



Enhancing lives with healing hands.

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# Tranquility

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### St Patrick Facts

He was born Maewyn Succat in Wales (Roman Britain) in 400 A.D. His primary language therefore was Latin since his father was a deacon in the Christian church (this was a time when all Christians were one). His father's name was "Calpurnius" and his mother's name was "Conchessa". At the young age of 16, he was kidnapped by Niall of the Nine Hostages of Ulster, who often raided the coast of Roman Britain. Returning to Ireland, Niall sold him to a man name "Meliuc" who was a landowner in Co. Antrim, where he was forced to work as a shepherd keeping a watchful eye on his master's sheep on Slemish Mountain. While in Ireland, Maewyn Succat learned the Irish language, since his 'master' was a high druidic priest and through him he became aware of druidism, as Ireland was then a land of druidism.

One night after many years of captivity, a voice told him to escape on a ship. The voice said he would find the ship 200 miles away in Wexford. Leaving Antrim he travelled over lands he had never before seen and he finally arrived in Wexford where a ship awaited passage back to Roman Britain. Denied passage at first he would finally be able to board and complete his escape from Ireland. From Roman Britain he then

travelled to France and St. Martin's monastery at Tours. Later he went to Lerins monastery. Under the guidance of St. Germain, bishop of Auxerre in France, he was ordained a priest and helped St. Germain oppose heresy and paganism. He became a bishop in 432 A.D. and it was then that Pope Celestine conferred upon him the name "Patercius" or "Patrius" (meaning "father of his people"). He was given the task of converting the Irish to Christianity. The people of Ireland could not understand the doctrine of the Trinity where three persons made up one divine God. So Patrick plucked from the ground a "Seamróg or Shamrock" showing three leaves were tied to one stem. Using the Seamróg as an analogy the people finally began to understand what he was preaching. This forevermore tied Saint Patrick and his day to the Irish Shamrock. St. Patrick died on March 17, 460 A.D. and is buried in Down Patrick, Co. Down. Or at least it is believed that is the date since the calendar created by Julius Caesar and known as the "Julian" calendar was in effect at that time. Today we use the "Gregorian" calendar and this then would place his death in early March. Nevertheless, this gives us cause to celebrate his life and death for a month prior to the 17th of March.

### And Myths

St. Patrick is said to have gathered all the snakes on Croagh Patrick mountain in Co. Mayo. From there he banished them all from Ireland. The truth is that proof of snakes ever existing in Ireland cannot be found. (Today people climb the 2,500 foot mountain in their bare feet as St. Patrick once did.) The first St Patrick's Day parades were not in Ireland, but in Boston in 1737, and later in New York City in 1762. Corned beef and cabbage was not a regular dish in Ireland till the 1600s, and not till the late 1800s in America. There is no record of St. Patrick ever having such a meal. Before he died, legend says an angel told him to tie two oxen to a funeral cart, and wherever the oxen chose he should be buried that would be his final resting place. The oxen chose Down Patrick, County Down.





## Chicken-Zucchini Alfredo

Kosher salt  
 3 tablespoons extra-virgin olive oil  
 2 cloves garlic, minced  
 2 zucchini, thinly sliced into half-moons  
 4 4-oz thin skinless, boneless chicken breasts  
 Freshly ground pepper  
 12 ounces fettuccine (preferably whole wheat)  
 1 tablespoon all-purpose flour  
 1 cup cold low-fat milk (1%)  
 1/2 cup evaporated nonfat milk  
 3/4 cup freshly grated parmesan cheese  
 1/4 cup chopped fresh parsley

Bring a large pot of salted water to a boil. Heat 1 tablespoon olive oil in a nonstick skillet over medium heat. Add 1 clove garlic and cook 30 seconds. Add the zucchini, cover and cook until tender, about 6 minutes. Transfer to a bowl.

Heat another tablespoon oil in the skillet over

medium-high heat. Season the chicken with 1/4 teaspoon each salt and pepper and cook through, 2 to 3 minutes per side. Transfer to a plate.

Cook the pasta in the boiling water as the label directs. Drain, reserving 1/2 cup cooking water; return the pasta to the pot.

Whisk the flour and milk in a bowl. Place the remaining garlic and 1 tbsp. oil in the skillet and cook over medium-high heat, 30 seconds. Add flour-milk mixture and bring to a boil, stirring constantly. Reduce heat to low and cook, stirring, 2 minutes. Add evaporated milk, 1/2 teaspoon salt and cheese; stir to melt, 1 minute.

Cut chicken into strips. Toss with pasta, sauce, zucchini and parsley, adding the reserved pasta water to loosen.

Per serving: Calories 680; Fat 18 g (Saturated 5 g); Cholesterol 85 mg; Sodium 820 mg; Carbohydrate 79 g; Fiber 3 g; Protein 49 g

## Misc. tips for a greener planet

### The Green Space

- Reuse your water bottle. Avoid buying bottled water. In fact, reuse everything at least once, especially plastics.
- Check out your bathroom. Use low-flow faucets, showerheads, and toilets.
- Start a compost in your back yard or on your rooftop.
- Buy in season.
- Buy compact fluorescent light bulbs. You'll find more on energy-efficient products and practices at Energy Star.
- Turn off lights and electronics when you leave the room. Unplug your cell phone charger from the wall when not using it. Turn off energy strips and surge protectors when not in use (especially overnight).
- Recycle your newspapers.
- Car pool. Connect with other commuters at eRideShare.
- Consider a car sharing service like Zipcar.
- Ride a bike, walk, jog, or run.
- Go to your local library instead of buying new books.
- Get off junk mail lists. green dimes can get you started. They'll even plant a tree for you!
- Buy products that use recyclable materials whenever possible.
- If you use plastic grocery bags, recycle them for doggie poop bags or for small trashcan liners.
- Bring your own bags to the grocery store. Given a choice between plastic and paper, opt for paper.
- Buy locally. Find farmers' markets, family farms, and other sources of sustainably grown food near you at local harvest.
- Consider organic cleaning products like vinegar, borax, and baking soda

### What's Goin' On

## Holistic Health Alliance News

New from Holistic Health Alliance: Starting in April (date and time to be determined) Teri will be hold Energy Healing Workshops each month. These workshops will explore the positive and negative energies of the 7 Chakras. Through thought we manifest our pain and pleasure. The seven main energy fields (chakras) of your body will be explored and how they influence your health, well-being and financial abundance will be discussed.

Watch this space for more information as the dates are firmed up.

Also, there will be several Smoking Cessation/Weight Management workshops beginning in April.

Holistic Health  
Alliance



## Stretch to Health - Shoulder Stretches

Shoulders can be stretched in several ways. Here are some stretches that can be done standing or sitting at a desk. This first exercise stretches the posterior deltoid muscle, as well as the triceps muscle. First, bring right hand to left shoulder, with elbow elevated, as in picture on left. Then, using your left palm, press into the right elbow, stretching the shoulder, as in the picture on the right. Hold for a few moments. Repeat with the arms in the opposite positions.



Our next shoulder stretch involves the muscles under the arm. First, bring your arm over your head, as in the picture on left. Then, gently hold your elevated elbow with the opposite hand, and pull towards the opposite side. as in the picture on right. Hold for a few moments, then repeat on other side.



Below is a stretch to open up the front of **both shoulders** at once. First, interlock your fingers behind your back, with your elbows bent. Your neck should be straight and relaxed. This is shown in the picture on left. Then, gently straighten your elbows and stretch in front of your shoulders. Do not get out of this position quickly. Hold for a few moments. This posture helps to undo the shoulder forward slumping position people get over time, due to job, stress, poor posture, etc. Note the chin is tucked, not jutting. Contrast the position of the fronts of the shoulders in both photos.



Here's a great exercise to relax the shoulders. Start with the shoulders down, as in the picture on the left. Then bring the shoulders up towards the ears, as in the photo in the middle.. Hold this posture for a count of three, then drop the shoulders straight down, by letting go of the tension that you held the shoulders with in the first picture. Ahh, doesn't that feel good?





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## COUPON FOR MARCH

**EVERY REFERRAL RECEIVED IN MARCH GETS A FREE MASSAGE FOR THE PERSON REFERRING AND THE PERSON REFERRED GETS A COUPON FOR HALF OFF THEIR NEXT MASSAGE**

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### Of Current Interest

## What's St. Pat's Day without a Parade?

### How it Began:

Three men sat at Sullivan's Bar in downtown Denver. The year was 1961. They had been friends for a long time. After work and before they started their journey home, they would meet at Sullivan's for a "wee" one and an hour or so of camaraderie. After a few swallows, one of the men reached into his pocket and brought forth a small American flag which he proudly displayed for everyone to see.

Like a signal, the three men rose from their stools and headed for the door. Crossing to the middle of the street, they formed a single line. The first man lined up on the right, the second on the left and the third man in the middle holding the small American flag in front of him. By this time all of the customers of Sullivan's were standing in front of the bar watching the three men as they marched down the street. As they rounded the corner the crowd on the sidelines loudly cheered. The three men were Pocky Marranzino, columnist for the Rocky Mountain News, Red Fenwick, columnist for the Denver Post and holding the flag, Jim Eakins, Interstate Probation and Parole Supervisor.

### History of the Parade

In 1962, on a cold windy day, one lone truck became the first float. The float arrived at the parade site, minus most of the green carnations that had been so carefully placed the evening before, only to find that the wind had blown carnations as far as Capitol Hill. The Jr. Police Band, the Drum and Bugle Corp, and several local schoolchildren made up the parade with no more than 500 participants. A few local dignitaries stood on

the side lines with very few spectators.

The following years brought more interest, more participants and more spectators. Many joined the ranks of Grand Marshal: The Lord Mayor of Ireland, Larry Hagman, Hugh O'Brien, Denver's own Mayors Bill McNichols and John Hickenlooper, Tom Sutherland, Michael Martin Murphy, Mickey Mouse, Dan Reeves and Dan Issel, to name a few. The Denver St. Patrick's Day Parade bears the reputation as the largest parade west of the Mississippi River and one of the largest in the United States. Over 230 individual units mass together in a parade of 10,000 plus participants. Winding through the streets of Lower Downtown Denver on the Saturday before St. Patrick's Day, over 200,000 spectators enjoy a three hour plus parade.

**PARADE DATE:** March 12, 2011

**TIME:** 10 a.m., until 1:30 or 2 p.m.

**ROUTE:** Starts at Coors Field parking lot, 27th and Blake, Blake west to 17th, 17th to Wynkoop, Wynkoop back to Coors Field.

**VIEWING:** Anywhere along the route .

**PARKING:** Street parking is prohibited on the parade route, but plenty of parking lots are available on near-by streets.

**PUBLIC TRANSPORTATION:** Light rail and RTD busses run to the Union Station and parade route areas. Visit the RTD site for route information. Remember that the trains fill up on parade morning so allow yourself plenty of time.

**REMEMBER:** Colorado weather is unpredictable so dress in layers. Remember to use sunscreen and drink plenty of water.

### Michael's Message

## Think Happy Thoughts

Happy thoughts are part of our lives. In an average day it is estimated that we have around 60,000 thoughts. Have you ever wondered how many of these thoughts are happy thoughts?

It is known that happy people think more happy thoughts than unhappy people. If we think happy thoughts we create happy perceptions, we create a beautiful aura of light around ourselves which leads us to happy events. And so we create an exciting circle (where we become even happier).

Happy thoughts connect us with the light, confidence and courage to act - to the power to believe. To live our lives according to our hopes and dreams not somebody else's.

Jealous, angry and fearful thoughts and feelings take us away from our own path, our

own purpose. But a straight path doesn't admit compromises. These negative thoughts strip us of our power and ability to act effectively. If we think fearful thoughts we become afraid and act defensively. This pushes away other people and other possibilities from us. And so we become lonelier and more afraid.

The route to a happier life is through happy thoughts. Not just because they make you feel better immediately, but because happier thoughts give you a stronger and more stable foundation to your life. You are in control rather than being bounced around by life.

Namaste,



Michael