

Body, Mind and Heart

A publication that promotes total growth.

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Big Book Bash	What's New?
<p style="text-align: center;">BIG BOOK BASH NET PROCEEDS TO BENEFIT CARLA CUNNINGHAM FOUNDATION -Donna Kitchen, LCSW</p> <p>Those of you who knew Carla knew she was an avid book lover and book collector. When she died she left a library full of books as well as boxes and boxes of books she had moved from her home. She was sure they had a place, a value, and a purpose. After a few years of storage and attempts to donate the books to various university libraries, we at Meramec Counseling/Blueprint for Health have decided to throw a giant book sale and donate net proceeds to Carla's Foundation.</p> <p>We realize that at Carla's memorial service in March of 2000 we talked about setting up a foundation, but in all this time we have not formally talked about it in the newsletter. So here goes.</p> <p>In December of 2000 a group of us set up a not-for-profit foundation known as The Carla Cunningham Foundation. In 2001 we received our not-for-profit status from the IRS. Some of you may remember that when Carla was active in Zonta she was one of the Zontians who helped create the Women's Another Chance Program. So we thought it fitting to follow in the tradition that was truly hers. The purpose of her foundation is to sponsor scholarships for single mothers who are trying to further their education. For the past three years (2001, 2002, 2003) we have sponsored one student at St. Louis Community College and one student at Harris Stowe with tuition and some money toward books. We would love to continue and even increase this goal.</p> <p>Since there were only a handful of us getting this foundation started, we have relied on ourselves to fund the project with high hopes of letter-writing campaigns and fund-raising events. But time has passed and I have not been able to motivate myself to put this foundation out there to the public. So this is my first attempt.</p> <p>It was Jackie Reed's suggestion to have a large book sale under a tent. Having always hated garage sales, I panicked and figured there would be some way around this. Way too much work! However, when we realized that we could not get a very good price for the whole</p>	<p>Upcoming Events</p> <p>Women's Beginning SNAP Class A new women's group will start in September. The class emphasizes Self-Nurturing, dealing with Anger and emotions, and Problem solving. It's a great class to help you improve the quality of all of your relationships. If you would like more information, please call and set up a time to meet with Melinda Fry, LPC. Class time: 6:30 – 8:30 p.m. Days: Mondays beginning September 13 Weeks: Class lasts 12- 15 weeks depending on group size. Cost: \$400 for entire class</p> <p>Men's Beginning and Intermediate SNAP Classes These classes will begin on Wednesday evenings in September. Please call Donna Kitchen if you are interested in either class.</p> <p>David Grove workshop Mark your calendar for Columbus Day weekend in October if you would like to experience spatial metaphor work with David Grove from New Zealand. Watch for more details in the next issue.</p> <p>This newsletter is a joint venture of Meramec Counseling and Blueprint for Health. We hope you enjoy reading it and pass it along to your family and friends. Donna Kitchen, LCSW Melinda Fry, LPC Margie Lewitt, B.S. Jackie Reed, M.S., D.C. Phone: 314-781-9400 **If you do not wish to be on our mailing list or have a change in your address, please let us know.</p>

Book Bash continued.

collection from any bookstore or dealer, we all decided the book sale was the best idea.

Now we're excited and ready to go for it! This is where you come in. We would love to have you all come and buy books! The sale is going to be at our building – under a tent – with fans! August 7th & 8th. All day both days (8 – 5). There are at least 3000 books. As you may know, Carla loved children's books. We have over 1000 children's books. Many of the other books are first edition 20th century fiction. Many are autographed. We have science fiction. We have poetry. We have short story collections. We have professional books that you may be interested in from the library here. 3000 books at \$2 a book would earn \$6000. That would sponsor two years of scholarships. So, our minimum goal after expenses is \$6000. We would love to double that so that we can increase the number of scholarships we can give. Books will be priced according to their value – since some are collector editions. We are hoping you will come and open your hearts and your pocketbooks (no pun intended) to help us raise money for Carla's worthy cause.

We are asking for volunteers the two weeks before the sale to help sort and price and also to set books out on tables the Friday night before the sale. My friend, Kathy Gallagher, has volunteered to coordinate the effort and I am relying on her to be the underpinning for me on this project. Whether you can attend or not, additional donations are welcome. We hope to see you at the sale!

Summer Splash!

-Jackie Reed, MS, DC

Instead of following the current fad – in this case *low carbs*, why not learn how to eat the way nature intended us to eat. In John Douillard's book *The 3-Season Diet*, he outlines how to eat year-round to stop cravings and balance your diet. The plan is simple:

“In spring, eat a low-fat diet by taking in more salads, veggies, leafy greens, beans, sprouts and berries. In summer, eat more fruits and veggies, as they are almost pure carbohydrates. In winter, eat more nuts, grains, soups, and meats to ensure the storage of protein and fats for the winter.”

Let's face it, summer in St. Louis can get awfully hot. Why not learn how to cool off by adding some of the “best” choices of summer foods from Douillard's grocery list.

Summer Splash continued.

Some of the best fruits include: apricots, blueberries, cantaloupe, ripe cherries, grapes, mangoes, melons, plums, strawberries and raspberries.

The best vegetables for summer include: artichokes, asparagus, bell peppers, broccoli, cabbage, cauliflower, celery, jicama, kale, lettuce, okra, snow peas, acorn squash, watercress and zucchini.

The two best grains for summer eating are barley and rice.

If you're in the mood for legumes, try adzukis, black grams, favas, garbanzos, split pea and tofu.

Summer nuts and seeds are coconut, pumpkin and sunflower.

Dairy in the form of ghee, milk or rice/soy milk are best for summer. Cheese, butter and cottage cheese are good choices as well for dairy lovers.

Summer is not the time of year that is best for meat and fish. So, if you're on the Atkin's or South Beach Diet plans, there are no best choices for meat and fish in the summer season. Good choices include chicken, freshwater fish, pork and turkey. Meat and fish highlight the cold, winter months.

The best oils are coconut, olive and soy. The best herb teas include chamomile, chicory, hibiscus, and mint. Spice choices include chamomile and coriander.

Foods not specifically mentioned on the best list may appear on the good list in the 3-season diet. If you watch for what is “in-season” and especially low-priced, you are probably looking at foods that grow naturally at this time of the year. If you want to get in balance with nature, take this list to your local grocery store and search out some Summer Splash for you and your loved ones.