
Week 4

Step It Up: T.R.I.P.S. Be the Change

Philadelphia



Philadelphia “The City of Brotherly Love”

The motto, The City of Brotherly Love, came from William Penn, the English Quaker, who envisioned the area as a place where anyone of any color or background could live together in peace and harmony, thus, the motto about brotherly love.

www.usacitiesonline.com/pacountyphiladelphia.htm

BE THE CHANGE

Our local community would benefit by offering your talents at the St. John the Evangelist Homeless Shelter. For more information go to www.stjohnhomelessshelter.org

T.R.I.P.S.

Nine men from St. Norbert College traveled to the City of Brotherly-Love to serve homeless men of Philadelphia this past January. After being away from our friends for over a month now, we have grown to miss the friendships we have formed at the homeless shelter know as Our Brother’s Place. We participated in preparing and serving meals; cleaning dishes; and cleaning the outside grounds – but the real service was in taking the time to talk with the men at the shelter. These men from rural Wisconsin took the time out of their winter break to listen to stories, play cards, and attempt to compete in chess matches with our friends at the shelter. Each day bonds grew stronger and by the end of the week it was tough to leave. Not to fear though... there will be another great group of young men and one matured Norbertine coming back to Philadelphia next year.



When did the Liberty Bell crack?

The original Bell received by the Whitechapel Foundry in 1752 cracked upon its very first strike. But, when the Liberty Bell, as we know it today, cracked is a much debated question...and a story with many renditions!

There is no document that definitely dates when the Liberty Bell cracked, however, we do know that it cracked sometime between 1817 and 1846. To read the renditions go to www.libertybellmuseum.com/resources/faqs

Recipe of the Week

Amish Mashed Potato Casserole

Thank you, Chef Glenn

INGREDIENTS:

4 c Lean Ham	1.5 cans of reduced fat Cream of Mushroom Soup
1.5 c Reduced Fat Velveeta	1/2 cup onion, sautéed in olive oil
1 T Worcestershire	6 cups prepared mashed potatoes
1/2 t pepper	1.5 cups light sour cream

DIRECTIONS:

1. Combine the first 6 ingredients in the bottom of a large roasting pan
2. Combine the potatoes and sour cream and layer on top in roasting pan.
3. Bake at 350F for 45 minutes. Serves 18.

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

Healthy Eating Tip

Thank you, Melissa Da Pra R.D., C.D., Manager of Union Dining

Comfort Food favorites can be made to fit into a healthy lifestyle. Use low fat versions of dairy products and remember to serve an appropriate portion. Casseroles are most appropriate at 3/4-1 cup: think of a yogurt container or baseball. Remember to pair your meals with fruits and veggies that fill at least half of your plate.

CONGRATULATIONS WE CAN DO IT!

They are this weeks'
"Random Drawing" team winners!

REMINDER

To be eligible for both the
Week 4 and Week 5 drawings
turn in your steps for both
weeks by
Wednesday, March 24.

CHECK IT OUT

Are You Getting Enough Sleep?

Learn the basics about sleep and take the sleep quiz

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=68&areaID=5>

It's never too late to "Step It Up"

If you know of anyone who would still like to join in on the fun.

Send them our way!

Walking Tip

Make a walking date with a friend or significant other!