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## Week 3 Step It Up: T.R.I.P.S. Be the Change Washington D.C.

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### Washington D.C.

On September 9, 1791, the federal city was named in honor of [George Washington](#), and the district was named the Territory of Columbia, [Columbia](#) being a poetic name for the United States in use at that time. Congress held its first session in Washington on November 17, 1800. [www.wikipedia.org](http://www.wikipedia.org)

The [White House](#) was originally called the "President's Palace" or the "President's House." A Baltimore reporter once called it the "white house" in a newspaper article and the name caught on. Theodore Roosevelt made this the official name in 1901.

### What are DC's official symbols?

**Flower:** American Beauty Rose

**Bird:** Wood Thrush

**Tree:** Scarlet Oak

**Motto:** "Justitia Omnibus," which is Latin for "Justice for All."

**Song:** "Washington," written by Jimmie Dodd, a former Mouseketeer, in 1951.

**Seal:** DC's official seal has a picture of a woman, who represents Justice, hanging a wreath on a statue of George Washington.

### T.R.I.P.S. WASHINGTON D.C.

Right down the street from the nation's capitol building is the largest homeless shelter in D.C. Over Winter Break, a group of 12 SNC students went to Washington, D.C. to volunteer for a week with a focus on homelessness and poverty. The students stayed at the Father McKenna Center, sleeping on the church floor and getting up at the break of dawn before Mass began. They then went out into the community and volunteered at places like Martha's Table and the Center for Community Non-Violence. The group also attended a 'Faces of the Homelessness' Panel, in which they met people who had been homeless, but now were making their way out of extreme poverty. This was a very inspirational experience for the group and they reflected on it often as they continued their week in D.C. -reflection, Breanna Mekuly

### LOCAL VOLUNTEER OPPORTUNITIES

Our volunteer destination is the Freedom House. To learn more go to [www.freedomhouseministries.org](http://www.freedomhouseministries.org)



That famous **red phone** that's depicted in many movies isn't actually in the Oval Office. It's in the **Pentagon.**

**DC is a very international city**, home to more than 170 embassies and international cultural centers. The city's colleges and universities host about 20,000 international students each year, and 15% of DC residents speak a language other than English at home.

## Recipe of the Week

Facts provided by <http://washington.org/visiting/experience-dc>

### Senate Bean Soup

Thank you Chef Glenn

**INGREDIENTS:**

- 6 1/4 cup dry great Northern beans
- 3/4 pound smoked ham shank
- 12 cups water
- 3 T Ham Base

- 1 onion, chopped
- 1 carrot, chopped
- 2 stalks celery, chopped
- 1 teaspoon garlic powder
- & P to taste

**DIRECTIONS:**

1. Put beans in a large bowl, add water to cover and soak overnight. In a large saucepan over medium heat, combine ham shank and 4 cups water and simmer for 45 minutes. Remove meat from bone and shred. Set meat and bone aside.
2. Drain the beans. In a large stock pot over high heat, combine the beans 12 cups of fresh water and ham base. Add the onion, carrot, celery, garlic powder, ham, ham bone and salt and pepper to taste.
3. Bring the mixture to a boil, reduce heat to medium, cover and simmer for 1 1/2 hours or until beans tender. Add additional water as needed. Serves 12.

**This is a featured soup choice in the cafeteria today. Come try it out!**

## Healthy Eating Tip

Beans are an incredible source of soluble fiber and protein, which help you eat the appropriate amount of food. Other sources of soluble fiber include pears, apples, bananas, sweet potatoes and whole grains.

### CHECK IT OUT

Check out the Fitness Center and MyPyramid Tracker

<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=1572&basic=122&Branch=5>

**Thanks for keeping your pedometers clicking!**

It's impressive to see how active our campus is! Keep up the great work!! What are you doing to increase your daily steps? Email us and share the creative ways you are increasing your daily steps. We will feature them in the next weeks' newsletter!

**We want to make your team button!**

The team whose button is voted most creative gets a PRIZE!

For more information go to [www.snc.edu/health/programs/walking/](http://www.snc.edu/health/programs/walking/) and click *Step It Up: TRIPS Guide Book* and go to page 8. The design should be 2 ¼ inches in diameter.

**Congratulations Team Flamingo!**

They are this weeks' "Random Drawing" winners!

**Reminder**

To be eligible for the Week 3 drawing turn in your steps by Wednesday, March 10.