

### Quote of the Month:

*If there were no schools to take the children away from home part of the time, the insane asylums would be filled with mothers.* - Edgar W. Howe

### Check us out!

Check out these dates and location of where we will be.

- **August 6 Indiana Fever vs. Atlanta Dream**

#### BREAST HEALTH AWARENESS HEALTH FAIR NIGHT

This special night is dedicated to raising awareness about breast cancer with a special halftime presentation recognizing survivors. Players and coaches will be wearing pink, fans are encouraged to do the same. A limited number of fans will also receive a pink Indiana Fever jersey. For tickets and more information, visit [www.wnba.com/fever/](http://www.wnba.com/fever/)

- **October 2-3 Women's Expo**

This event hosts a health pavilion featuring a variety of health, beauty, fitness and home vendors as well as a food pavilion featuring dozens of food vendors offering samplings of food products. There will be live entertainment along with workshops, clinics, and seminars. The event will be held at the Indiana State Fairgrounds located at 1202 E. 38th Street in Indianapolis. Tickets are \$6 at the door. For more information and discounted tickets, please visit [www.womensexpo.org](http://www.womensexpo.org).

HAVE AN IDEA OF WHERE ELSE WE SHOULD BE? LET US KNOW! CONTACT MEAGAN McCORD AT (317)753-3680 OR [mmccord@solishealth.com](mailto:mmccord@solishealth.com).

### Back-to-School Trivia



Test your knowledge with these "Stuff You Should Have Learned at School" questions. (See reverse side for answers)

1. True or False: Natural numbers are positive integers.
2. Choose the correct word: You will send this letter to the person (who/whom) appears on the envelope.
3. What is the capitol of New York?
4. Boyle's Law: For a fixed amount of gas at a fixed temperature, the pressure and the volume are \_\_\_\_\_ proportional.
5.  $3/5 + 1/3 = \underline{\hspace{1cm}}$
6. Name the 17th President of the United States of America.
7. Choose the correct word: I (lay/laid) there yesterday.
8. True or False: There are 206 bones in the human body.
9. Who wrote *Iliad* and *Odyssey*?
10. In what year did the Battle of Gettysburg occur?

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www.SolisHealth.com

SEND TO:

## Indianapolis Breast Center

1950 W. 86th Street  
Suite 300  
Indianapolis, IN 46260  
Address Line 4

Tel: 317 872 3583 or 800 231 1053  
Fax: 317 872 9856

Hours: Monday-Thursday 7am-5pm  
Friday 7am-12pm

**GIVE YOURSELF A REASON TO SMILE. GET A MAMMOGRAM!**

Answers: 1.) True; 2.) who; 3.) Albany; 4.) inversely; 5.) 14/15; 6.) Andrew Johnson; 7.) lay; 8.) True; 9.) Homer; 10.) 1863

### Healthy Recipe

#### CHOCOLATE ZUCCHINI BREAD\*

16 servings, 1 slice each

- 1/2 c. chopped walnuts
- 1 c. all purpose flour
- 1 c. whole wheat flour
- 1/4 c. unsweetened cocoa
- 1/2 t. baking powder
- 1/2 t. baking soda
- 1/2 t. salt
- 3 large eggs, lightly beaten
- 1 1/2 c. sugar
- 3/4 c. unsweetened applesauce
- 1/4 c. canola oil
- 1 t. vanilla extract
- 1 oz. unsweetened chocolate, melted
- 2 c. grated zucchini



Preheat oven to 325 °F. Coat two 8 1/2 x 4 1/2 inch loaf pans with cooking spray. Spread walnuts in pie pan and bake until fragrant, 5 to 7 minutes. Set aside to cool. Whisk all purpose flour, wheat flour, cocoa powder, baking soda and salt in large bowl. Whisk eggs, sugar, applesauce, oil, vanilla, and melted chocolate in another large bowl until well blended. Add to the dry ingredients and stir with a rubber spatula until just combined. Fold in zucchini and reserved walnuts. Spoon the batter into prepared pans, smoothing the tops.

Bake the loaves 55 to 60 minutes, or until the tops are golden and a toothpick inserted in the center comes out clean. Let cool in pans on wire rack for 10 minutes. Invert onto rack and cool completely.

Nutrition (per slice): 239 calories; 8g fat (1g sat, 3g mono); 40mg cholesterol; 38g carbohydrates; 4g protein; 3g fiber; 143mg sodium; 97mg potassium. Exchanges: 1 starch, 1/2 fruit, 1 carb, 1 fat

\*Eating Well Jan/Feb 1999