

Spaghetti Squash Lasagna

QUOTE OF THE WEEK:

“There’s nothing noble about being superior to your fellow man; true nobility is being superior to your former self.

- Hemingway

Ingredients:

- 1 2 1/2– 3 lbs spaghetti squash, halved lengthwise & seeded
- 1 Tbsp cooking oil
- 1 bunch broccolini, chopped
- 4 cloves garlic, minced
- 1/4 tsp crushed red pepper (optional)
- 2 Tbsp water
- 1 cup shredded part-skim mozzarella cheese, divided
- 1/4 cup shredded Parmesan cheese, divided
- 3/4 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp ground pepper

Directions:

1. Position racks in upper and lower 1/3rd of the oven, preheat to 450
2. Place squash cut-side down in a microwave-safe dish; add 2 Tbsp water, microwave on high for approx. 10 mins.
3. Heat oil in skillet, add broccolini, garlic, and red pepper. Cook for 2 mins. Add water and cook until broccolini is tender (3-5 mins). Place in large bowl.
4. With a fork, scrape insides of squash into the bowl. Place the shells on a baking sheet. Stir 3/4 cup mozzarella, 2 Tbsp Parmesan, Italian seasoning, salt & pepper into the squash mixture. Divide it into the two shells. Top with 1/4 cup mozzarella and 2 Tbsp Parmesan.
5. Bake for 10 mins.



The Spooky Sprint

Support the West End Center for Youth and have fun getting some exercise too!

The 7th Annual 5K Spooky Sprint will be

October 28th

9:30—12:30

at Wasena Park



Registration Begins at 8:15 AM
There's a costume contest!

[Race Info!](#)

[Registration & Event Info!](#)

Interpersonal Wellness

When supporting a friend who has been a victim of sexual assault, it's important to know your resources.

[RAINN \(National Sexual Assault Hotline\)](#) staff recommend friends supporting victims keep the following in mind.

1. "I believe you. It took a lot of courage to tell me about this."
2. "It's not your fault. You didn't do anything to deserve this."
3. "You are not alone."

Students can turn to many people here for help and support.

Some of the individuals at VTCSOM include:

[Dr. Jennifer Slusher, PhD, LPC](#) Student Counseling

[Dr. Heidi Lane, EdD](#), Title IX Coordinator

[Dr. Aubrey Knight, MD](#), Senior Dean of Student Affairs

[Emily Holt, MA](#), ACES, Student Affairs

Wellness Weekly Challenge

CONFRONT COGNITIVE DISTORTIONS

WHAT ARE THEY?

- ◆ **All or Nothing Thinking:** Fear mistakes are proof of personal inadequacy
- ◆ **Overgeneralization:** Convinced something that happened once will repeatedly reoccur
- ◆ **Mental Filter:** View things through a negative filter (remember 1 bad detail, not the 99 good details)
- ◆ **Disqualifying the Positive:** No matter how much positive feedback a person receives, it's neutralized
- ◆ **Jumping to Conclusions:** Person thinks they know what someone else thinks about a given situation
- ◆ **Magnification & Minimization:** Fears and mistakes are magnified while strengths are minimized
- ◆ **Emotional Reasoning:** Person considers emotionally charged thoughts as "facts"
- ◆ **Should Statements:** "I should have done..." or "The school should have..." or "My friends should...."
- ◆ **Labeling & Mislabeling:** For example: "I cheated on my diet. I'm a pig."
- ◆ **Personalization:** Everything is their responsibility. Feels guilty and apologizes for everything.

If any of these strike a chord, please consider talking to [Dr. Jennifer Slusher, PhD, LPC](#)

Dijon Salmon & Green Bean Pilaf

Ingredients:

- 1 1/4 lbs wild salmon, skinned & cut into 4 portions
- 3 Tbsp cooking oil
- 1 Tbsp minced garlic
- 3/4 tsp salt
- 2 Tbsp Greek yogurt
- 2 Tbsp whole-grain mustard
- 1/2 tsp ground pepper
- 12 oz thin green beans, cut into thirds
- 1 small lemon, zested & cut into wedges
- 2 Tbsp pine nuts
- 1 8 oz package of precooked brown rice
- 2 Tbsp water

Directions:

1. Preheat oven to 425. Line a rimmed baking sheet with foil.
2. Brush salmon with 1 Tbsp oil & place on baking sheet.
3. Mash garlic and salt into a paste with the side of a knife or fork. Combine 1 tsp of the garlic paste in a small bowl with yogurt, mustard, and 1/4 tsp pepper. Spread over fish.
4. Roast salmon until flakes with fork (6-8 mins per inch)
5. Heat 2 Tbsp oil in a skillet over medium heat. Add green beans, lemon zest, pine nuts, garlic paste & 1/4 tsp pepper. Cook until beans are tender (2-4 mins).
6. Serve together.



<http://www.eatingwell.com/recipe/255150/dijon-salmon-with-green-bean-pilaf/>

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

ALLY NAGY - CLASS OF 2018

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

DR. ALLY BOWERSOCK, PHD, CSCS, ACSM. EIM, LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

UPCOMING WELLNESS EVENTS:

OCTOBER 27TH	7:00 PM MEDICAL MOVIE NIGHT STUDENT COMMONS
NOVEMBER 6TH	7:20 AM MINDFULNESS BREAKFAST W/LAURIE SEIDEL STUDENT COMMONS
NOVEMBER 9TH	12:15 PM YOGA WITH ALLY BOWERSOCK, PHD STUDENT COMMONS
NOVEMBER 16TH	6:00 PM YOGA WITH BETH POLK, MD STUDENT COMMONS