scoliosis rarely exhibit symptoms and sometimes the condition is not obvious until the curvature of the spine becomes severe. In some cases, your child's spine may appear crooked or his or her ribs may protrude. Some other markers to watch for in a child who has scoliosis are:

- Clothes not fitting correctly or hems not hanging evenly

## APP HELPS PARENTS DETECT SIGNS OF SCOLIOSIS



You can also check your child's spine for scoliosis with the help of your smartphone through the SpineScreen app – available for free in the iTunes and Google Play stores. For more information on the app and the importance of routine screening, visit [shrinershospitalsforchildren.org/scoliosis](http://shrinershospitalsforchildren.org/scoliosis).

To be used as an initial at-home check, the app can detect abnormal curves when the phone is moved along a child's spine and determine if a follow-up visit with a doctor is necessary to confirm a potential diagnosis. If your child has scoliosis or any other orthopaedic condition, Shriners Hospitals for Children has 20 locations in the United States, Mexico and Canada that provide expert care.

- Uneven shoulders, shoulder blades, ribs, hips or waist
- Entire body leaning to one side
- Appearance or texture of ribs sticking up on one side when bending forward
- Head not properly centered over the body

### DIAGNOSING SCOLIOSIS

When confirming a diagnosis of scoliosis, a doctor will confer with you and your child while also reviewing your child's medical history; conducting a full examination of your child's back, chest, feet, legs, pelvis and skin; taking a series of X-rays; measuring curves; locating the apex of the curve and identifying the pattern of the curve.

### TREATMENT OF SCOLIOSIS

According to Samdani, there's no one-size-fits-all treatment for scoliosis.

"Some cases will just need to be watched; others will need physical therapy, bracing or surgical procedures to stop the curve from progressing," he said. "At Shriners Hospitals, we offer the whole spectrum of treatments under one roof, all working together to get the best possible outcome for each child. We also treat children regardless of the families' ability to pay, so that often provides a huge relief to parents."

For more information on scoliosis screenings, care and treatment, visit [shrinershospitalsforchildren.org/scoliosis](http://shrinershospitalsforchildren.org/scoliosis). ✱

## A LIFE-CHANGING DISCOVERY

For competitive swimmer Katie Lyons, a love for the sport began at 7 months old when her toes touched the pool's water for the first time. At age 4, Katie swam in her first meet. Weeks before she turned 10, her coach observed a rib cage protrusion that looked similar to another teammate who had been diagnosed with scoliosis during routine stretching exercises in practice, and contacted her parents. The next day, her pediatrician confirmed the life-changing discovery: she had scoliosis.

Within a week of being diagnosed, Katie traveled to Shriners Hospitals for Children — Greenville, where she began treatment for an "S" curvature of her

spine and was given a 98 percent chance of needing surgery. She was fitted for a brace, which she wore 20 hours a day and only took off for swim practice and bathing. Now on her fourth brace, she has been removed from the surgical list and hopes to continue to avoid surgery as she goes through her adolescent growth spurts; which for many scoliosis patients, can send their curves into fast-forward.

Early detection gave Katie a wider range of options for the treatment of her scoliosis. The strength of her core and daily stretching from swimming has helped manage and lower her double curves.



# The Science of Odor In Clothes

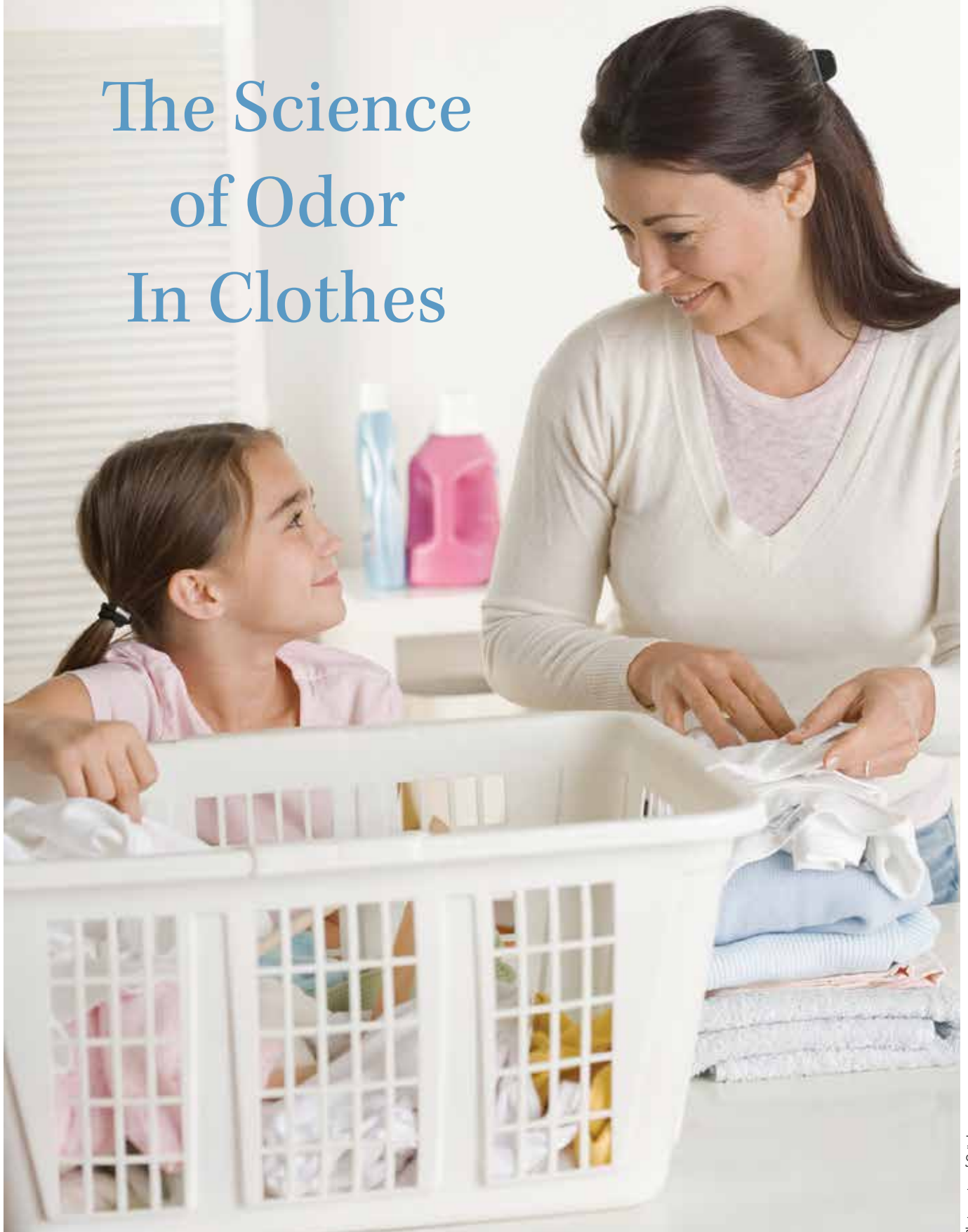


Photo courtesy of Getty Images



From perfumes to scented body washes, deodorants and lotions, people are constantly looking for ways to combat the body's natural scent and replace it with something more pleasant. Before you attempt to mask the aftermath of a few hours outside or at the gym, it's important to understand the science behind odor to get rid of it effectively.

#### ODOR BUILDUP

Odor build-up in fabric, the reason favorite t-shirts begin to smell, happens. When the transfer of bacteria and sweat to fabrics such as cotton occurs, odor generates within the fabric itself. Then, the transfer of "odorous" mixtures produced by a person's body is absorbed by the fabric. Bacteria such as staphylococcus epidermidis (staph), MRSA and E. coli, among others, often remain in clothing washed in detergents without bleach, which is why it's important to use an effective sanitizer that can kill bacteria in your laundry load.

#### ODORS AND MATERIALS

Polyester fibers tend to retain odor-causing bacteria. Since polyester typically repels water, those odors can be harder to remove. Some of the most common items that can be plagued with mold, sweat or musty scents are ones you use daily, like t-shirts and bedding, because they often come in direct contact with your body. Evidence shows that natural, non-synthetic fabrics like cotton are preferable to synthetics when it comes to keeping them smelling fresh because they tend to produce and trap fewer odors in the first place and release odors more easily during washing.

It's no coincidence that cotton has a legacy of being a favorite fabric because it's soft, durable and easy to care for. From the towels in your bathroom to the clothes you wear throughout the day and the sheets you snuggle into each night, cotton is a sensible choice to fight odors and the perfect breathable fabric.

#### ELIMINATING ODORS

In addition to choosing non-synthetic fibers and soft, durable fabrics such as cotton, adding a bacteria-killing agent like Clorox Regular-Bleach to your laundry can help sanitize smelly clothing and kill 99.9 percent of bacteria, which causes odor.

Studies have shown that some bacteria

on cotton can be reduced when washing with detergent only, but still remain on the fabric. The addition of an EPA-registered bleach not only removes tough stains to keep whites brighter longer, but it also can potentially prevent the buildup of odor in washing machines and the need to clean clothing more frequently.

For more information on tackling odor and keeping clothes whiter longer, visit [WhyDoYourClothesSmell.com](http://WhyDoYourClothesSmell.com). \*

Source: Clorox

Cotton is a  
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to fight odors  
and the perfect  
breathable fabric.



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Power for Body and Mind





#### Family Features

**N**utritious, well-rounded meals are essential for growth and proper brain development. A complete midday meal also helps boost mental and physical power so kids can keep on learning until the afternoon bell rings.

It's not always easy to find new and appealing ideas to fuel kids' bodies and minds as they are back in school, but programs for families and educators such as the Power Your Lunchbox Pledge can help.

"Families are looking for ways to start the year on the right foot and the Power Your Lunchbox Pledge offers everything they need in one spot," said Trish James, vice president of Produce for Kids. "Families want to know their kids are receiving the right brain food to get them through the day. Our registered dietitian-approved meal inspiration, tips and ideas provide the foundation families need for success."

In addition to kid-tested, lunchbox-friendly recipe ideas, the program provides resources and lesson plans for educators who want to create activities to inspire healthy eating in the classroom. This year's

program also includes a partnership with The World of Eric Carle, allowing students to win copies of his popular collection of children's books. Additionally, every online pledge results in a \$1 donation to Feeding America programs that support families and children.

Look for recipes, tips and ideas on Instagram and Twitter using #PowerYourLunchbox, and learn more about the program at [poweryourlunchbox.com](http://poweryourlunchbox.com).

#### BANANA SUSHI ROLLS

*Recipe courtesy of Produce for Kids*

- 1 large (8-inch) whole-wheat tortilla
- 3 tablespoons peanut butter, divided
- 1 banana, peeled
- 1 strawberry, sliced
- 1/2 kiwi, sliced
- 1 tablespoon shredded coconut

Lay tortilla on flat surface. Spread with half of peanut butter. Place banana on one end of tortilla and roll up. Cut into even slices and place strawberries and kiwi slices on top.

Microwave remaining peanut butter on high 30 seconds, or until melted, and drizzle over banana sushi. Top with shredded coconut.

#### BROWN BEAR BENTO BOX

*Recipe courtesy of Produce for Kids*

- 1 tablespoon soy butter
- 3 graham cracker squares
- 3 banana slices
- 9 blueberries
- variety of colorful fruit, chopped

Spread soy butter on graham crackers. Arrange banana slices and blueberries to create eyes and noses to resemble bear faces. In another container, add colorful fruit, such as raspberries, cantaloupe, pineapple, honeydew, blueberries and blackberries, to create a rainbow fruit salad.

**SUGGESTED SIDE:** 1 tablespoon ranch dressing and three mini sweet peppers, sliced into strips. ✨

*Source: Produce for Kids*



# There's No Place Like Home

BY DAVE KIRGAN

Our bodies are the forever home we will live out our entire lives in. We might change addresses several times, but our bodies will make every one of those moves right along with us. Shouldn't we treat our bodies with as much careful attention as the wood and brick houses we call home? Hours are spent every week mowing the lawns, trimming the walkways, cleaning inside and out, just to give our house a pride of ownership look. Imagine how much better we would all look, if we spent the same amount of time toning and strengthening the body we live in.

When our houses need more than we can provide, we hire people to decorate or maintain them. The same thing can be done for our physical bodies. Personal trainers can help get us started and provide motivation along the way. Motivation is very important, since we can't store physical fitness. As soon as we stop exercising, we start losing it. The trainer can change up our routines to keep

them fresh and fun. Most health clubs have trainers on staff, and it can be well worth the time and money spent, because they can sometimes be the reason we succeed. Often the advice and assistance of the personal trainers are even included in the membership fee.

The people who live in beautiful homes will tell you that it took a lot of work to get them that way. The lawn with thick green grass without a weed in sight didn't happen by accident. It needed the good nutrition of fertilizer coupled with regular watering. Our bodies will also thrive and grow stronger with good nutrition, and proper hydration. When repairs are required, we use good quality materials and have a knowledgeable person do the work. Sometimes our bodies also need attention, so we go to a professional to ensure we are getting the proper treatments. Treating our houses or bodies properly will make them last longer and function better.

Maintaining a healthy body starts at

ground level with correctly fitting shoes. Sore feet will throw the rest of the body out of balance, because they are the body's foundation. Our homes, both body and house, must be strong, with a solid foundation to withstand the occasional storm. Storms will usually come when we least expect them. Being strong and flexible means we will be better prepared to face them. It's never too late to start treating our wonderful bodies properly. Years of neglect can be erased once we do decide to properly care for the homes we carry with us.

It's not just a step, it's a start.

~ Dave



Retired Air Force First Sergeant and competitive race walker Dave Kirgan reaches for the stars, but keeps one foot on the ground. His inspirational column, Walk Your Talk, seeks to inspire athletes of all ages to live a healthier lifestyle.





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