Carrot Ginger Soup

Ingredients:
- 1 Tbsp unsalted butter
- 1 large white onion, chopped
- 3 cups reduced-sodium vegetable broth
- 1 lb peeled baby carrots
- 1 Tbsp grated fresh ginger

- 1/4 cup reduced fat sour cream (coconut milk for dairy free)
- Kosher salt and white pepper to taste
- 2 Tbsp fresh micro greens or chives, for garnish

Directions:
1. In a large pot of Dutch oven, melt butter over medium heat; add onions and cook, stirring often, until onions are soft, about 5-6 minutes.

2. Add broth, carrots, and ginger. Cover and boil, then reduce to a simmer for about 30 minutes.

3. Add sour cream and blend until smooth (with blender of choice).

4. Add salt & pepper to taste. Garnish and enjoy.

NOTE: Instant pot directions available at link/citation below.

Wellness Weekly Challenge

New Coffee Shop... Study Spot

Land of a Thousand Hills Coffee

90 Town Center Street
Daleville, VA

Hours:
Monday—Friday 7:00—9:00
Saturday 7:30—9:00
Closed on Sundays

The company is partnered with farmers of Rwanda.

1000 Hills has regular art shows and 20% of the proceeds support children of Nkombo Island in Rwanda.

On-Going VTC Wellness Activities

Pop Pilates
February 5th
5:00 PM
February 12th
5:00 PM
Student Gym 2nd fl R2

Wellness Google Group
Need Wellness Event Reminders!?
Join:
vtcsom-wellness-g@vt.edu

Walking Wednesdays
Every Wednesday at noon—group meets at the base of the Riverside 2 steps.

Mindfulness
February 11th
12:15
April 8th
12:15
Student Commons
DOCS FOR MORGAN
BASKETBALL CHALLENGE

February 7, 2019 ~ 7:00 p.m.
Patrick Henry High School
2102 Grandin Road SW, Roanoke
FREE Admission*

ABOUT DOCS FOR MORGAN
Docs for Morgan was formed in 2012 by Carilion Medical Center physicians who wanted to honor Morgan and support her parents, Dan and Gil Harrington after her untimely death.

THE SCHOLARSHIP
*Money raised through donations supports the Morgan Dana Harrington Memorial Scholarship Fund at the Virginia Tech Carilion School of Medicine. The scholarship honors Morgan's passion for education.

A donation table will be set up at the game, or you may visit medicine.vtc.vt.edu/giving

Questions? Email: may@vt.edu

The activity described here is not sponsored or endorsed by the Roanoke City or Roanoke County School Boards.
LEAP Farm Share Program

The Local Environmental Agriculture Project (LEAP) sign-up is underway for 2019!

LEAP, is a Farm Share/CSA (Community Supported Agriculture) program that gives you the opportunity to buy produce from local farmers and support the local economy. Ideally, a house full of fresh produce also encourages you to eat healthier.

Consider joining with friends and sharing the bounty if you’re worried you might not be able to consume it all on your own.

LEAP works with farmers within a 100 miles of Roanoke. To learn more, check out their site.

The program fills fast and registration ends April 15th.

Those who register by March 29th receive a $10 gift certificate to any LEAP farmers market.

There are a variety of pick-up locations including CRMH, Riverwalk Parking Garage (Wednesdays 3:15-6:15).

Prices vary with share package options.

Registration Information
Carilion Wellness always has a variety of class options for members.

One current option is:

**Tai Chi**

The sessions started this month and will run through April.

Session Schedule:

Sundays

12:00-1:00—Fundamentals

1:00-2:20—Intermediate
# VTC Fitness Challenge Week 4 Standings

<table>
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<tr>
<th>Rank</th>
<th>Team Name</th>
<th>Points</th>
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<tr>
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<td>Will Run for Margs</td>
<td>517</td>
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<tr>
<td>2</td>
<td>Nocardia for Old Men</td>
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<td>3</td>
<td>The Titan Fit Swolemates</td>
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<td>Quadratus Firmoris</td>
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<td>Cirque du Sore Legs</td>
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<td>VALKyries</td>
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<td>Squat It Like It’s Hot</td>
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<td>Gains before Brains</td>
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<td>Dopaleans</td>
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<td>Thick &amp; Thin</td>
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<td>We Got (Clinical) Skillz</td>
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<td>Pumped Up Chicks</td>
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<td>We Get You In</td>
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Please feel welcome to submit articles or ideas to any member of the Wellness Advocacy Committee.

Lindsay Maguire - Class of 2019
Jeff Henry - Class of 2020
Ayesha Kar - Class of 2021
Robyn Goodrich - Class of 2022
Dr. Jennifer Slusher, PhD, LPC
Dr. Allison Bowersock, PhD, CACS, ACSM-EIM
Laurie Seidel, MSN, RN
Emily M. Holt Foerst, Committee Chair

Quote of the Week:

“Keep your face always toward the sunshine - and shadows will fall behind you.”
- Walt Whitman

If you would like to contribute to or comment about the wellness weekly, please email Emily Holt Foerst, Office of Student Affairs VTCSOM. To send a “Weekly Shout Out” message, email Emily Holt Foerst at Emily_10@vt.edu