



# Strongsville

e-Newsletter

February 2010

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## Important Dates

- Mon, Feb 1st:** Breakfast with the Easter Bunny tickets go on sale  
**Mon, Feb 15th:** President's Day ~ Open Normal Hours  
**Sat, Feb 13th:** Daddy Daughter Dance, 7-9pm, pre-sale tickets only  
**Sat, Feb 20th:** Kids Garage Sale, 9am-12noon

## A Healthy Chocolate for Valentine's Day?!

Giving the gift of chocolate this Valentine's Day? Give dark chocolate instead of milk chocolate ~ it's healthier!

Chocolate comes from cacao beans (or cocoa beans), which grow on the cacao tree and are full of natural plant nutrients.

Dark chocolate and cocoa are rich in cell-protecting flavanol antioxidants ~ natural compounds found in fruits, vegetables, grains and nuts.

In fact, ounce for ounce, dark chocolate and cocoa have more antioxidants than do foods like blueberries, green tea and red wine.

Studies show that eating chocolate, primarily dark chocolate, may contribute to improved cardiovascular health.

The flavonoids in dark chocolate and cocoa have been shown to stimulate the production of nitric oxide, a key gas inside artery walls that relaxes

and widens arteries, allowing for the easy flow of blood and reduced blood pressure.

In short-term clinical trials, dark chocolate has also showed mild anti-clotting effects and may help prevent plaque formation in arteries.

Dark chocolate is chocolate without milk solids added. The basic ingredients in dark chocolate bars are cacao beans, sugar, an emulsifier such as soy lecithin, and flavorings such as vanilla.

Often you will see packages labeled with "% cacao." What that refers to is the percentage of cacao bean solids present in the bar. There is an inverse relationship between the percentage of cacao in a bar and the amount of sugar. So, a 75% cacao bar has 25% sugar and a 65% cacao bar has 35% sugar. The higher the % cacao, the less sweet the bar and the stronger the chocolate

taste.

When cocoa is processed into your favorite chocolate products, it goes through several steps to reduce its naturally pungent taste.

Flavonoids provide this pungent taste. The more chocolate is processed (such as fermentation, alkalizing, roasting), the more flavonoids are lost.

Most commercial chocolates fit this category. Dark chocolate, however, appears to retain the highest level of flavonoids. So your best bet is to choose dark chocolate over milk chocolate.

You may be surprised to find out that chocolate isn't as bad as once perceived. The fat in chocolate, from cocoa butter, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids.



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Research indicates that stearic acid appears to have a neutral effect on cholesterol, neither raising nor lowering it. Palmitic acid on the other hand, does adversely affect cholesterol levels but only comprises one-third of the

fat calories in chocolate. This great news does not give us a license to consume as much dark chocolate as we'd like but we no longer need to feel guilty if we enjoy a small piece of dark chocolate once in awhile. But be cautious: there is

currently no established serving size of chocolate to reap these cardiovascular benefits; and, the type of dark chocolate you choose, if filled with chewy caramel or marshmallow and nuts, may not be a heart-healthy food option.

So, enjoy chocolate in moderate portions a few times per week. But don't forget to eat other flavonoid-rich foods like apples, red wine, tea, onions and cranberries.

Happy Valentine's Day!

Source: [www.allchocolates.com](http://www.allchocolates.com)

## Breakfast with the Easter Bunny



Egg-stra special fun awaits you at this family style breakfast of pancakes, eggs, sausage, bacon, juice, milk and coffee. Each child makes a craft and gets a ticket for a door prize.

Sat, March 20 9:00am

Purchase your tickets now!

Under 1yr: Free

Ages 1-2: \$4

Ages 3+: \$7

## Kids Garage Sale

Come shop over 50 tables of children's toys, clothing, small furniture and accessories or reserve a table and sell your gently used maternity, baby and kids items.

Sat, February 20

9:00am-12:00noon



## Daddy Daughter Dance

Gentleman, bring your favorite little girl (ages 6-12) to an evening of dancing, food and fun. Tickets on sale now!

Sat, February 13

7:00-9:00pm

Fees: \$8-12person\*



FREE health screenings for all ages, held each month in the Senior Center :

### Blood Pressure

3rd Tues, 10:30am-1:00pm  
2nd & 3rd Fri, 8:30-11:30am

### Diabetes Screening

3rd Tues, 10:30-11:30am  
2nd & 3rd Fri, 8:30-11:30am

## Fitness

### Boxercise

Mon, Feb 17-Mar 2 ~ 6:40-7:35pm  
Fees: \$35-45\*

### Body Bootcamp

Mon & Wed, Feb 1-24  
8:00-9:00am

Change your body today!

Results guaranteed or your money back!

Fees: \$100-125\*

**Call 580-3260 for more information or to register!**

### Gentle Yoga

Mon, March 1-April 19 ~ 7:00-8:30pm  
Thurs, March 4-April 22 ~ 7:00-8:30pm  
Fees: \$72-90\*



### TRX Suspension Training

Tues, Feb 16-Mar 23 ~ 8:30-9:20am  
Wed, Feb 17-Mar 24 ~ 8:30-9:20am  
Fees: \$40-50\*

*\*The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

## Chocolate Myths

Myth: Chocolate is high in caffeine.

Fact: Milk chocolate contains a relatively small amount of caffeine - about the same as a cup of decaffeinated coffee.

Myth: Chocolate causes acne.

Fact: The *Journal of the American Medical Association*, after reviewing extensive research, stated "diet plays no role in acne treatment in most patients... even large amounts of chocolate have not clinically exacerbated acne."

## CPR & First Aid Training

Join our very own Strongsville Firefighters/paramedics as they train lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults. You will be provided with the knowledge and skills necessary in an emergency, to help sustain life, and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives. **Registration required. Call 580-3275 for more info.**

Thurs, February 25

6:00 – 8:30pm Free

## Adult and Senior Programs

### Cleveland University Circle Tour

This trip includes round trip deluxe DVD motor coach transportation, admission to the Western Reserve Historical Society, Crawford Auto and Aviation Museum, Cleveland Botanical Gardens, Lunch at Sterle's, gratuities and all applicable taxes.

Thurs, February 18 Fees: \$51-55\*

### 50+ Singles Mingle "Night Out at Buca di Beppo"



Attention Singles, dinner is served! Get out of the house and join other singles for dinner at Buca di Beppo located at 16677 Southpark Center. Enjoy a tour of Buca, a family style restaurant, and a delicious meal everyone will love. The menu will be Mixed Green Salad, Spaghetti with Buca's famous half pound Meatballs, Penne San Remo (tender chicken breast, artichoke hearts, sun-dried tomatoes and peas tossed with imported Italian penne pasta in a white wine cream sauce) and your beverage. All for just \$15.27! All payments due the evening of the event. Participants must provide their own transportation.

Mon, February 8 6pm Register by February 4<sup>th</sup> at the Senior Registration Desk.

## Youth Programming

### Crime Scene Camp

Come learn the many ways in which scientists use forensics to solve crimes. Meet a member of the K-9 unit, learn about fingerprints, shoe and dental impressions, documenting a crime scene and preserving evidence. This will include hands on experiments and demonstrations you won't want to miss! Grades:4-7

Sat, 2/27 10:00am – 2:00pm Fees: \$115 -130\*

### Archaeological Methods

Ever watch Indiana Jones or Laura Croft and wonder what the true study of archaeology is like. Join archaeologist Jeremy Freeman and learn about ancient artifacts and cultures and the methods archaeologists use to study the past. Each class consists of hands-on activities and take-home projects. Topics include mapping, spatial analysis, dating methods, artifact identification, analysis techniques, and more.



Grades: 4-7 Wed, February 22-29 5:30-7:15pm Fees: \$75-85\*

### Stretch-n-Grow

"This Fabulously Fun Fitness Program For Kids" is 30-minutes of continuous, fun, safe and effective exercises designed for young children. Invest in the future and give your children a head start to healthy living!

Ages: 3-5 years Tues, March 2-23 4:45 – 5:15pm Fees: \$30- 38\*

*\*The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

# Lemon Chicken & Rice Soup

## Ingredients

5 pieces chicken  
15 cups water  
1 cup uncooked rice  
3 eggs, separated  
1 onion, finely chopped  
1/2 fresh lemon OR 2 Tbsp lemon juice  
Salt and pepper to taste

## Preparation

\*Place water, chicken and onion in pot. Boil until chicken is cooked, about 45 minutes.  
\*Take chicken out, cut chicken into chunks and strain broth.  
\*Reserving 1 cup of broth put the rest of the broth back in the pot and add the rice.

\*Bring to a boil until the rice is cook, stirring occasionally. When the rice is cooked, lower the heat to a simmer.

\*In a heat resistant bowl, whisk 3 egg yolks well and add lemon juice into the eggs.

\*Take the 1 cup of reserved broth and slowly add to the egg and lemon mixture stirring constantly.

\*Whisk egg mixtures lowly into the rice and broth, stirring constantly.

\*Season with salt and pepper to taste.

\*Add chopped chicken pieces to the pot and serve.



*Recipe from Miljana Qirjazi*

*Ehrnfelt Senior Center  
Assistant Cook*

*You can sample this recipe and others at the Lunch on the Avenue at the Rec Center Monday-Friday, 11am-1pm*

# Aquatics

## 2010 Strongsville Recreation Swim Team ~ Sea Monkeys

Ages: 18 and under as of June 1, 2010

Eligibility: Strongsville resident, may not be member of a homeowners association with a viable swim team, must be able to swim 25 yards both freestyle and backstroke on first day of practice.

Registration: Ongoing for 2009 Sea Monkeys, open registration begins Feb 22nd if spots available

Practices: Mon-Fri, 6/1-6/11, 5:00-8:00pm AND Mon-Fri, 6/14-7/16, 7:00-10:00pm

Meets: Tues & Thurs evenings      Fees: \$160-190

# Sport Programs

## Youth T-Ball, Softball, Baseball

Strongsville Residents ONLY

Ages: 5-18 (age as of 9/30/10)      Fee: \$35-46

Registration: January 2-March 10

Practices: Start after April 19 (2x/week)

Games: 2-3 games/week beginning June 2

T-Ball: Saturday only games

Coaches: Interested adults should apply at rec center

Umpires: Those ages 14+ should apply at the rec center

## Midnight Madness (Residents & Members)

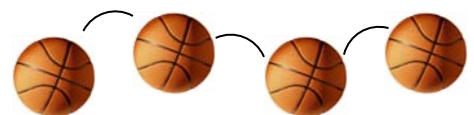
Come test your hoop skills at this after hour event.

Prizes and trophies awarded. Free T-shirt!

Boys & Girls Grades 3-6 (split according to gender and grades)

Friday, February 26th      9pm-12midnight

Fees: \$15-20



*\*The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*