

Melissa S. Eder

From: Tricia McGuire
Sent: Sunday, September 8, 2013 12:50 PM
To: DL-Administrators; DL-All AC Family; DL-Students (Currently Enrolled)
Subject: FW: in George Strait's words....check YES or NO!



How **WELL** are you?

Six Dimensions of Wellness: check **yes** or **no**.

Y__N__ **Physical** – regular physical activity, healthy eating habits, self-care and when to seek medical attention.

Y__N__ **Occupational** – enrichment of life through work/school.

Y__N__ **Social** – contributes to environment and community; has a social network.

Y__N__ **Spiritual** – development of belief systems and values.

Y__N__ **Intellectual** – engage in creative and stimulating mental activities; share your gifts with others.

Y__N__ **Emotional** – have self-esteem, self-control and passion.

If you checked more yes than no, congratulations! You have a **WELL**-rounded lifestyle! If not, it might be time to make some changes.

The AC Wellness Committee is committed to helping you....stay tuned for monthly bits of WELLness advise!

Next month's topic will be driven by your insight and questions. Let us hear from you by email or **COME BY OUR BOOTH AT THE RESOURCE FAIR ON THURSDAY 8:30-11:30am/CUB.**

Melissa S. Eder

From: Tricia McGuire
Sent: Thursday, October 10, 2013 4:27 PM
To: DL-Administrators; DL-All AC Family; DL-Students (Currently Enrolled)
Subject: AC Wellness Tips



Check out our AC wellness Facebook

page: <https://www.facebook.com/acwellness>

AC WELLNESS TIPS!

PHYSICAL - 30 minutes of activity a day! It all adds up. Take the stairs. Use the furthest bathroom. Park far and walk.

OCCUPATIONAL - Smile, it's contagious. Infect your surroundings with good energy.

SOCIAL - Volunteer. Plan a date night/lunch with spouse, friend or children.

SPIRITUAL - Pray/meditate. Forgive.

INTELLECTUAL - Read something that stimulates your mind.

EMOTIONAL - Purpose to be still and quiet. Turn off all technology for 30 minutes. Drive without music.

From your AC Wellness Committee.

Tricia McGuire, MS

Sports & Exercise Sciences Department

Instructor - Amarillo College

371-5285(office)

683-6886(cell)

Melissa S. Eder

From: Tricia McGuire
Sent: Sunday, November 17, 2013 3:44 PM
To: DL-All AC Family; DL-Students (Currently Enrolled)
Subject: AC Wellness Tips - November

AC Wellness Tips: *like us on Facebook* <https://www.facebook.com/acwellness>

PHYSICAL: Choose to be active on Thanksgiving. Attend a local Turkey Trot race/walk, take a family walk, play a family game (football, soccer, volleyball, etc.)

OCCUPATIONAL: Be thankful for your co-workers. Drop a note telling them how much he/she is appreciated.

SOCIAL: Don't succumb to holiday/family/peer pressure to overeat.

SPIRITUAL: Volunteer to serve at a local shelter on Thanksgiving Day or donate food. (AC Pantry)

INTELLECTUAL: Research and share the history of Thanksgiving...you might be surprised. (see below)

EMOTIONAL: Be careful not to isolate yourself around the holidays. Reach out to those who are alone.



Happy Thanksgiving from your AC Wellness Committee!

History of Thanksgiving!

Do you know one of the reasons why in America today we celebrate Thanksgiving on the 4th Thursday of November? Not because of Squanto, Pilgrims, Massasoit or even because we like to watch the President pardon the turkey. We've all heard the story about the tough time the Pilgrims had when they landed in Cape Cod in the fall of 1620, they meet a couple of nice Indians that helped them, then half of Pilgrims died off that winter. But, "thankfully" they survived, had a big Thanksgiving meal to celebrate their first harvest and peace with the local Wampanoag tribe in 1621. One part of the Pilgrim's Thanksgiving tradition many people are not aware of, is you must fast for a bit and then you can have the feast.

Some have heard the story in 1789 George Washington made the announcement that Thursday, November 26 to be "a day of public thanksgiving and prayer" to celebrate the new United States of America, but it was basically a one-time celebration. The real reason we are off on the 4th Thursday is because of the poem "Mary had a Little Lamb," or the author of the poem, Sarah Hale, she was the nation's first female editor, author of fiction/poetry and education advocate. She was even immortalized by Thomas Edison with the world first recording of him reciting that simple poem.

She lobbied 5 different presidents to have a unified day to celebrate a day of "Thanksgiving." The problem she kept running into was Thanksgiving was a holiday in only in the New England region of the United States, the majority of the southern region of the United States did not celebrate "Thanksgiving" or had even heard of the holiday and to make matters even more confusing, there was no one specific day. The time of "Thanksgiving" could vary from October to January. Also due to the underlying tension of the topic of slavery, no President wanted to "force" the southern states to adopt a "Yankee" tradition. Finally in the darkest days of the Civil War, after years of lobbying, October 3rd 1863, Abraham Lincoln made the official proclamation that the last Thursday in November would be a "Day of Thanksgiving."

She thought it might help unify the people after the Civil War was over and Abraham Lincoln agreed. Every president after him besides FDR would honor that date, but that is another story that involves bit of shopping. So remember Thanksgiving is a day to be thankful for the blessings we have as a country, as a community and as a family. It was all because one lady wanted us to be unified in a single day where we could celebrate of the simple act of being thankful for our good fortunes.

Tricia McGuire, MS

Sports & Exercise Sciences Department

Instructor - Amarillo College

371-5285(office)

683-6886(cell)