

## Strength In Numbers!

*Did you know studies show your odds of success more than double when you exercise with a group?*

We could not have imagined the amazing burst energy of group our exercise classes would bring to our LJ's Fitness program. Since the grand opening of our new Extreme Classroom in September, we've seen a steady stream of new clients, so in response we added more classes and instructors! At LJ's we offer classes for EVERY body, from novice to experienced, structured to welcome all fitness levels. Best news of all... All group fitness classes are included in your LJ's membership! Not a member...but would like to try our classes? NO PROBLEM! Come in for a day pass to try any of our classes or we offer a CLASS ONLY PASS by the month.

(continued on p. 3)

### Look Inside!

**Saving coupons, word search puzzle pg. 6, Fitness Tip pg. 10, Heart Healthy Recipe pg. 11.**



### Meet Jacob, a patient at St. Jude

Jacob always loved playing outside, so when he became lethargic and pale, his parents took notice. At first, doctors

thought Jacob had a viral infection, but when his symptoms lingered, further tests found he suffered from acute myeloid leukemia. Doctors referred Jacob to St. Jude, where he underwent chemotherapy and a natural killer cell transplant. Jacob's cancer is now in remission. For his mom, Tanya, who herself is a cancer survivor, the news is a relief. "Hearing 'remission' was wonderful," she said.

Today, Jacob is in the fifth grade. He visits St. Jude once a year for checkups, and he loves to play video games.

*For more stories like Jacob, go to [www.stjude.org/workout](http://www.stjude.org/workout)*

## Class Schedule

### Monday

9:30am: .....ZUMBA GOLD\*

6:00pm: .....CARDIO JAM\*

7:00pm: .....YOGA FLOW\*

### Tuesday

9:00am: .....Butts n' Guts

10:30am: .....ISSHINKYU KARATE\*

5:30pm: .....BEGINNERS YOGA\*

7:00pm: .....ISSHINKYU KARATE\*

### Wednesday

9:00am: .....BREATHE & RELAX\*

9:30am: .....ZUMBA GOLD\*

4:45pm: .....MIX IT UP

6:00pm: .....ZUMBA\*

### Thursday

9:30am: .....STRENGTH & BALANCE\*

10:30am: .....ISSHINKYU KARATE\*

5:30pm: .....BOOT CAMP\*

7:00pm: .....ISSHINKYU KARATE\*

### Friday

9:00am: .....CLASSIC STEP\*

10:30am: .....ZUMBA TONING\*

### Saturday

9:00am: .....ZUMBA\*

\* Daycare Offered! Other Classes Coming Soon!

So then we pursue the things which make up for peace and the building up of one another. – Romans 14:19

**Thank you for taking the time to read the LJ's Community Call. What does the word "CALL" actually mean? The dictionary defines "CALL" as - "A command to come".**

The purpose of this newsletter is to acquaint residents with their local business community. LJ's Community Call was created after discussions with new & existing business people about how to reach our neighborhoods & surrounding areas. Please patronize these local businesses and answer the call.

# Sky Armstrong

*Personal Protection Specialist, is back at LJ's Fitness in April for Women's and Children's Self Defense classes.*

The GetCourage Women's Program is a practical, complete self-defense course for women and girls ages 13 and up. The goal is to teach the attitude and skills needed to lower your risk and defend yourself against date rape, kidnapping, sexual assault and other violence.

You will learn how to use a group of simple, effective physical actions when no other alternatives are available. These survival techniques do not require strength, agility or previous experience. You will be taught how to break free from wrist grabs and choke holds, being grabbed from the back or front, escape techniques and how to inflict pain and gain control over an attacker. This course is a life long skill-building and enrichment program participants will use in their every day lives.

#### **Women's Self Defense program**

- Tuesday's, April 5, 12, 19 & 26 from 5:30pm - 7pm.
- \$40 per person or bring a friend and save, 2 for \$60!

**Class Size is LIMITED.  
Please call or stop at  
LJ's Fitness to Register**

GetCourage Kids Self-Defense Program is a program aimed at teaching boys and girl's ages 5 - 12 how to recognize a dangerous situation or an unsafe adult and how to safely get away and get help.

This program teaches verbal and physical safety skills educating children about manipulation ploys pedophiles use to win their trust and the trust of their family. All classes are taught in an upbeat, "kid friendly" manor. This program will help them build good self-esteem. Parents are welcome but it is not mandatory to stay.

**Note to parents:** *Your child is at the age where they are given more freedom and with that freedom, comes responsibility. They need to know how to make safe decisions on their own. Many kids don't realize they are in trouble until they are IN TROUBLE. Your kids will be taught to be cautious, not afraid.*

#### **Children's Self Defense**

- Saturday April 9 & 30 from 10 am - 11:30
- Ages 5 through 12
- \$15 per child (Bring a friend and save \$5)



Photo: Originally Published: August 16, 2008  
*To defend yourself, first value yourself*  
By Elizabeth Giorgi - Reading Eagle



#### **BOXING is Back at LJ's!**

Men, Women & Kids of all fitness levels can improve coordination & burn calories during this 2 hours of non stop training with our local Boxing Professional, Craig Tomlinson. Learn the fundamentals of boxing & conditioning using the heavy bag, speed bag, double end bag & focus gloves. Class size is limited & you must pre-register. Members(\$ 30) & Non-Members(\$40) are invited to participate in this intense training seminar. Boxing will add an amazing new dimension to any workout regiment! Check our Facebook page or call for our Monthly Seminar schedule.

**NEXT Seminar is Tuesday March 8 from 6-8 PM**

# Isshinryu

*(1 heart/1 mind)*

was introduced in 1954 by Tatsuo Shimabuku. Isshinryu is a combination of styles and weapons techniques and epitomizes the powerful, lightning-fast techniques that enabled the weaponless Okinawans to endure the rein of the Chinese empire and to defeat the sword-wielding Samurai of Japan. Isshinryu's main goal is to perfect of oneself through physical and mental development.

*As students learn they acquire:  
Self-confidence • Serenity •  
Humility • Respect*

A Karate membership at LJ's Fitness has unique advantages not found at other martial arts only facilities. As a member of the LJ's Fitness family all Karate students ages 14 and older receive the use of our entire facility which includes: Extensive weight room, Cardio equipment and a customized work out program is available for all students to help increase your strength, stamina and flexibility. We are dedicated to your success as a martial artist.



Children, adults and families welcomed!

*Children must be 9 years old for Kid's Karate. (Day care available for younger children during all class hours.)*

Class times:

Tuesdays - 10:30 am & 7 pm

Thursdays - 10:30 am & 7 pm

Monthly, quarterly and annual membership packages available.

Discounts available for 3 students or more from one household.



SENSEI GARY WOLF has over 40 years of experience to share with his students. Through his commitment to Isshinryu he has continued to excel and has received his 7th Dan.

## Strength In Numbers! continued

LJ's Fitness is asking for your help to make a difference in the lives of some very sick children. For the entire month of February we are sponsoring a Workout for St. Jude Children's Hospital. This out reach is open to the community on Wednesday February 23, where ALL -classes at LJ's will be open to the public. We ask anyone choosing to participate on the 23rd to pick up a sponsor form at LJ's and collect pledges and donations from their friends, co-workers and family members. Bring your completed pledge sheet and donations on February 23 and you may exercise ALL day plus earn great prizes for your participation in the program:

- Participants raising \$35 or more receive a St. Jude T-SHIRT
- \$75 or more receive a St. Jude BACKPACK & a t-shirt
- \$150 or more receive a St. Jude PEDOMETER, backpack & a t-shirt!



### Casey

Casey has been practicing yoga for nearly seven years and teaching for almost six. She is a certified yoga instructor, receiving her 500-RYT through YogaFit, a Yoga Alliance accepted program, and by practicing with Master Jayakumar Swamysree in Mysore, India. Casey's prior

activities have included gymnastics, bodybuilding, and swimming. Her current interests include reading, gardening, and yoga

Private Sessions – One-on-one sessions. Designed to address individual needs. Sessions average one hour and are held in a safe, private, confidential setting. Package prices are available. See Lynn to schedule.

*"It is with the practice of yoga that I have found my mind in stillness, my soul at peace, and my body at ease. It is this gift that I wish to share with as many as possible."*

## STAFF PROFILES:



### Tony

My experience here at LJ's has truly been a blessing, both as a client and as a member of the staff. The best blessing of all is watching and working with others to achieve their goals. Since September, it's been my pleasure to teach LJ's BOOT CAMP. I want to share some things with you

that help me with my workout. The first thing is focus on Faith. You need to develop a mindset when it comes to your workouts. Dedication and Hope are the next 2 things. Be a winner! Everyone got where they are, from where they were. Don't give up! Lastly, discipline. Love yourself enough to deny yourself the things in your life that stop you from doing your best. If you have ever wondered how to become Spiritually Fit... exercise your faith! with us on Thursdays at 7 pm. We look at national and world events and discuss how things might be different if we used the Bible as our guide. It's an open invitation to join the discussion.

## LJ's Fitness Class Descriptions

**ZUMBA GOLD** with Michelle Monday & Wednesday 9:30am - Modifies Zumba moves and pace to suit the needs of the active older participant, as well as the de-conditioned exerciser. Even those who think they can't dance will be moving & grooving as the steps are broken down in an easy to follow format. The result...Boost in stamina & a lot of FUN!

**ZUMBA** with Michelle Wednesday 6 pm & Saturday 9 am - Features exotic rhythms like salsa, meringue, and samba set to Latin and international beats. Easy to follow, this dance/fitness class works all the major muscle groups in a high energy cardio blast that leaves the participants invigorated and full of life.

**ZUMBA TONING** with Michelle Friday 10:30 am combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-burning, strength-training dance fitness-party.

**CARDIO JAM** with Jennifer Monday 6 pm, Get your heart pumping and burn calories with this mix of high and low impact aerobics, including dance-based, kickboxing, and athletic movements, and high-energy music. Easy to follow, with options given for all fitness levels.

**YOGA FLOW** with Jennifer Monday 7 pm - A more active yoga class that includes sun salutations and flowing posture sequences, followed by stationary standing, seated, and lying poses. This class will give you both a strengthening and stretching workout! No yoga experience required, but participants should have an intermediate level of fitness.

**BUTTS n'GUTS** Tuesdays 9:00 am - 30 minutes of glutes & abdominals to help you look good coming & going!

**STRENGTH & BALANCE** Thursday 9:30 am - A great 30 minute class for anybody. If you don't use it you lose it—we'll help you keep it!

**BEGINNERS YOGA** with Casey Tuesday 5:30 pm - A bit more challenging than the Breathe & Relax class where students will be introduced to sitting and standing asanas (postures). Class will begin and end with a long relaxed meditation (sometimes guided). If you are interested in learning the postures (asanas) of yoga, this is the class for you. It will also involve deep stretching and balance practice.

**BREATHE & RELAX** with Casey Wednesday 9 am - A low impact yoga class consisting of breathing and stretching exercises. There is no rush with this class. Excellent for the beginner yoga student, people who suffer from stress, or just those who wish to relax and learn how to quiet the mind.

**MIX IT UP** with Beth Wednesday 4:45 pm A combination of cardio and strength interval segments to provide a total body workout. Using basic weight and resistance training with proper form, and basic to intermediate step moves, you will be challenged and motivated to help meet your fitness goals. ALWAYS Abs and stretching... not to worry! Suitable for all levels of fitness.

**BOOT CAMP** with Tony & Tyler Thursday 5:30 pm - Are you bored with your normal routine? Try BOOT CAMP! An alternative training program comprised of bodyweight exercises like push ups, squats, planks & more! You work, sweat, and best of all, burn calories like crazy! Challenge your body to its limit. Unlock YOUR potential!

**CLASSIC STEP** with Lynn Friday 9 am -Step aerobics provides endurance training for the cardiovascular system, strength training helps improve gait & balance plus enhances joint movement. Workout to classic rock & roll, sing along, have fun & relieve some stress! Step is suitable for all ages.

**CHILD CARE** is a service offered to LJ's clients and guests while they are working out in the fitness center and during all of our group classes. We have caring volunteers who read and play with the children to afford their parents some "me" time.

\*Child Care hours offered is as follows:

Monday thru Friday 9:00 A.M. – Noon

Saturday: 8 A.M.– 11 A.M.

Monday thru Thursday: 5 P.M. – 8 P.M. \$2.00/Hour

first CHILD\* each additional child \$1.00/hour

*Our staff will be your accountability partner and LJ's Fitness your Body Shop!*



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But seek ye first the kingdom of God and His righteousness ... Matt. 6:33

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**Wondering how to advertise in LJ's Community Call? Contact Lynn Kreider at LJ's Fitness 610-589-5213 for all the details!**



**Since 1863, Bethany Children's Home has provided care for abused and neglected children who are unable to remain living with their families.** Youth are accepted into emergency shelter care, short-term intensive treatment, residential treatment, foster care or independent living trauma-informed programs. We serve an average population of youth aged 12-18 years from areas across southeast and central Pennsylvania. Operational costs come from state and federal funding, support from the United Church of Christ, and private donors. Placement is primarily through county children & youth agencies. Private placement can also be arranged. Contact Jon Henning, Chief Relations Officer at 610-589-4501 or [jhenning@bethanyhome.org](mailto:jhenning@bethanyhome.org) for additional information.

Donations are always gratefully accepted and appreciated. Monetary contributions can be mailed to:

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In-kind donations are also accepted. Please call the Development Office for our wish list.

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**SILENT AUCTION, FRIDAY, APRIL 15<sup>TH</sup>**

**GENERAL AUCTION, SATURDAY, APRIL 16<sup>TH</sup>**

**8:00AM - PANCAKE BREAKFAST & GENERAL AUCTION**

HUNDREDS OF ITEMS



The Conrad Weiser Rotary Club is looking for members to give their time and talent to the communities of Robesonia, Wernersville, Womelsdorf and surrounding areas through your local Rotary Club. We meet weekly on Tuesdays at Ozgood's in Robesonia from 12:15 to 1:15. Some of our projects include the Robesonia Butterfly Garden maintenance, a pancake breakfast, and Casino Night, a fundraiser for local Berks County community projects and Rotary Foundation. We support our local fire companies, libraries and Conrad Weiser school students.

The Casino Night is coming up on February 26th from 5pm to 10pm at the VF Outlet Center, 3rd floor of the Designer's Building, 8th Avenue, West Reading. It is sure to be a night of fun and prizes, with proceeds supporting local Berks County community projects and Rotary Foundation. Last year at our first Annual Casino Night, we sent a check in the amount of \$16,000 to Rotary International, a truly phenomenal accomplishment. We'd love for you to attend – the \$40.00 donation includes \$2000 in casino chips, meal ticket and a guaranteed night of fun. Your support will be reflected in the Rotary's community projects. Call Sandy Kuchar for more information - 610-693-5409. There will be crapes tables, roulette tables, poker tables, slot machines, and wheels of fortune at this exciting event. Don't miss out on all of the fun while helping your community. Please join us on February 26.

#### International Lions Club News:



Pancake Breakfast and Blood screening on Sunday February 27 at the Conrad Weiser High School 8 to 1, The Rehrersburg Lions are having a Horse Race night April 2, Conrad Weiser Lions Golf Tournament is June 12 at Galen Hall to raise funds for scholarships



**Kiwanis is a global organization of volunteers** dedicated to changing the world one child and one community at a time. The Greater Reading Berks County Kiwanis Club serves the Berks County area. The club meets on the 2nd and 4th Mondays of each month at Mifflin Court Nursing Home in Shillington and the 3rd Monday of each month at Bethany Children's Home in Womelsdorf. New members or guests are always welcome to help us reach out to our community!

In addition, Kiwanis sponsors Key Clubs at Conrad Weiser, Exeter, Governor Mifflin, Holy Name, Reading and Wilson High Schools, a Builder's Club at Conrad Weiser Middle School and a K-Kids at the Olivet's Boys and Girls Club in Reading.

#### Service projects "blooming" this spring...

- Cooking & Serving Dinner at the Opportunity House in Reading
- Cookie Baking with students at Bethany Children's Home
- Nolde Forest Clean-ups
- High School Leadership Retreat at Camp Conrad Weiser
- Easter Seals Park Pick Up
- Adopt-A-Family Collections

#### Know someone affected by Multiple Sclerosis? Or looking for a way to help others?

Ask us about the MS Walk at Gring's Mill on May 1, 2011! For more information about the MS Walk, any service projects or Kiwanis in general, please email Kady at [kadysue@gmail.com](mailto:kadysue@gmail.com). We look forward to hearing from you!

**"What lies behind us and what lies before us are tiny matters compared to what lies within us."**  
- Ralph Waldo Emerson



"Delivering messages of Help, Hope and Healing"

# LJ's Word Search

O E U N L O C K Y O U R P O T E N T I A L P I S C  
 I N G P O S U O R E E N I M X I T A M E T P E L L  
 E N T E S Q U E M N T E G E R S E M P E R Q U A M  
 I D L O G E M C O M D I R N T H E A L T H U S V A  
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 T R I S M O L L I E L A C U S A T I S C I D U E T  
 E A A T A C C U P S A N N E C I N F A C I L I S I  
 S K N I C O U N T R Y L I N E D A N C I N G V C F

- |                       |                   |                     |
|-----------------------|-------------------|---------------------|
| LJSFITNESS            | KARATE            | COMMUNITY           |
| ZUMBA                 | MASSAGE           | LEAN BODY MASS      |
| DUMBBELLS             | BOXING            | COUNTRYLINE DANCING |
| YOGA                  | NUTRITION         | SAUNA               |
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| UNLOCK YOUR POTENTIAL | SELF DEFENSE      | MEMBER              |
| BOOT CAMP             | PERSONAL TRAINING | AGONY               |

## 4 Rules of Fitness Success:

1. Show Up
2. Stay Focused
3. Ask Questions
4. Don't Quit!

These are LJ's Fitness Members who follow the Rules of Success when it comes to Fitness. Most deserving of recognition for their loyal patronage, dedication to wellness and for becoming a fitness family for a decade or more:

In no particular order: Kathy & Bob Stock, Charlie Goss, Greg Dick, Jeff & Lori Seitzinger, Tom Siani, Herman & Linda Santos, Fran Moore, Jim & Janice Murdough, Victoria Troutman, Greg Price, Kevin, Cindy & Kady (Blass) Snyder, Leslie Martin, Inga Lotz, Sarah & Chris Rickert, MaryJane Behney, Anna Lorah, Jeffery Huseman, Kirk Haley, Rita Hall, Helen Reigel, Bob Bowers, Marlin Ritchie, Dale Bricker, Tim, Lorraine & Josh Porter, George Savich, Sharon Troutman, Spencer & MaryAnn Watts

*I have been blessed by your presence and graced by your friendships, Thank you from the bottom of my heart  
 - Lynn Kreider*

### CLIENT TESTIMONIAL:

**Kindall Wann from Womelsdorf has been working out at LJ's for 1 1/2 years.**

He tells us "LJ's helped me lose 55 lbs and I continue to lose weight as needed. Thank you for your support in coming to this goal."

**Betty from Bernville has been exercising at LJ's since January 2010.**

"My goal was to tone and strengthen my lower back and muscles. In doing so, with the help of the trainers, my goal is being met. Also, the muscles in my lower pelvic area are much stronger around my bladder."

***If you are a Community or Non-Profit group, and would like to announce an event, please contact Lynn Kreider at LJ's Fitness 610-589-5213 for all the details!***

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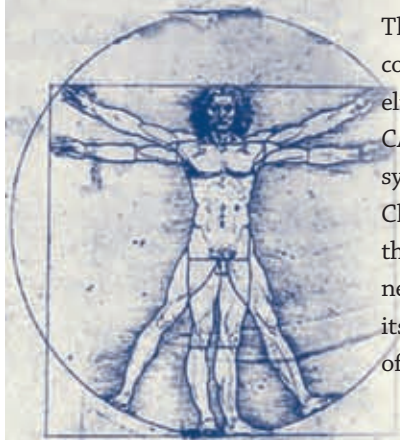


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# What IS Kinesiology?



The difference between “treating and Healing” is that in the former the context remains the same, whereas in the latter, the clinical response is elicited by a change of context so as to bring about absolute removal of the CAUSE of the condition rather than the mere RECOVERY from its symptoms. This is the primary goal of Chiropractic and Kinesiology. Chiropractic is concerned with the relationship of the spinal column and the musculoskeletal structures of the body to the nervous system. “The nervous system holds the key to the body’s incredible potential to heal itself because it coordinates and controls the function of all other systems of the body”. Sir Jay Holder, MD. DC. PhD.

Kinesiology is now a well established science based on the testing of all or none, muscle response stimulus. A positive stimulus provokes a strong muscle response; a negative stimulus results in a demonstrable weakening of the test muscle.

Clinical Kinesiology muscle testing as a diagnostic technique, has found widespread verification over the last 30 years, thanks to Dr. George Goodheart’s research and development. I utilize this technique in my office.

I believe the best way to close this conversation on health, healing and Chiropractic is to quote the following: “It’s supposed to be a professional secret, but I’ll tell you anyway. We doctors do nothing. We only help and encourage the Doctor within.”

– Albert Schweizer

*To your good health!*  
Warren D. Sickman D.C.

## LJ's Eucalyptus Room has many health benefits.



We're in the midst of cold & flu season. If you're working or exercising next to someone who's sniffing, sneezing or coughing or maybe just run down by the winter cold, we have a suggestion for both of you! Visit LJ's Eucalyptus Room!

**LJ's Eucalyptus Room, infused with eucalyptus oil, has many health benefits.**

An important reason why people like using the eucalyptus room is that it provides a cooling and refreshing effect. Normally people suffering from any disorder are down.

Eucalyptus oil, which is stimulating, removes exhaustion and mental sluggishness and rejuvenates the spirits of the sick. It is also effective in treating stress.

Eucalyptus essential oil is effective for treating a number of respiratory problems including cold, cough, running nose, sore throat, asthma, nasal congestion, bronchitis and sinusitis.

In nature, eucalyptus oil is an antibacterial, antiviral, anti-inflammatory and decongestant which makes it a good for treating respiratory problems.

Don't worry about catching something in the Eucalyptus Room. The antiseptic and deodorant nature of eucalyptus oil makes it a perfect room freshener for hospitals and sickbed atmosphere. It also kills bacteria and germs in the air and hence keeps the room environment clean.



## Top 10 Cold Remedy Foods

- 100% Orange juice
- Spinach
- Bell peppers
- Garlic
- Lean meat
- Avocado
- Tomatoes
- Broccoli
- Grapefruit
- Yogurt

Avoid foods that are high in sugar because they can decrease your immunity. Avoid excess milk products if you are stuffy.

Milk protein thickens mucous and makes it harder to drain. Water, on the other hand, will help keep mucus thin and easier to clear.

Finally, although there is no such thing as an absolute cold-fighting food remedy, building up your immune system can only help.

*Develop good eating habits  
and stick to them all year.*

**REVOLUTIONARY THINKING**

**- Believe, Achieve & Succeed in 2011!**

**Identify your reason WHY** – Set a specific goal and the purpose for that goal. ( WHY do you want to lose this weight, be this size)

**Get a VISUAL** – Find a picture of the REALISTIC body type you hope to achieve & put your head on that body. Post it where you'll see it the most, refrigerator, desk top, bathroom mirror.

**MEASURE your progress** – In order to stay motivated, it's important to see progress and that progress must be measurable. Don't just depend on the scale. Get out the tape measure or have a lean body mass test done. Track your results weekly to monthly. Be sure to take that "before" photo, soon to be the "never again" photo!

**WRITE it down** – Journaling is your best accountability partner. It may be a pain to do at first, but it will become a good habit - like your new eating lifestyle.

**REWARDS within reach** – Set short term goals and NON-FOOD rewards to keep you motivated on your fitness journey. Those shoes, that sweater or a good book are items to help you keep your eye on the prize.

**Set your intentions, back them up with action steps and reinforce your accomplishments with rewards to make you REVOLUTIONARY THINKING a REALITY.**



**Benefits Of Massage Therapy**

1. Increases Circulation
2. Enhances The Lymphatic System
3. Decreases Muscle Tension
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5. Reduces Scar Tissue And Stretch Marks
6. Reduces Spasms and Cramps
7. Relieves Migraine Pain
8. Lessons Depression and Anxiety
9. Improves Range of Motion
10. Decreases Stress All Around

Submitted By:

LJ's Certified Massage Therapist Christie Bechtel

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but it is possible !

**"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."**  
– Vince Lombardi

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**THE Black Dog**

**Grilled Turkey Medallions (Get Ready to Grill!)**

- 1-1/2 Pints mesquite chips
- 6 Pounds TURKEY TENDERLOINS, skin removed
- To Taste pepper

Soak mesquite chips in water for 2 hours.

Preheat charcoal grill. Drain mesquite chips and add to hot coals.

Sprinkle turkey tenderloins with pepper and grill 8 to 10 minutes per side (rotate to ensure all four sides are marked) or until 170 degrees F internal temperature is reached.

Allow to rest for 10 minutes. Slice turkey into 1/2-inch medallions and arrange on dinner plates.

**Caribbean Salsa**

- 1-1/2 Quarts mango, peeled, cut into 1/4-inch cubes
- 1-1/2 Cups cucumber, peeled, seeded, cut into 1/4-inch pieces
- 3/4 Cup fresh cilantro, chopped
- 1/2 Cup green onion, finely chopped
- 1-1/2 Each jalapeno pepper, seeded, finely chopped
- 3/4 Cup freshly squeezed lime juice
- 1-1/2 Tablespoons brown sugar
- 1-1/4 Tablespoons fresh ginger root, peeled and minced
- To Taste pepper

Combine mango, cucumber, cilantro, green onion, jalapeno, lime juice, brown sugar, ginger and pepper.

Cover and refrigerate for at least 1 hour.

Serve salsa over tenderloins

## LJ's Fitness's Membership Benefits

- ✓ FITNESS PROGRAMS
- ✓ Personal Training Packages
- ✓ NUTRITION  
& Lean Mass Analysis
- ✓ WOMEN'S CIRCUIT
- ✓ "Bring a Friend Free Day"
- ✓ EUCALYPTUS ROOM & Sauna
- ✓ GROUP FITNESS
- ✓ MASSAGE DISCOUNTS
- ✓ Monthly Specials on products

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### FITNESS FRIEND NETWORK:

Call and ask us about our group training. Put together a group or we will find a group for you. In a Fitness Friends Network you motivate / push each other in a friendly competitive atmosphere with the benefit of personal trainer guidance at an affordable price.

## Company Wellness

### Join Together...Workout Together

- Group Discount
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- Enhanced Employee Productivity
- Lower Employee injuries & sickness
  - Lower Absenteeism
    - Better Morale
    - Greater confidence
- Improved employee relations/teamwork

### Historic Schaefferstown, Inc.

Adult Workshop Classes 2011- basement of Brendle Museum, 111 N. Market St., Schaefferstown, Call 717-866-5242 for information. Age 13 and up.

#### Sgraffito Redware - 20" plate - Susan Horst

Date: Feb. 19, 2011 Time: 9 am to noon  
 Snow Date: Feb. 26, 2011 Time: 9 am to noon  
 Cost: HSI members: \$42.00  
 Nonmembers: \$ 47.00  
 Registration Deadline: Jan. 28, 2011

Huber Haus pottery through Susan will provide the materials needed to design a 20" Redware plate. Please bring apron or towel.

#### Art & Craft of Pressed Flowers - Debbie Hartman & Casey Pakola

Date: Mar. 19, 2011 Time: 9 am to 11 am  
 Snow Date: Mar. 26, 2011 Time: 9 am to 11 am  
 Cost: HSI members: \$20.00  
 Nonmembers \$25.00  
 Registration Deadline: Feb. 25, 2011

Debbie and Casey will provide all materials to make pressed flower card and a bookmark. Kits may be available to buy.

#### Hex Sign Painting - Sandy Coldren

Date: April 9, 2011 Time: 9 am to 1 pm  
 Cost: HSI members: \$37.00 Time: 9 am to 1 pm  
 Nonmembers: \$42.00 Time: 9 am to 1 pm  
 Registration Deadline: Mar. 26, 2011.

Students will learn the basics of the "Fancy Dutch" tradition of painting hex signs. All skill levels are welcome. Will complete a 12" diameter sign for inside or outside use.

Bring one 12" ruler, soft-lead pencil and an eraser. Suited for students 16 and up.

### Iron Horse Helpers 2011 Events:

Winter Bash - March 26th SOLD OUT!

QUARTER AUCTION - April 16th

"Wino" Tour - May 7th

For more details check their website

[www.ironhorsehelpers.org](http://www.ironhorsehelpers.org)

### Northern Light Apostolic Church

Keith Yeager, Pastor 610 507 7544  
 preacher238@comcast.net  
 northernlightapostolicchurch.org

...walking in the light of truth, Lion's Den  
 Teen Challenge Road, Rehrersburg, PA

### The Spirit of Christmas Trail...

What a wonderful fun filled Holiday spirited weekend in Robesonia! Beginning in 2007, 6 businesses in the Robesonia and surrounding areas decided to have a joint sale & fundraiser at the same time. Each year, a new charity is selected & last year the Friends of Conrad Weiser Homestead was our recipient.

To raise money we charge \$5.00 for a ticket which is stamped at each location. A refund of \$5.00 for a purchase of \$30.00 or more is given at each store! That's a potential savings of \$25 for a \$5.00 donation! Along with sales galore and a lot of free goodies to eat all participants have a chance to win one of 5 different door prizes worth over \$100 each. Ticket donations in 2010 netted \$755.00 to the Friends of Conrad Weiser Homestead and we were featured on BCTV! If you want to help the Robesonia Area Community Library (our 2011 recipient), get some great buys and good food, join these shops on December 2, 3 & 4, 2011: A Wrinkle in Time, Lori's Candy Station, the Salt Box, Breinger Pottery, 1700 Historical Collectibles

*Friends of Conrad Weiser have worked tirelessly to maintain the beautiful grounds of the Homestead. Volunteers are always needed and greatly appreciated. For more information about tours or up coming events the website is <http://conradweiserhomestead.org> or to volunteer email them at [info@conradweiserhomestead.org](mailto:info@conradweiserhomestead.org)*

### Womelsdorf Volunteer Fire Company Fund Raising Events:

Feb 12. Sandwich sale , starting at 8:30am, Italians and Hams will be sold door to door.

March 5. Ladies Aux. Fastnaucts Sale 9-1 and Sunday March 6 8-12 at the Social Hall

20 North Front Street, to place an order, call Kim Martin 484-769-0692. Sold on a first come, first serve basis\*\*\*

Sunday March 6. Womelsdorf Firefighters Open To The Public Breakfast

8-12 at the Fire Company Social Hall, 20 North Front Street.

April 22 and April 23. Easter Annual Flower Sale, starting at 8am, located at the Engine House.

**LJ's events, Start training NOW for LJ's 5 K Fun Run to be held in April. This annual event is held in memory of Melissa Edwards and benefits the Womelsdorf Community Library.**