



WREEL READERS

WOMEN READING TO ENHANCE AND ENRICH LIVES

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ABOUT WREEL READERS

Founded January 2004, WREEL Readers selected "Sisterhood Situation" by Janette McCarthy Louard as the first book for the group to read and discuss at its February 2004 meeting. "Sisterhood Situation" is based on the relationship of four very different women whose friendship remains true -- blue as they face life, love, heartaches, and joy. This selection proved to be the most befitting as the group's first selection. WREEL Readers started with four members who remain loyal to the vision of reading to enhance and enrich our lives. We read thought provoking books that apply to aspects of our daily lives. WREEL Readers consist of a group of positive women with diverse backgrounds and has become a sisterhood.

WREEL Readers' vision is to not only enhance and enrich our lives but the lives of those around us. It is our goal to promote self-awareness and increase literacy in our community.

We meet monthly for literary discussions. In addition, we participate in various social and community activities throughout the year.

Motto: Women Reading to Enhance and Enrich Lives

Mission: To enhance and enrich our lives through reading and remaining culturally aware of our environment

Belief: We believe that as we read, cultivate, enhance, and enrich our lives, we enhance and enrich the lives of those around us.

Goal: To promote self-awareness and increase literacy in our community

Make Time for Yourself

Source: *Pick Your Path to Health*

Think for a moment. When was the last time you did something just for you? The holidays have come and gone along with many New Year's resolutions. But was making time for you among them?

For better health, set aside at least a couple of hours every week just for you. Ending each day stressed and overly fatigued is not healthy. Stress plays a role in high blood pressure, which plagues the African American community in disproportionate numbers. Doctors also link stress to migraine headaches, colds, heart disease, and many other illnesses. Taking a little bit of time to take care of yourself may be the single most important thing you can do to reduce stress and prevent serious illness.



Whatever their income level, many African American women find that leisure time doesn't come easily, particularly for single mothers who bear most of the responsibilities of family life. Caught up in maintaining a job, caring for children and older parents, pursuing a degree, or keeping a home in order, African American women often consider leisure time a luxury.

Manufacturing Your Own Happiness

If you are a person who tends to worry too much or have many unhappy thoughts, you may want to try the following exercise to break the “habit” of unhappiness.

Many people are so used to having unhappy thoughts; they do not know that there is any other way to think. Therefore, they are unwilling to try to “artificially” change their way of thinking.

Try using this method of meditation. As soon as you wake up in the morning you should immediately flood your mind with happy, positive thoughts. Do not give your mind free rein to dip into negativity, because if that is already your habit, your mind will fall back into its usual rut. Instead, insert positive, happy thoughts in your mind. Decide upon the thought and then focus on it, repeat it several times and then visualize it.

Try starting out each day like this for one week, and see if you notice a difference in how you feel.



This is also a good thing to do just before you fall asleep at night. Instead of worrying about what went wrong during your day or what might go wrong tomorrow, focus on what you enjoyed during the day or what you might enjoy tomorrow.

-- adapted from *The Power of Positive Thinking* by Norman Vincent Peale

Find the Strength Within

- Every day, think of something you are grateful for
- Focus on the strength, not the faults of others
- Write in your calendar one positive thing about each day
- Think of something you have done to help someone
- Gather a collection of your favorite inspirational words and natural wonders

Is Fear Holding You Back

What is it that you really want to do with your life?

If you already know the answer to this question then you are ahead of 99 out of 100 people in the world. If you do not know the answer to this question, then what is holding you back? The most likely answer to this question is fear - specifically fear of failure. Fear of failure can keep people from doing the tasks needed to accomplish their lifelong dreams. People paralyzed by fear hesitate, and when they hesitate, they prolong the period of time where they think in a manner that is not constructive.



Just think if you go ahead and do that task you have been putting off for so long, then you will be free to move on and do the next constructive move.

What is it that you are putting off doing? Is it a difficult task to accomplish, or is it relatively easy but your mind is throwing up unnecessary and fear-provoking obstacles?

What people need to do is make up their minds that they are going to do a thing, and then they need to make up their minds that nothing is going to stop them. The fear of failure has stopped many very capable people from achieving their highest levels of success. Do not let your fear render your destiny to be a mediocre performance in your life.

Banish fear - and you will meet success head on.

Wellness starts with...Physical Activity

Source: 2004 Day Book 4women.gov

It is the start of the New Year, and you may be thinking about getting into shape, if you think you are too busy with work, family and all the other demands in your life, listen up! You do not have to be as fit as a professional athlete to benefit from physical activity. In fact, 30 minutes of moderate physical activity on most days of the week can greatly improve your health.

Physical Activity Improves Your Health

A growing number of women are overweight or obese. Being overweight or obese increases your risk of heart diseases, type 2 diabetes, high blood pressure, stroke, breathing problems, arthritis, gallbladder disease, sleep apnea (breathing problems while sleeping), osteoarthritis and some cancers. Obesity is measured with a body mass index (BMI). BMI shows the relationship of weight to height. Women with a BMI of 25 to 29.9 are considered overweight, whereas women with a BMI of 30 or more are considered obese. All adults (aged 18 years or older) who have BMI of 26.5 or more are considered at risk for premature death and disability from being overweight or obese. The health risks increase as the BMI rises. Your health care provider can help you figure out your body mass, or you can go to <http://www.nhlbisupport.com/bmi/>.



Not only are health care providers concerned about how much fat a person has, but also where the fat is located on the body. Women with a “pear” shape tend to store fat in the hips and buttocks. Women with an “apple” shape store fat around their waists. For most women, carrying extra weight around the waists or middle (a waist larger than 35 inches) raises health risks (like heart disease, diabetes, or cancer) more than carrying extra weight around the hips or thighs. If you are overweight or obese, losing weight can lower your risk for many diseases. Physical activity is an important part of weight loss treatment.

Prevent Injuries

If you are not active at all or have a medical problem, start your program with short sessions (5 to 10 minutes) of physical activity and build up to your goal. Before you start your activity, be sure to warm up for 5 to 10 minutes. Use the right equipment - whether it is walking shoes, running shoes, or knee pads - make sure it is in good condition and right for your skill level. Drink water before, during, and after exercise. At the end of your physical activity, cool down by decreasing the intensity of your activity right away and talk to your health care provider.

Size Doesn't Matter

Very large people face special challenges trying to be active. You may not be able to bend or move in the same way that other people can. It may be hard to find clothes and equipment for exercising. You may feel self-conscious being active around other people. Facing these challenges is hard, but it can be done! The Weight Control Information Network says that non-weight bearing activities, like swimming or water workouts, put less stress on your joints because you do not have to lift or push your own weight. If your feet or joints hurt when you stand, non-weight bearing activities may be best for you. If you cannot do an activity, do not be hard on yourself. Be proud of pushing yourself up out of the chair or walking a short distance. Pat yourself on the back for trying. If you cannot do it the first time, it may be easier the next time - so try again! Remember to appreciate what you can do, even if you think it is a small amount. Just moving any part of your body - even for a short time - can make you healthier.

An active lifestyle can help every woman. Being physically active provides these benefits:

- Helps keep your bones, muscles, and joints healthy
- Helps you sleep better
- Gives you energy
- Helps handle stress
- Improves your mood

Don't Forget - Friday, February 1st - National Wear Red Day

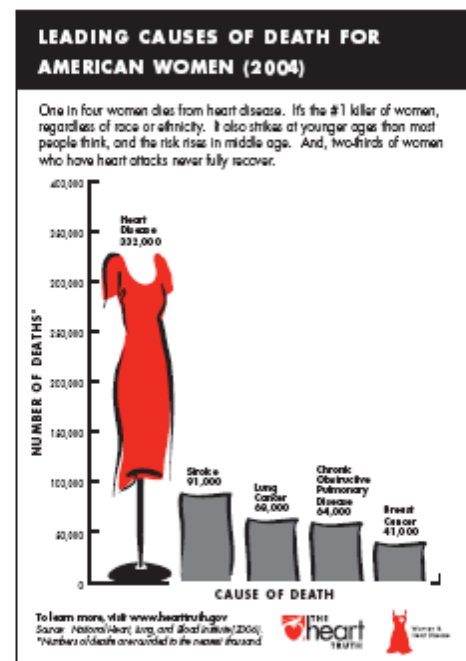
Join the National Heart, Lung, and Blood Institute (NHLBI) and Americans nationwide by wearing red to raise awareness that heart disease is the #1 killer of women.

Promote National Wear Red Day in your local community and join the "Heart Truth" a campaign to raise awareness about women and heart disease. This day promotes *The Heart Truth* symbol - the Red Dress - and provides an opportunity for everyone to unite in this life saving awareness movement by showing off a favorite red dress, shirt or tie.

Almost twice as many women die from cardiovascular diseases than from all forms of cancer combined. The Heart Truth is, "Heart Disease Doesn't Care What You Wear - It's the #1 Killer of Women."

For more information visit:

<http://www.nhlbi.nih.gov/health/hearttruth/whatis/index.htm>



RECIPES FOR HEART HEALTH

Zucchini Lasagna

Say "Cheese," because this healthy version of a favorite comfort food will leave you smiling.

- 1/2 lb lasagna noodles, cooked in unsalted water
- 3/4 c mozzarella cheese, part-skim, grated
- 1 1/2 c cottage cheese*, fat free
- 1/4 c Parmesan cheese, grated
- 1 1/2 c zucchini, raw, sliced
- 2 1/2 c tomato sauce, no salt added
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1/4 c onion, chopped
- 1 clove garlic
- 1/8 tsp black pepper

1. Preheat oven to 350° F. Lightly spray 9- x 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add third of noodles in cottage cheese mixture on top. Add layer of zucchini.

5. Repeat layering.
6. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
7. Bake for 30-40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Each serving provides:

Calories: 276	Total fat: 5 g
Saturated fat: 2 g	Cholesterol: 11 mg
Sodium: 380 mg	Total fiber: 5 g
Protein: 19 g	Carbohydrates: 41 g
Potassium: 561 mg	

*Use unsalted cottage cheese to reduce the sodium content to 196 mg

