Fish Tacos & Cabbage Slaw

Ingredients:

Spice Rub:
- 1 1/2 tsp chili powder
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp granulated garlic
- 3/4 tsp kosher salt
- 1/2 tsp sugar (optional)
- 1/4 tsp chipotle powder
- 1/2 tsp smoked paprika (optional)

Cabbage Slaw:
- 1 lb thinly sliced or shredded cabbage
- 1/2 tsp kosher salt
- 1/4 cup thinly sliced red onion
- 1/2 cup chopped cilantro
- 1/4-1/2 of a jalapeno, finely chopped
- 1/4 cup fresh lime juice
- 2 Tbsp olive oil

Directions:

1. Preheat grill to medium heat.

2. Rinse and pat the fish dry. In a small bowl, stir fish rub spices together. Sprinkle all sides of fish with the rub. Set aside.

3. Place the shredded cabbage in a medium bowl. Toss with the salt. Add the onions, cilantro, jalapeno, lime juice, olive oil and toss well. Adjust lime, salt and jalapeno to taste.

4. Adjust grill temp to medium. Grill each side of the fish for a few minutes. Squeeze a little lime juice on top.

5. Assemble tacos.

Go Fest 2017!

If you haven’t been to Go Fest…. You should reconsider your plans for the weekend of October 13th. It is a lot of fun! There are almost 125 activities over the 3 day weekend. It takes place annually at Riverside Park…. Right across the street! Music, lumberjacks, BMX bike pros, awesome dogs….. Check it out!

FREE ADMISSION!!!
http://www.roanokegofest.com/

Interpersonal Wellness

Sometimes we don’t know we’ve said something hurtful until we’ve inadvertently caused someone else pain. Naturally, a reflexive response to inadvertent harm is “I didn’t know…..” So, in this Wellness Weekly section, inclusive language will be highlighted. The following details were taken directly from the University of Massachusetts– Amherst transgender terminology guide.

Agender Individuals: People who identify as genderless or gender-neutral

Cisgender Individuals: People who identify with the gender that was assigned to them at birth

Cisgender Privilege: The set of conscious and unconscious advantages and/or immunities that people who are or who are perceived as gender conforming benefit from on a daily basis.

More information in future editions. For additional info now:
Wellness Weekly Challenge

UNDERSTAND THE POWER OF YOUR EGO

Craig Ballantyne, the author of The Perfect Day Formula: How to Own the Day and Control Your Life, encourages readers to understand the ego and how to manage it in daily living. He writes, “Your ego is one of your greatest enemies in life.” It prevents you from owning your mistakes, it dissuades you from apologizing when you should…. The list goes on. In his article, he lays out the foundational elements of the ego and then encourages readers to do an “Ego Exercise”. The activity is designed to bring an individual’s attention to their own ego and their personal ego outcomes. He warns that “brutal honesty” will be difficult to hear…. even if you try to prepare yourself. But, consider giving it a go…

Step 1) Find someone you trust, admire, and respect.

Step 2) Ask them to share what they believe to be your 2 or 3 biggest strengths.

Step 3) Then, ask them to share your 2 or 3 biggest weaknesses and how you can improve.

Read the article for more details!

Peanut Butter Apple Nachos

Ingredients:

- 2 Granny Smith Apples, cored & cut into wedges
- 1/4 cup all-natural peanut butter, warmed
- 2 Tbsp granola
- 1 Tbsp dried cranberries

Directions:

1. On a serving plate, drizzle apples with peanut butter and top with granola and cranberries.
2. Serve.

Please feel welcome to submit articles or ideas to any member of the Wellness Advocacy Committee.

Ally Nagy - Class of 2018
Lindsay Maguire - Class of 2019
Jeff Henry - Class of 2020
Ayesha Kar - Class of 2021
Dr. Ally Bowersock, PhD, CSCS, ACSM. EIM, Level 1
Dr. Jennifer Slusher, PhD, LPC
Emily Holt, Committee Chair

Upcoming Wellness Events:

October 10th  12:00 Exercise is Medicine Kickoff
             JCHS Lobby

October 12th  6:00 AM Yoga with Dr. Ally Bowersock, PhD
             Student Commons

October 19th  6:00 PM Yoga with Dr. Beth Polk, MD
             Student Commons

October 27th  7:00 PM Medical Movie Night
             Student Commons