

**Arthritis Treatment Center Newsletter – February 2011**

Let us be of good cheer, remembering that the misfortunes hardest to bear are those that never happen. James Russell Lowell

**Discover what Maremma, Nubian, Chevre, and Spriggs have in Common.**

Joyce Powers is the mother of 9 children and the grandmother of 23 grandchildren. She lives in a circa 1737 stone farm house that overlooks the Potomac River in Sharpsburg, Maryland where she cares for more than 150 Alpine and Nubian goats.

She first came to Washington County in 1985 when her husband, Eugene O'Neil, a masonry contractor, began their business, O'Neil Masonry. Mrs.

Powers (then Mrs. O'Neil) ran the office and helped to build a recognized and trusted business. They also purchased a farm, Spriggs Delight Farm, with an old stone house in need of love and attention, added five goats, and began to restore the home to its original glory—a true labor of love.

It was in 1993 when her husband fell ill with brain cancer that she was left to single-handedly run the business. Bucking up to the task, she built several schools, acquired and completed some government contracts, and managed more than 225 employees. It would be 17 months later when her husband passed away, and a year later when she decided to sell the business and retire. Ten years later, she went to France with her son and daughter-in-law.

While enjoying the sights and sounds of France, she also discovered a delight in French cuisine and brand new love for goat cheese. It became a staple to her diet. It was therefore no surprise, when she



Spriggs Delight Farm~ 6836 Tommytown Road ~ Sharpsburg, MD



Dr. Nathan Wei and Mrs. Joyce Powers

returned home, that she purchased six alpine goats. To become more knowledgeable, she bought books on raising goats and on making her award-winning goat cheese.

Having remarried, Joyce and her husband, Roger Powers, now have a successful cheese factory business. They produce award winning cheeses such as feta, a

variety of chevres, tomme, valencay, and much more. Her products are created using her own recipes and are readily available at the local farmers market, South Mountain Creamery, and on her website, [www.spriggsdelightfarm.com](http://www.spriggsdelightfarm.com). "Much of my business is run by my husband and I, my son and daughter, two grandsons, and an apprentice," she adds.

Mrs. Powers says, "My goats are milked twice a day until about six weeks before they deliver their kids. We have 94 goats bred that will deliver anytime from February 1<sup>st</sup> through April." She continues, "I deliver about 300 babies during this time. I take them directly from their mother, give them a bath, a warm room, and their first bottle."

In addition to raising goats, she has also bred Maremmas—a beautiful breed of dog that resembles a Great Pyrenees—breeding and delivering 48 puppies over the course of several years. Today, she has downsized to just two, one male and one female, that are amazing guard dogs to her goats and home.

While Mrs. Powers depends on her family to help her with her business, she manages to stay actively involved in the care of raising her goats. Did we mention that she also has rheumatoid arthritis? When she's not delivering her babies, she participates in clinical research studies for her disease. This has helped her to manage her health and contribute to the research of finding new medicines to cure this debilitating disease.

Take a drive out to Spriggs Delight Farm and sample their selection of cheeses. It's a beautiful view!

### **Heart to Heart.... These Facts Are Amazing!**

[www.funshun.com](http://www.funshun.com)

1. Women's hearts beat faster than men's hearts.
2. Three years after a person quits smoking, their chance of having a heart attack is the same as someone who has never smoked before.
3. The human heart weighs less than a pound.
4. The human heart can create enough pressure that it could squirt blood at a distance of thirty feet.
5. The first open heart surgery was performed by **Dr. Daniel Hall Williams** in 1893.
6. Scientists have discovered that the longer the ring finger is in boys the less chance they have of having a heart attack.
7. The right lung of a human is larger than the left one. This is because of the space and placement of the heart.
8. The human heart beats roughly 35 million times a year.
9. Olive oil can help in lowering cholesterol levels and decreasing the risk of heart complications.
10. In a lifetime, the heart pumps about one million barrels of blood.

11. In 1967, the first successful heart transplant was performed in Cape Town, South Africa.
12. People that suffer from gum disease are twice as likely to have a stroke or heart attack.
13. Most heart attacks occur between the hours of 8 and 9 AM.
14. At one time it was thought that the heart controlled a person's emotions.

### **Grilled Spicy New York Strip Steak with Chocolate Merlot Sauce**

By Grannydragon (food.com)

"This is fairly simple and as tasty as it sounds."

**Prep Time:** 10 mins ~ **Total Time:** 25 mins

#### **Sauce**

- 1 tablespoon extra virgin olive oil
- 1 medium onion, thinly sliced
- 2 teaspoons garlic, minced
- 1 jalapeno pepper, minced
- 1 1/2 cups merlot
- 1 tablespoon dry onion soup mix (gluten-free)
- 3 ounces bittersweet chocolate, coarsely chopped

#### **Steak**

- 2 New York strip steaks (1 inch thick)
- 1/4 cup taco seasoning mix

#### **Directions**

1. In a medium saucepan, heat oil over medium-high heat.
2. Add onions, garlic and jalapeno, saute until soft, about 5 minutes.
3. Add Merlot to pan, (away from flame). Reduce the wine by half, over high heat.
4. Reduce heat to low and stir in soup mix and chocolate. Stir until smooth.
5. Keep warm on very low heat until ready to serve.
6. Preheat grill or broiler to high heat. Season steaks with taco seasoning. Grill or broil to desired preference.  
Serve steaks with chocolate Merlot sauce.

### **COMPLETE WELLNESS MULTIPLE**

Many people are already taking dozens of pills. It is costing a small fortune to buy all of those individual supplements. And some people are probably taking far more than necessary of some ingredients and not

enough of others. This comprehensive formula solves these problems.

The Complete Wellness Multiple has all the essential ingredients that you want, blended in one convenient and affordable daily wholefood based formula. Complete Wellness uses fresh, high quality and high potency ingredients, and leaves out the wasteful fillers. No added sugar, no yeast, wheat, rice, corn, silica, artificial flavoring or coloring. Get a quality vitamin and you'll save time and money.

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This 80 ingredient super-supplement formula is known as the Complete Wellness Multiple. This wonderful food based Vitamin/Mineral/Herbal Complex is quickly becoming part of the daily health program for people all across the country. Our family of loyal repeat customers continues to grow.

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It is highly recommended that you take our food based Complete

Nutritional Formula "Super Supplement" every single day. Give your body the optimal nutrition it needs, to help you enjoy optimal health.

Dr. Wei is so confident that you will find Complete Wellness the best vitamin—so he's giving you a special offer for the month of February.



[www.time.com](http://www.time.com)

When you're ready for the big experience, Mardi Gras, you'll find the big day can fall on any Tuesday between February 3 and March 9.

Literally meaning "Fat Tuesday," Mardi Gras is the culmination of a week long Carnival season that ends on Ash Wednesday. While impromptu foot and horseback parades had been a regular New Orleans occurrence for decades, it was in 1857 that the first "krewe" — private groups with semi-mythological namesakes that organize thematic parades — was established.

The Krewe of Rex established the official Mardi Gras colors of green, gold, and purple.

With its mixture of Caribbean, Spanish, and French influences, New Orleans' Mardi Gras adopted the latter nation's affinity for masked balls and celebrations. In a little more than 150 years, Mardi Gras has only been canceled about a dozen times, typically for disease (yellow fever in the late 1870s) or conflict (the Civil War and both World Wars).

Many Americans associate Mardi Gras with drunken debauchery and women baring their breasts for cheap colored beads. But most of the season's celebrations take place outside of the raucous French Quarter, in family-filled neighborhoods such as the tree-lined Garden District. There, parents and kids await daytime parades, many utilizing modified ladders with seats on top. There, children are ideally positioned to catch beads and other "throws" —

plastic coins, stuffed animals, cups, frisbees, etc. — from passing floats. During Carnival season, tree branches along popular parade routes are often covered with hanging sets of gaudily colored beads.

In a city well renowned for its food culture, the act of purchasing a King Cake is a beloved part of Mardi Gras.

Sold only during the Carnival season, king cake is a large braided Danish pastry, typically spiced with cinnamon and covered with green, purple, and gold sugar, corresponding to Mardi Gras' colors. Socked away inside the cake is a tiny plastic baby, and whoever discovers the little tyke in their slice is required to buy the next king cake (or host the next party).

See you there....

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## Arthritis Treatment Center February Schedule

**February 1<sup>st</sup> - 4<sup>th</sup>** - Dr. Wei will be out of the office. The office will remain open from 8am to 12 noon for account services, lab visits, osteoporosis scans, IDD, and product purchases.

## *Wei's World*

In a previous newsletter, I talked about our second child's graduation from New York University's Tisch School of the Arts with a major in musical theater. Ever since he was two years old, just barely able to run around, Jeffrey was enamored with singing, dancing, and acting. Initially, we thought it was a cute phase he was going through, but the phase never ended. His dream, his passion, has always been to perform on Broadway.

Students who go through CAP 21, the musical theater program at Tisch, participate in a practicum. This is a semester long program that prepares the students for the real world... how to make the most of their talents, how to deal with agents, and so on. The practicum culminates in a showcase where the entire class performs individually in front of agents with the hope that this will result in a signing.

Obviously, it's a huge deal. Getting signed with an agent is a major step in securing work in the performing arts. Jeffrey has been rehearsing for this showcase for several months. He has been very nervous.

The nice thing about the CAP program is that they allow the parents and relatives of the students to attend a dress rehearsal before the students perform in front of the agents. So, this past Tuesday, my wife and I along with our other

son, Benji, drove to New York City to attend the dress rehearsal.

New York was under a winter storm warning with a foot or more of snow predicted, but that wasn't going to deter us from seeing Jeffrey perform. We were able to grab a quick bite before the show and then went to the theater to watch.

What an amazing display of talent! You have to understand that the musical theater students at Tisch are arguably among the best performing arts students in the country. These kids are the best of the best. And the performances were simply astonishing.

After the show, we took Jeffrey out for a bite to eat. He was clearly nervous and worried about the eventual outcome. He said that sometimes students in this showcase aren't signed by any agent. This could understandably smash a student's ego. My wife and I did our best to tell him that no matter what, he needed to continue to follow his dream.

We reminded him of what was once said about Fred Astaire after an audition by an agent: "Can't sing. Can't act. Balding. Can dance a little."

Let's face it, in life we all face our share of disappointments and frustrations. Persistence and belief in yourself can go a long way in becoming successful.