

Don't Have Time to Cook?

If you're looking for a healthy meal, visit Marymount's recently renovated cafeteria. Remember to bring your SCP membership card to receive a 15% discount.

SCP Day Trips

THURSDAY, OCTOBER 28

The Phantom of the Opera at Playhouse Square

"The Power of the Music of the Night" enjoys a triumphant return to the Allen Theatre. Enjoy main floor seats to a special matinee performance of this legendary show. Our trip includes a post-show dinner at the Inter-Continental Suites Hotel Cleveland. **Fee:** \$79 for SCP members; \$89 for non-members.



Join other SCP members on fun and exciting day trips. For more information about these trips or to reserve your space, call JKL Tours at **440/942-5350**.

SATURDAY, NOVEMBER 27

1940 USO Christmas Radio Show

Kick off the holidays with a delightful matinee/luncheon Christmas show that recalls the magical experience of a 1940 USO Radio Show, featuring the Holiday Harmony Singers. This musical trip down memory lane will help you get into the true spirit of the holidays and remember what Christmas is all about. Enjoy the camaraderie of your friends from SCP as we travel to Erie, Pa. Leave at 9:30 a.m., return at about 5 p.m. **Fee:** \$59 for SCP members; \$69 non-members.

WEDNESDAY, DECEMBER 15

Roy Clark Christmas Memories Show in Toledo

Country Hall of Fame legend and all-American treasure Roy Clark and his high-energy band present their "Christmas Memories" matinee. Give yourself an early Christmas present and join your SCP friends for this first-class trip, which includes a pre-show lunch. Leave at 10 a.m., return at about 7 p.m. **Fee:** \$69 for SCP members; \$79 for non-members. ●



Healthier Hot Cocoa

As the cooler fall and winter months approach, this recipe will keep you warm while avoiding the preservatives and extra calories of the premixed brands!

2 ounces semisweet chocolate (about ¼ cup of chocolate chips)
4 cups skim milk
¼ cup cocoa powder
¼ cup sugar

Combine the ingredients in a saucepan and heat over medium-high heat. Whisk until the mixture comes to a boil and the chocolate is dissolved. Ladle the hot chocolate into mugs.

Serves: 4

Nutrition facts: Serving size 1 mug, 218 calories; Fat, 5 g (Saturated, 3 g); Cholesterol, 4 mg; Sodium, 135 mg; Carbohydrates, 39 g; Protein, 11 g



Volunteering for a Healthy Heart

Most people would agree that volunteering your time feels good, but who knew it could extend your life? Researchers report that people who volunteer are 70 percent less likely to die from cardiovascular disease than those the same age and sex who didn't volunteer. Overall, these same individuals reduce their risk of death by 35 percent.

Why do volunteers live longer? Mark Susin, Director of Marymount's Behavioral Health Services, believes it's their lifestyle in general. "Individuals who volunteer are predisposed to other healthy habits, such as maintaining an active physical and social life, attending religious services and having personalities that make them want to get involved," he says.

Interested in joining the heart-healthy ranks? Marymount has a variety of volunteer opportunities for all ages. Call 216/587-8131 today.



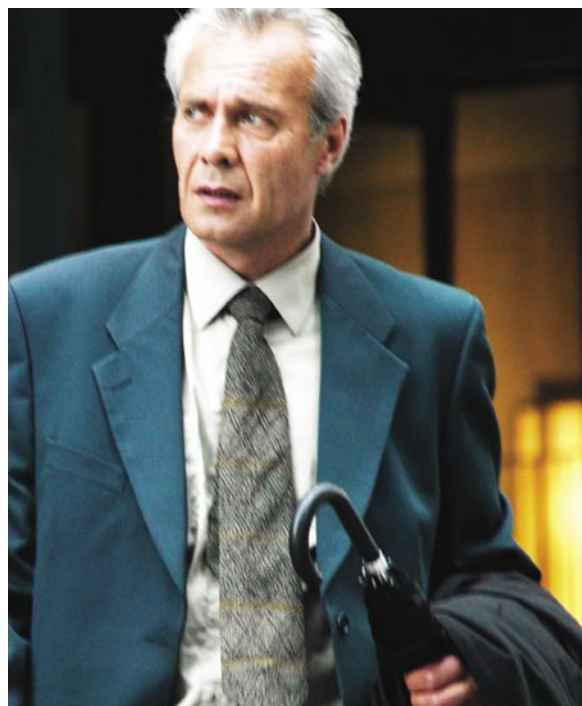
Are You at Risk for Prostate Cancer?

Schedule a screening to help catch the disease early

According to Leonard H. Bernstein, M.D., a urologist at Marymount, "Many men are at risk for developing prostate cancer. During his lifetime, a man has about a one in 10 chance of being diagnosed with the disease."

Factors that increase men's risk of developing prostate cancer include:

- **Age:** More than 75 percent of all prostate cancers are diagnosed in men over age 65.
- **Family history:** Having an immediate family member with the disease doubles your risk for prostate cancer.
- **Race:** African Americans have the highest incidence of prostate cancer. They are 30 percent to 50 percent more likely to develop prostate cancer than any other race in America. And although rates in their native countries are low, both Japanese and African men who immigrate to the United States have a significantly higher risk. Researchers suggest an environmental link, possibly related to high-fat diets, sedentary lifestyles, less exposure to the sun, exposure



to heavy metals such as cadmium, infectious agents and smoking.

- **Diet:** Experts suggest diets high in fat may contribute to the disease. Prostate cancer is much more common in countries where animal products are primarily consumed, compared to countries where the basic diet consists of vegetables, fruits and whole grains.

The good news is that by knowing your risk factors and getting screened accordingly, the survival rate for prostate cancer, if caught early, is extremely high. ●