

Lifestyles

Pilates for a purpose Axis of Movement raises money for Breast Cancer Awareness Month

By Jen Reeder
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FREDERICK – October is Breast Cancer Awareness Month, and the owners of Axis of Movement are doing their part to raise awareness and money for the cause. This Friday, Oct. 10 from 7 p.m. to 8 p.m., co-owner Alisa Schillinger will lead the second annual Pilates for Pink class at the Frederick dance studio.

“I feel it’s important to bring an event like this to the community,” Schillinger said. “We all wanted to do something for those in need, because breast cancer has unfortunately touched many of our lives, both personally and professionally.”

In fact, co-owner Joanne Senior’s mother Sylvia is a seven-year survivor, who fortunately detected her breast cancer early enough to effectively treat it.

“I just feel so blessed that she did because she means everything to me,” Senior said.

Senior’s mother attended last year’s Pilates for Pink, along with several other survivors. The class begins with the group forming a circle and recognizing a moment of silence. Then survivors can share their experience.

“We could hold them in that space and give them a little nurturing,” Senior said. “It was cool.”

Participants are asked to make a minimum \$15 donation for the class and 100 percent of the proceeds will be sent to the Breast Cancer Research Foundation. Class members will receive goody bags and will be eligible for door prizes like classes and merchandise. Special T-shirts can be ordered through Oct. 10, and interested people should call to

register prior to the class. Last year, over 40 people attended.

In addition to the Pilates class raising money and awareness about breast cancer, it also has health benefits, Schillinger said.

“Whatever hardship you’re going through, movement makes you feel better,” she said. “Pilates is a wonderful way to do that.”

For example, the Mermaid Stretch is a good, gentle stretch that would be useful to women recovering from a mastectomy, she said.

“It’s gentle enough for post-op,” she said.

People who have never tried Pilates before should not be intimidated because the class is open to all levels of experience for men, women and children over the age of 9.

“There’s some hard work involved, but we also have some fun,” Schillinger said.

Senior said that her mother enjoyed last year’s class and has been faithful about exercising since her diagnosis and treatment.

“That’s one of the things that’s kept her really healthy – she’s so active,” Senior said. “It keeps not only her body healthy but her soul too.”

Schillinger agreed. “She looks great – she’s a hot 77!”

“We would welcome anyone who wants to come in and experience this – it’s for a good cause. The more the merrier!” Schillinger said.

Axis of Movement is located at 451 Oak St., Suite 208, in Frederick. Pilates for Pink participants should bring mats if they have them, and dress in comfortable clothes. For more information, visit www.axisofmovement.com.

Reeder's RDigest

By Jen Reeder
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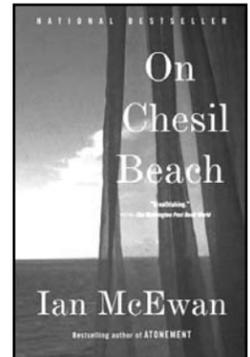
My husband and I have moved a lot in our 16 years together, and every time we move, we strain our backs lugging boxes of books. We share a love of literature, and our collection weighs a ton.

But a year or so ago I discovered a website called Bookcrossing.com, which turned out to be a great way to empty some of our bookshelves by sharing our books. At the moment, people in over 130 countries have registered more than 5 million books at the website, then left them on random park benches and other public places around the world. Since I’ve joined, my books have ended up as far away as Melbourne, Australia, and Seoul, South Korea.

It’s fun to wonder who will find my favorite reads through Bookcrossing, and I always hope each book will find its way to a person who’s a perfect fit. Often I’ll release books with a fairly broad appeal, but the three books in this week’s column are the type people either love or hate. Who knows: if you keep your eyes open at local coffee shops, you just might get a free copy courtesy of Bookcrossing.

writers’ homes – including those of Mark Twain, Edward Bellamy and Robert Frost – as well as a playful skewering of literary theory (since I had to study theory instead of reading the classics for my English and Textual Studies degree, I cheered in parts) and publishing trends (James Frey isn’t mentioned by name, but the discourse about allegedly true memoirs alludes to “A Million Little Pieces,” for example).

But the book’s main strength is a gripping plot and fabulous writing. Clarke shows he has the chops to make these jabs at the establishment with lines like, “I could hear Anne Marie suck in a breath, one, two, three times, as if she were inhaling the words love, honor, and cherish before exhaling ...”



“On Chesil Beach,” by Ian McEwan

Like Ian McEwan’s masterpiece “Atonement,” “On Chesil Beach” centers on a pivotal moment of misunderstanding that sets in motion a tragic chain of events. His characters are vivid, which makes the book all the more heart-wrenching.

The book takes place in England in 1963, on the wedding night of Edward and Florence. The two young virgins are nervous to consummate their marriage, but are inhibited about talking about their anxieties because the sexual revolution had not yet occurred. It’s pretty clear things won’t end well with passages like: “Where he merely suffered conventional first-night nerves, she experienced a visceral dread, a helpless disgust as palpable as seasickness.”

Though there is fairly explicit sexual content, it isn’t lurid, and the different emotional responses to the event are the focus. These two come so close to a lifetime of happiness, but their lack of communication about a fairly commonplace event leads to another outcome.



“An Arsonist’s Guide to Writers’ Homes in New England,” by Brock Clarke

Brock Clarke’s “An Arsonist’s Guide to Writers’ Homes in New England” lives up to its intriguing title. The arsonist is the bumbling Sam Pulsifer, who accidentally burned down Emily Dickinson’s home when he was 18, killing two people in the process. Sam has served 10 years in prison and tried to make a new life by becoming a family man, but a copycat arsonist is on the loose, and Sam is determined to find the culprit to remove himself from suspicion.

The book is also a hilarious inside joke for literature buffs. There’s the titillating arson of

The goal of Breast Cancer Awareness Month is to educate the public about the importance of early detection and prompt treatment as a way to save lives. The American Cancer Society suggests the following actions:

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exam (CBE) should be part of a periodic health exam, about every three years for women in their 20s and 30s and every year for women 40 and over.
- Women should know how their breasts normally feel and report any breast change promptly to their health care providers. Breast self-exam (BSE) is an option for women starting in their 20s.
- Women at high risk (greater than 20 percent lifetime risk) should get an MRI and a mammogram every year. Women at moderately increased risk (15 percent to 20 percent lifetime risk) should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram. Yearly MRI screening is not recommended for women whose lifetime risk of breast cancer is less than 15 percent.

Love 'em or hate 'em

(Digest, from page 20)



"Skinny Legs and All," by Tom Robbins

Tom Robbins has been writing highly original books like "Even Cowgirls Get the Blues" and "Skinny Legs and All" for over 35 years. His use of the English language is so playful and dangerously intelligent that I can't believe he isn't a bigger literary celebrity.

"Skinny Legs and All" delves into

most of life's big issues: religion, politics, love, war, money and so on, though it has a light touch; main characters include a Can o' Beans and a Dirty Sock. Seven fundamental truths are revealed as a modern-day belly dancer named Salome dances the Dance of the Seven Veils – a veil drops, and a truth is revealed. Each segment of the book is a "veil," and Robbins tackles organized religion head on. Conflict in the Middle East, with Jerusalem as the epicenter, is the primary focus of the story, and it's incredible that he wrote this well before 9/11.

Here's a bit I love: "Early religions were like muddy pools with lots of foliage. Concealed there, the fish of the soul could splash and feed. Eventually, however, religions became aquariums. Then, hatcheries. From farm fingerling to frozen fish stick is a short swim."

Academic talent abounds at Coal Ridge Middle School

By JoAnn Knutson
Correspondent

Coal Ridge Middle School students are loaded with talent. But it's not the kind of talent one finds on a stage. For 187 students, it's the opportunity to participate in the Rocky Mountain Academic Talent Search.

Talent Search is an academic program that recognizes students with exceptional mathematical or verbal reasoning skills. Students qualifying for the program have an opportunity to take high-level testing such as the SAT or ACT. The tests are not usually available until the student's junior and senior years.

The talent search is open to students in grades third through ninth who score in the 95th percentile (97th percentile for third-grade students) on the Colorado Student Assessment Program. Students must also provide a letter of recommendation from a counselor or teacher. The scores do not count until the test is taken in high school.

According to Principal Paul Talafuse, Coal Ridge has more advanced middle school students than any other school in the area.

This year 187 out of 750 students qualified for the program. Coal Ridge has more students participating than any other middle school in the state. One of every five students in the school is advanced in math.

According to Amy Rushneck, director of Talent Search's parent program (Center for Innovative and Talented Youth) there are a number of advantages for students participating in the program.

"This is a no-risk thing," Rushneck told the students and parents attending an orientation Oct. 2.

"The colleges don't see how many times the student takes the test before entering high school because it doesn't stay on the

student's record. If the student takes the test two or three times in high school, it stays on their record and it wouldn't look good to prospective colleges."

There are other advantages as well. Students who take at least one of the tests each year see an increase of 2 to 6 percent in scoring.

Students get more comfortable taking the test in the testing environment. They have a better idea of the types of questions asked and can get a sense of how to pace themselves.

"By taking both tests, the student can find out which type of testing he or she is better at," Rushneck said. "The ACT is more content driven and the SAT is more problem solving. Kids that think in unique patterns usually do better on the SAT."

In addition, listing the talent search on a college resume can be a big plus, according to Coal Ridge Middle School counselor Sherry Forbes.

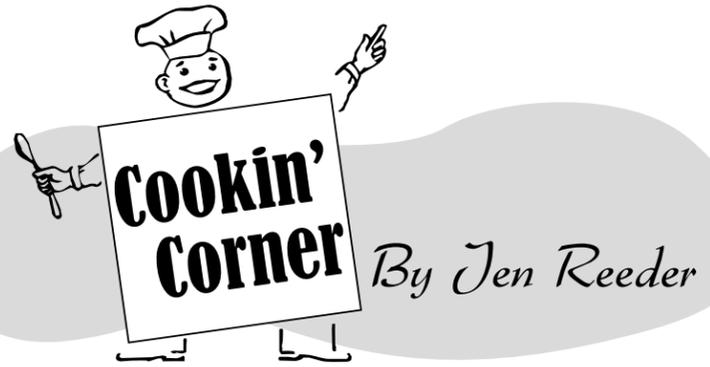
"It helps to identify the talented and gifted students so they don't fall through the cracks," Talafuse added.

Students in grades three through six, who may feel a little intimidated sitting among high school students taking a college entrance test, can opt for the Explorers test. It's only two hours but is written in the same format as the ACT.

Students who score in the top 10 percent of their age group can also participate in the summer enrichment program.

Talent Search includes Colorado, Idaho, Montana, Nevada, New Mexico, Utah and Wyoming. Top scoring students in the seven-state region are recognized each year at an annual ceremony.

Talent Search was introduced in 1972 by Johns Hopkins University professor Julian Stanley. The search is designed to identify, challenge and reward academically able young people.



I'll admit it: I love Mexican food. I love the spice, I love the cheese, and I have a thing for avocados that borders on obsession. It's also a crowd pleaser, so if you're hosting a debate watching party, here are some dishes that will have your guests so focused on the food that they'll forget to fight about the issues.

Pico de Gallo

This is a fancy way of saying "chunky salsa." But if you're pressed for time and don't want to chop the veggies by hand, you can always use the food processor.

6 tomatoes	1 sweet onion
3 to 4 jalapeno peppers	1 bunch cilantro
1 lime	Salt to taste

Wash vegetables. Chop the tomatoes, discarding seeds, and put into a large bowl. Finely chop onion. Slice peppers, discarding seeds, and finely chop. Add them a few at a time to the salsa, tasting with chips to find the right level of heat (this is a fun step). Remove leaves of cilantro from stems, and discarding stems and chopping the leaves. Add to salsa bowl. Slice lime into quarters and squeeze juice into salsa. Salt to taste. Serve with corn chips.

Killer Corn Quesadilla

I saw Iron Chef Bobby Flay make this on TV before he was an iron chef. It is ridiculously good, but filling!

2 ears of corn, husked	1 tbsp. butter
2 zucchinis, peeled and chopped	1 sweet onion, chopped
4 cloves garlic, pressed	1/2 bunch cilantro, stems removed and chopped
1 tbsp. olive oil	3 large flour tortillas
Plenty of grated pepper jack and cheddar cheese	Sour Cream
Salsa	
1 avocado, sliced	

Preheat oven to 475°F. Carefully slice the sweet tips off of the corn, and sauté in butter for a minute or two over medium-high heat. Remove from heat. In a sauté pan, heat oil, garlic and onion over medium-high heat. After they sizzle, add zucchini and sauté for several minutes. Add cilantro for final minute.

On a non-stick cookie tray, place a tortilla. Layer tortilla with pepper jack, zucchini mixture, and cheddar cheese. Place another tortilla on top and layer with cheddar and corn. Place final tortilla on top and cover with remaining cheese. Bake in the oven for 10 minutes or until top is bubbly and brown. Serve with salsa, sour cream and avocado slices. Serves 4.

Joy Enchiladas

8 flour or corn tortillas	1 bunch spinach, chopped
4 cloves garlic, pressed	1/2 sweet onion, chopped
1 jalapeno, seeded and diced	1/2 bunch cilantro, leaved chopped
1/2 lime	1 small can of black olives, sliced
Fresh salsa	1 can hot enchilada sauce
Avocado slices	Sour cream
Plenty of cheddar and/or pepper jack cheese	

Preheat oven to 375°F. Heat olive oil over medium-high heat and sauté garlic and onion, adding spinach, jalapeno, cilantro and lime once sizzling. Continue until spinach is wilted. In a pan, heat enchilada sauce and continue to simmer on low heat.

Douse a tortilla in the enchilada sauce, removing with tongs and place on a non-stick cookie tray. Down the middle of the tortilla, layer a strip of cheese, spinach mixture, salsa and more cheese. Fold sides of tortilla over and turn so that "seam" faces down. Repeat until all tortillas are filled. Bake for 10-12 minutes, until cheese is bubbly and brown. Serve with salsa, sour cream and avocado slices. Serves 4-6.

Do you have a great recipe you'd like to share with your neighbors? Send it to the Carbon Valley Herald and we'll print it with your name and any other info you'd like to share about how to make it. E-mail Reporter Jen Reeder at jennr@carbonvalleyherald.com or call 303-833-2730.