

# CENTER FOR COMPREHENSIVE WEIGHT LOSS

## News

### Dreams Come True.....

In March 2003 I decided to have gastric bypass surgery after researching the procedure for three years. Knowing now what a difference the surgery has made on my life I would recommend this surgery to every obese person who wakes up in the morning and is not happy with the way they look or feel. I hated every mirror I walked by because it always told the truth of how I felt. It is sad that I hated to go out to the store; I knew people were looking at me because of my weight and that really hurt me. Sometimes a wake up call is needed and I got one.

I made that call to Holzer Center for Comprehensive Weight Loss in March 2003 to schedule my consultation and by June 27th I was on the operating table. Two

hours after surgery I was up and had walked three laps around the critical care unit. My husband supported me through it all but my family was another story. They told me horror stories about the surgery and tried to talk me out of it. Nothing could change my decision, I wanted this weight off my body for good. When I woke up and felt the staples I said "Thank you God for letting me live and for Dr. Stone's skills in the operating room." Going from 235 pounds to 134 pounds has made a new woman out of me.

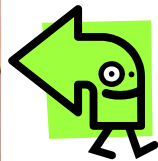
Two months after surgery I started Beauty College, a life long dream of mine. I have five months to finish and I never would have accomplished this without a new start in life. You too can have the joy of being the person you have always wanted to be.

If you are contemplating weight loss surgery come to a few of our support group meetings. You will see and hear testimonials that could change your life. Just take the first step.

Thank you Holzer for helping me with the process, my insurance approval and after my surgery. Your support throughout this was tremendous and God bless you all.

**Annette Moore**

**Ripley, West Virginia**



Annette Before Surgery



**Check out ANNETTE!**



## Vegetable Medley

### Ingredients:

1 T Olive Oil  
 1 can diced tomatoes  
 2 yellow squash, sliced  
 2 zucchini, sliced  
 1 green pepper, sliced  
 1 onion, chopped  
 2 cloves of garlic, crushed  
 2 t oregano  
 ½ t dried basil  
 ¼ C of parmesan cheese  
 Salt and Pepper to taste



### Directions:

Sauté all of the above vegetables in the olive oil for about 5 minutes. Place in a 9x13 pan. Mix in tomatoes and spices. Bake at 325 degrees for 20 minutes. Take out of the oven and sprinkle with cheese. Bake for an additional 10 minutes.

## Olympic History



### Flame and Torch

The ancient Greeks believed that fire was given to mankind by [Prometheus](#), and considered fire to have sacred qualities. Eternal flames burned in front of Greek temples, flames lit using the rays of the sun. Greek rituals also included torch relays, although this was not actually part of the ancient Olympic Games.

The Olympic flame is lit in front of the ruins of the Temple of Hera in [Olympia](#), emphasizing the connection between the ancient Games and the modern Games. An actress playing a high priestess uses a parabolic mirror to focus the rays of the sun, igniting a flame. (In case of cloudy weather, a backup flame is lit in advance.) A long relay of runners carrying torches brings it to the site of the Games. There, the final torch is used to light a cauldron that remains lit until it is extinguished in the Closing Ceremony.

The first such relay took place for the [1936 Berlin Games](#). 3,331 runners brought the flame through Greece, Bulgaria, Yugoslavia, Hungary, Austria, Czechoslovakia, and Germany. Similar relays have taken place for every [Summer Games](#) since. The 2004 relay is the first to start and end in Greece; it is also the first to visit every continent, crossing 34 cities in 27 countries before returning to Greece. The flame travels by plane between cities, and is relayed by foot within cities. Being a torch-bearer is considered an honor, one often given to local residents with a record of community service, in addition to athletes and celebrities. The torches generally burn a gas fuel, and are specially designed to resist the effects of wind and rain.



### Release of Doves

After the cauldron is lit, doves are released, as a symbol of peace. This was first done in the 1896 Olympics, and then in the 1920 Olympics. Since 1920, this has been an official part of the Opening Ceremony of the Summer Games. They are generally not released during the Winter Games, because it's too cold for the birds, but symbolic substitutions are sometimes used. In the 1994 Winter Games, for example, white balloons were released.

The order—first lighting the cauldron, *then* releasing the doves—is important. In the 1988 Seoul Games, they tried it the other way around. Unfortunately, many of the doves were in the area of the cauldron just before it burst into flames, leading to their unexpected demise.

-Resource [www.infoplease.com](http://www.infoplease.com)

## St. Elizabeth and St. Joseph Community Events

An important initiative from St. Elizabeth and St. Joseph is to participate in community activities and become an active contributor in our community at the grass roots. While advertising on the TV, radio and in newspapers gives us a name it can be somewhat impersonal. However, participating in community events gives us a face and a personal connection to the people who we live with, work with and care for. The CCWL at St. Elizabeth and St. Joseph had the opportunity to participate in two community projects this summer.

**On Sunday July 25<sup>th</sup>**, the CCWL sponsored a Walk-a-thon for Juvenile Diabetes at Churchill Park in Girard, Ohio. Over forty participated in the early morning walk, some walked over a mile and raised over one thousand dollars for our local Juvenile Diabetes Foundation. A healthy breakfast of fresh fruit, yogurt and of course PROTEIN was served to all who attended.

Local merchants donated prizes such as gift certificates, memberships to local health clubs, movie and dinner theater tickets. Participants received a "2004 Walk for Juvenile Diabetes" T-shirt as well.

Dave Palivka, Trumbull County Commissioner came to our event to show his support for our cause by walking with us to promote good health and communicating his own experience with a family member who has had gastric bypass surgery.

In addition to Commissioner Palivka, Joseph Kirksey came to support our cause as one who has Juvenile Diabetes and knows first hand the challenges children with diabetes face.

Several of the CCWL patients showed us first hand the health benefits of bariatric surgery by out walking some of the CCWL staff (who will remain anonymous...). Local TV cameras were also there to capture the event.

A "special thank you" goes to Kim Triveri, our Bariatric Dietitian for her hard work and many hours spent on this project. Thank you to all who donated to this worthy cause.

**On Saturday and Sunday August 7 and 8<sup>th</sup>**, the CCWL staff participated in the Boardman Fun Fare at Boardman park. The fair was geared to young families. As a means to be involved in our community, the CCWL staff participated in promoting nutritional health through literature, and provided a smashing activity of jewelry making with pipe cleaners and beads (thanks to the "Creative Think Tank" Julie Pulido in Ann Arbor). Over 500 children visited the booth to participate in jewelry making while many parents asked questions about our center and gastric bypass surgery. It is our goal to be readily identified as a member of the community and to promote health. A big "thank you" goes to Eric and Alex Ford, sons of Mary Ford, Bariatric Counselor, for working in our booth.

I would like to also thank my staff who continually meets the challenges I set before them and the contributions they make to this Program and to the community.

**-Molly Letcher**



Staff at the Boardman Fun Fare



Participants at the Juvenile Diabetes Walk