

THE TRUMPET SOUND

www.ssvictory.com

Restful Sundays

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I still need more
healthy rest in order to
work at my best...

- Earnest Hemmingway



FLAG FACT:

The U.S. flag may be seen as the red, white, and blue, or the stars and stripes and indeed it is; however, it represents much more -- something important we call freedom. As our flag has led us into battle, it has inspired men and women to fight for the freedoms guaranteed in our nations documents from its early birth. In fact, more than one million Americans have died defending the freedoms our flag represents.



RELIEVE THE STRESS FACTOR

FIND REST, RELAXATION, & RECREATION

Picture yourself in a hammock resting casually on a Sunday afternoon. With each sway, a problem flees away. Soon there is not a care in the world to bother you, or if there is it has been put on the back burner for just a little while. You have just created a sense of calm—one of life's antidotes to stress.

In our busy and hectic world we all need a little time for rest. Although resting in a hammock on a sunny, breezy ocean beach surrounded by swaying palms sounds like one of the best ways to relax, there are many other opportunities for rest, relaxation, and recreation. For example, most cities have parks that provide picnic areas for roasting hot



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dogs or playgrounds for playing baseball and basketball or climbing monkey bars. Some have hiking trails where one can enjoy the beauty of nature that is both pleasant to the eye and peaceful to the mind.

Babbling brooks are great for a barefoot re-

fresher. Blue lakes, flowing rivers, and rippling coastlines have places to delight in boating, waterskiing, swimming, canoeing, and fishing. A quiet walk along the beach listening to the waves slap the shoreline

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BENEFITS OF REST

Feel like you're always on the go, never having the time to rest or relax? You are not alone. Many feel that way, but when you look at all the benefits of rest, you may want to make some time even if you have to schedule it. Rest relieves stress promoting

positive physical effects, such as, lowering blood pressure and heartbeat, minimizing the risk of heart problems. It relieves headaches, tense muscles, and back pain, and alleviates the probabilities of ulcers and cold sores. Also, rest gives more relaxed and deeper

breathing benefiting the lungs. By taking time to rest, you can gain mental clarity, giving a proper perspective to problems. By far, rest improves the quality of life both mentally and physically.

- Lesa Hukill

Wisdom Corner

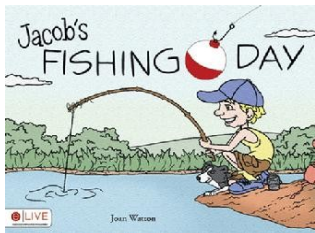
Wisdom is more valuable
than great riches

Safety First

National Vaccine Information Center
Phone: 1-703-938-0342 www.nvic.org

Rest is the sweet sauce of labor.
- Plutarch

Children's Book



By Joan Watson
Available at
www.ssvictory.com
www.amazon.com

What is, without periods of rest, will not endure

- Ovid

The best oils to cook with:

- Olive Oil (low heat sauté)
- Coconut Oil (higher cooking heat)

Organic oils are by far the very best. Many reports are exposing the dangers of canola and soy oils in the American kitchen and diet.

What Oil Should You Be Cooking With and Which Should You Avoid

— [click here for informative article](#) by Dr. Mercola

RELIEVE THE STRESS FACTOR...CONTINUE FROM PG 1

can unload a boat of trouble and send it out to sea!

Additionally, with some planning, camping can be a most pleasurable experience. Pitch a tent where one can enjoy the exquisiteness of a sunset



A Calm Peaceful Sunday istockphoto

or the stars at night. Lounging on a cot or folding chair are just a few treats to a weary soul.

However you choose to spend your Sunday, it should really be a day that you can recuperate from the previous week and

prepare ourselves for the week ahead. When we enter the week rested and refreshed, we work at peak performance.

Suggested camping areas near Fort Worth: [Rock Creek Camp](#), overlooks Possum Kingdom Lake; a place for family, friends, and fun—Grafard, Texas 940-779-3022.

Top 50 Camp sites in Texas at GreatOutdoors.com

Exquisite canyons that contain 150 miles of hiking trails sheltering more than 450 bird species and more. RV's, camping, or cottages available [National Park Service Big Bend](#)

Guide to Texas Outside RV parks and campgrounds www.texasoutside.com

Camping spots around the DFW area: [Tent Camping Around Dallas, Texas](#)

Sundays, quiet islands on the tossing seas of life.
- S. W. Duffield

ENJOYING TIME TOGETHER MAY REQUIRE SPECIAL APPOINTMENTS

Finding time to spend with your family can seem like an impossible task, but it is a great way to enhance relationships. Most will discover that it is the minutes and hours you share that draws families together.

Have you had a Sunday dinner with conversation, fun, and laughter lately? As you

cease from labors, those gatherings bring great opportunities to truly value the special characteristics of those present and enjoy the bubbling personalities of each one.

Children even learn to listen to those older and somehow begin realizing that age really does bring wisdom. Top this

meal with joyful and thankful hearts for a truly pleasant feast.

Knit your family together and find real pleasure by simply setting aside *time for a meal* together around the table not the television. I would say that it is time well spent and an investment into your families future success.

VEGGIE TACO RECIPE -EASY AND DELICIOUS; PREPARATION TIME: 20 MINUTES

- This recipe can go in a soft or crunchy taco shell.
- 1 1/2 cup fresh or frozen corn (thawed)
 - 1 medium zucchini finely chopped
 - 1 small onion finely chopped
 - 1 Tablespoon olive oil or coconut oil
 - 1 can (15 Oz) organic black beans (drained)
 - 1/4 cup salsa

- 8 flour tortillas (warm) or 8 crunchy taco shells
- 1/2 cup sour cream
- 1 cup grated cheddar cheese

In large skillet sauté corn, zucchini, and onion in oil until tender.

Stir in beans and salsa. Cook uncovered on medium heat for approx. 4 minutes or until heated. Stir occasionally.



Spoon heaping spoonful of mix into middle of tortilla and top with sour cream and cheese. Fold over. Serve. Enjoy!