

This article written by Hilary Achauer, adds creditability to SWELL.

## **Can You Pass the 10-Second Balance Test?**

Hilary Achauer points out often-neglected skill can pay huge dividends later in life. Len Kaplan began having difficulty walking in a straight line when he was in his 50s. Scoliosis combined with compressed discs in his back were causing his balance to deteriorate. “Physical therapy, regular exercises, just wasn’t getting the job done. I needed something different,” Len, now 80, said. Around that time Len and his wife, Ginny, took a cruise with twice-daily Tai Chi classes. Ginny, 77, said they loved Tai Chi — which consists of slow, controlled movements and deep breathing — to continue they found a class in nearby Yorba Linda, Calif., when they returned home. The habit stuck. Yorba Linda is 40 miles from one of the 5 world Blue Zones, Loma Linda California. It appears that there is a strong influence going on in that region.



Len and Ginny have now been taking Tai Chi and balance classes regularly for more than 15 years. Len is able to easily walk in a straight line and his balance has improved. Last September while visiting Greece, Len and Ginny decided to hike the nearly 100 steps to the top of the Acropolis. Up they went, over slippery, uneven steps with no handrails. They made it to the top and were rewarded with ancient ruins and sweeping views of Athens.

**Left, Ruth and Dave Assmus** display their balance in Golden Gate Park on vacation in San Francisco, CA. When deciding if they should ride on segways around this hilly park, their decision was easy after standing on

one leg in SWELL class. Yes, there is a method to our madness doing one leg squats and Tai Chi. You should feel confident with your balance. More proof that we are getting younger mentally and physically.

Balance training is an important but often-neglected skill, one that impacts both our longevity and our quality of life, beginning around age 40. A [study in June](#) by a Brazilian team found that 20 percent of the 1,700 older adults tested couldn’t balance on one leg for 10 seconds or more. And that inability to balance was associated with a twofold risk of death from any cause within 10 years. “The idea here was just to come up with a really simple test that might be an indication of a person’s ability to balance,” said Dr. Jonathan Myers, a professor at Stanford University, researcher at the Palo Alto VA Health Care System and an author of the balance study. He said the inability to perform this task was powerfully predictive of mortality. In the study, one in five people could not manage it. “With age, strength and balance tend to decrease and that can result in frailty. Frailty is a really big thing now that the population is aging,” Dr. Myers said.

Balance problems can be caused by a variety of factors, many of them age-related, said Dr. Lewis Lipsitz, a professor of medicine at Harvard University and the director of the Marcus Institute for Aging Research at Hebrew Senior Life. Falls are the [second leading cause](#) of unintentional injury deaths worldwide, yet doctors don’t have an easy way to check balance, like they do blood pressure or pulse. In this test, which can be done in less than a minute, the patient gets three attempts to do a 10-second one-legged stand on either leg. When testing your balance make sure you are near a wall or high back chair to catch yourself if you begin to fall.

How do we become more balanced? Simple, come to SWELL as often as you can. All the components are there. Strength, flexibility, Tai Chi, and one-legged squats are built into the SWELL routine. Become Dedicated, Develop Consistency, and make SWELL a Way of Life. Be in the SWELL Blue Zone.

Remember, “Joining SWELL will not assure your health and balance but coming to SWELL will.” “It only works if you do it.”

**-- Gary Wittman**

### **Reference**

Hilary Achauer (Aug. 13, 2022). Can You Pass the 10 Second Balance Test? The New York Times.

Retrieved August 20, 2022, from [https://www.nytimes.com/2022/08/12/well/move/balance-exercises.html?unlocked\\_article\\_code=AAAAAAAAAAAAAAAAACEIPuonUktbfqYhkQFUaASbKUNwj6RiBm\\_WlyrU4j3n1IW2YWTtYxOUODpPG-1vlYeArQeoP6AmhZY0LNq4zFrs1x\\_VDPkdpRk71\\_ZeKwppcKWBI89zvGz5ojpiIV-](https://www.nytimes.com/2022/08/12/well/move/balance-exercises.html?unlocked_article_code=AAAAAAAAAAAAAAAAACEIPuonUktbfqYhkQFUaASbKUNwj6RiBm_WlyrU4j3n1IW2YWTtYxOUODpPG-1vlYeArQeoP6AmhZY0LNq4zFrs1x_VDPkdpRk71_ZeKwppcKWBI89zvGz5ojpiIV-)



# University of Dubuque: SWELL Waiver

## Waiver of Liability for Facility Usage:

Participant's Name (Please Print): \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Affiliation to UD: SWELL Group

Participant's Phone number: \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Permission to Secure Treatment:** In the event of an emergency, I authorize University of Dubuque to secure treatment from any licensed hospital, physician, and/or medical personnel deemed necessary for my immediate care, and I agree that I will be responsible for payment of any and all medical services required.

**University of Dubuque "Hold Harmless" Agreement:** I have read this document carefully and be aware in consideration of your participation in SWELL activities at the University of Dubuque. You will be waiving and releasing all claims for injuries you might sustain in any SWELL activities at the University of Dubuque. Therefore, each person participating in SWELL activities should review his/her own health insurance policy for coverage. It must be noted that the absence of health insurance coverage does not make UD responsible for payment of medical expenses.

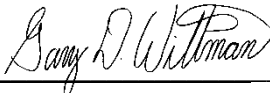
**Waiver and Release of all Claims:** In consideration for my participation in any SWELL activities at the UD, I agree to assume all risk and fully release from all liability UD, members of UD community, its directors, officers, agents, trustees, servants, and employees for any injuries including death, damages or loss regardless of severity, which I may sustain as a result of participating in this activity.

I agree to waive and relinquish all claims I may have against UD, members of the University community, its directors, officers, trustees, agents, servants, and employees, as a result of participating in this activity. I further agree to indemnify and hold harmless UD, members of UD community, its directors, officers, trustees, agents, servants, and employees from any and all claims from injuries including death, damages and losses sustained by myself or rising out of, connected with, or in any way associated with my participation in SWELL activities. This will include holding University of Dubuque harmless for negligence on the part of University of Dubuque.

Please recognize that UD does not carry medical insurance for injuries sustained by participating in SWELL activities.

## Make Checks Payable to University of Dubuque

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Approval  Payment (CK/ Cash) \$100.00 Date: \_\_\_\_\_

Home Address \_\_\_\_\_

Email Address \_\_\_\_\_

**SWELL PICNIC**  
**WEDNESDAY OCTOBER 4TH**  
**STARTS 4:15-4:30 PM**  
**EAT AT 5:00 PM**  
**16674 WITTMAN HAMM CT.**  
**DUBUQUE, IA 52001**



**BRING TABLE SETTING, A DRINK, YOUR  
FAVORITE DISH TO PASS, AND A CHAIR**  
**SWELL WILL SUPPLY PULLED MEAT AND BUNS**

**RSVP SELF AND GUEST**  
**RETURN TO THIS EMAIL**

**[garydonaldwittman@google.com](mailto:garydonaldwittman@google.com)**

**We could use a few volunteers to help with parking.**

### **Rosie Hanson**



Hello, I'm Rosie Hanson, I have three adult children, and my first grandchild was born in April of 2022. I grew up on a farm in Bankston Iowa and have 13 siblings. I recently retired from Mercy One after 45 years as a Cardiovascular Technologist. My hobbies include biking, hiking, reading and any opportunity to travel. I've always enjoyed being active, from long walks on the family farm as a child, years of play softball to biking to work for the past 10 years. Retirement has provided me the opportunity to bike, hike, play pickleball, snowshoe or cross-country ski nearly every day. I joined SWELL in February of 2022. I really enjoy the workout routines but also relish the social aspect of the program.

Thank you, Gary, for being our SWELL coach.

### **Karen O'Malley**



Hi, I am Karen O'Malley. I am married to my husband Patrick of 41 years. We have 2 daughters and 4 grandchildren, and a sweet 5-year-old golden retriever, Roxie who loves going out for daily walks. I retired from Unity Point Finley as a Surgical Technician in the Surgery Department. I began coming to SWELL in March upon an invitation from Michelle Brown and Karen Knepper. I like everything about the Swell class, the people, the instruction, and the beautiful facilities inside and outside! SWELL is the one of the BEST parts of my retirement days and it is the highlight of my weekly schedule! I love mingling with new and old friends and continue to gain flexibility and strength! Also, the inclusion of spirituality is a plus!

### **Michelle Brown**



I joined SWELL in February, along with my friend, Karen O'Malley. My husband, Wayne, and I, have been married for 46 years and have been blessed with 3 children and 7 grandchildren. I graduated in 1975 from Loras College, which is also the alma mater of my father, all 3 of my siblings and 2 of our children. I retired four years ago after serving for 18 years as Opening Door's Executive Director, the nonprofit that operates Maria House, Teresa Shelter, and the Francis Apartments. It was a rewarding and challenging job, but I am loving retirement! Two months ago, we moved to a townhouse from a home that we lived in for almost 35 years and it has been an overwhelming experience, to say the least! Although I recently resigned as a board member of Steeple Square, I continue to do volunteer work at my parish, Resurrection, where I sing in the church choir and help with SCRIP. In my spare time, I enjoy spending time with family and friends, bargain shopping, traveling, walking, playing cards and trying to learn to golf (something I promised my husband I would learn when I retired). But my biggest joy is the time spent with our 7 grandchildren, who range in age from 4 to 12. We are grateful that all of our grandchildren live in Dubuque, and we are active in their lives, attending their various sporting events and activities. I genuinely enjoy the camaraderie of my fellow class members and the commitment of our leader, Gary, who works hard to help us live healthier and longer lives!

### **Bonnie Beecher**



Hi. My name is Bonnie Beecher. I joined Swell around March of 2021 on the advice of a friend. It was certainly a good move as I enjoy the activity and appreciate having an indoor track to walk on. My husband is Craig, and we enjoy motorcycle riding, walking, and listening to live music. We are currently planning trips to Mackinac Island and Arizona this fall. Maybe a warm winter vacation would be nice too! I have three adult children. I have a 9 yr. old grandson in the Chicago area. I have a 4-month-old granddaughter here in Dubuque and the grandkids are great fun! I retired from a full-time position as a RN at MercyOne in May. I still am working on an occasional basis when I have time. I work on a busy medical- neuro- oncology unit. I also love to water walk at the pool in the summer. I like to bicycle ride too! I am looking forward to attending Swell this fall and winter. It is always nice to get out and see friendly people and to keep moving!

### **Karen Kluesner**



I joined the swell group this past February, and already signed for the next year I really enjoy the Tia Chi and have noticed an overall improvement in my coordination and balance. It's hard to believe that I will be retired as a R.N. working all of my nursing career on the medical unit at Mercy One, leaving just a few months shy of 45 years. My husband Mike and myself celebrated our 45th wedding anniversary last month. We are proud parent of 3 kids and 7 grandchildren and lucky enough to have them all live here in Dubuque. We enjoy traveling and have been to Hawaii Alaska, up and down the west coast, and Cape Cod. We follow the whales. Our next trip is to Maine this fall. When we are not traveling, we spend our time fishing, gardening, working on puzzles and of course spending time with our family.

### **Kris Rodham and Steve Rodham**



We have belonged to the SWELL program since March 2022. One thing we like about the SWELL program is the variety of upper and lower body exercises, especially the Tai Chi. We have been happily married for 43 years. We have three married daughters, six grandchildren, and one grand puppy Lexi. Steve has worked as the president of Addoco for 30 years, he plans to retire at the end of the year. Kris retired from nursing after 33 years at Finley Unity Point. We enjoy spending time with friends and family, boating, reading, and traveling. We enjoy connecting with new and old friends when we attend SWELL.

Thanks, Gary, for keeping us mentally and physically healthy!

### **Anne Bohle**



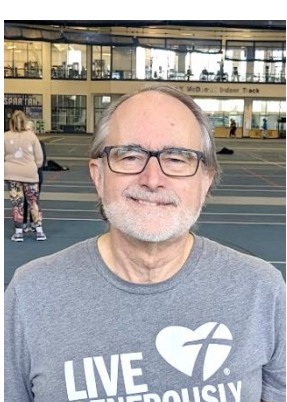
Hi Swell friends!

My name is Anne Maureen Herbst Bohle, aka Anne Bohle.

I have been married to the man of my dreams, Dan Bohle, for almost 45 years and we have four children and 9 grandchildren, spread near and far! We have lived in a few places during our marriage – West Virginia, SW Colorado, Madison, and Dubuque, where we raised our family and came back to in retirement. We absolutely loved our time in SW Colorado with the majesty of the mountains and the serenity of the desert. We explored every National Park, state park, and hiked and picnicked through Utah, Colorado, New Mexico, and Arizona, enjoying all the SW had to offer!! I have been an RN since my early 20's, attending Clarke College and The Finley Hospital School of Nursing, which no longer exists. I am actually still working in my "retirement" at Finley. I work as a PRN (as needed only) in both the Recovery Room and the Same Day

Surgery area. I love being at the bedside with patients, I have great friends there, it keeps me on my toes, and I can say no when I want to. Perfect for me! I love seeing the kids and grandchildren, of course, but also enjoy cooking, flowers, gardening, decorating for others and just hanging out with my hubby! Swell is just the best for us – I love the combo of all it offers, especially the Tai Chi, which stretches my arthritic body out so well!! I love the camaraderie we all share while we are there and Gary, I love your positive and enthusiastic attitude and knowing and caring about everyone there! One thing you may not know – I also answer to the name Nini. My brother named me that at age 3 when he couldn't repeat my parent's "Anne Maureni"!

### **David Assmus**



Hello, I am Dave Assmus. My wife Ruth and I started the SWELL program in February after a friend told us about the program. We signed up and are thankful to be part of experience! I especially enjoy the variety of exercises that each class offers as it keeps me active physically, mentally, and socially. I know that I am a healthier person because of SWELL. I have to constantly work on remembering names, the photos' that Gary sends is a great help. I was born and raised in south central South Dakota, after high school I went to South Dakota State University in Brookings, SD. While in college I met Ruth, and we were married. After she graduated, we moved to Dubuque where I attended Wartburg Theological Seminary. After graduation I served an open country parish in central Kansas – literally in the middle of winter wheat fields. Our son Phillip was born in Kansas. We then moved to southwestern Wisconsin where I was the Executive

Director of Sugar Creek Bible Camp, a Lutheran Bible camp. Our daughter, Jenna was born in Wisconsin. A significant part of my responsibilities was fund raising and I discovered that I enjoyed doing that. After 5 years at the camp, we moved to eastern Wisconsin where I worked at Carthage College in Kenosha in fundraising. In 1990 we moved back to South Dakota to be closer to our parents. While in South Dakota I continued to work in fundraising first at Dakota State University in Madison, then Lutheran Social Services of South Dakota (a statewide agency) and then a private fundraising consulting company. In 2004 we moved to Storm Lake, Iowa where I began work in fundraising for Lutheran Services in Iowa (another statewide agency). In 2011 we moved back to Dubuque where I began working in the fundraising department at Wartburg Seminary. I retired in June of 2017 and continue to enjoy retirement.

We are very proud of our children as they have pursued public service careers. Phil works for the Environmental Protection Agency in Washington, DC. Jenna is a librarian in the Monona, WI public library. Phil is married to Priyanka who teaches at George Mason University in the medical economics department. They have 2 sons, Kiran who just turned 4 and Niam who is 18 months old. We normally travel to DC at least 3 times a year to spend time there. And we are thankful for technology as it makes it possible to have virtual conversations often. I enjoy doing yard work, I especially like to plant native prairie plants as they know how to take care of themselves. I also am a student of zymurgy – you don't have to look that up, it is the study of fermentation. I am learning about this process through home brewing beer. I have been doing that for several years and continue to learn each time. Volunteering has always been important for me. We started volunteering at the Julien Dubuque International Film Festival in 2014 and have continued to do that. Last year we became even more involved and began working as the Co-Volunteer Coordinators. It has involved more work than just showing up as a volunteer, but what an opportunity to work with great volunteers and to meet movie maker from literally all over the world. The Film Festival is a great way to promote Dubuque, people who come here for the first time are surprised to learn of all the things that are going in Dubuque. We can even tell them about the SWELL classes!

### **Ruth Assmus**



Hello! My name is Ruth Assmus. You can read most of my residential history by checking David's bio except that I grew up in the small town of Toronto in eastern South Dakota. After graduating from SDSU with a music education degree, I was a teacher's aide in East Dubuque, a house cooks in Denver, a receptionist at Sears, and a substitute teacher in western Wisconsin. When we were in Kenosha, I went back to school and became certified in elementary education. I spent the first 7 years back in South Dakota teaching K-3 at a Hutterite school. Questions? Just ask! The rest of my time in SD was spent teaching 1st grade in Madison SD. Since moving to Iowa, I have been an office manager for ServiceMaster and worked in escrow insurance at DBT until I retired. I am thoroughly enjoying Dubuque as I have been able to sing with the Dubuque Chorale since we've been in town, and now working with the Julien Dubuque International Film Festival. We are rarely not busy! My other interests include quilting 9 large and small projects and reading. I have just joined the Sci-fi book club. We read anything from science fiction and how it relates to real science to nonfiction on scientific topics. Great discussion and very interesting people! My other life's track has been growing up with our children. Dave didn't mention that our son was a Rhode's scholar. Phil and Jenna both have advanced degrees. We raised our children with the idea that if they weren't going to grow up and be able to support us in the manner to which we'd like to become accustomed, they should live in interesting places and allow us to visit. They have done very well with that request. We are now privileged to see where our children and grandchildren go next. They might even let us come and visit!

### **Linda Howard**



I joined SWELL April of this year with my friend, Penny Splinter. I am always looking for new fitness activities that add variety to my routine and I enjoy meeting new people. I like SWELL because this program has provided me both and Gary and everyone have been so welcoming! I was born (adopted) in Long Beach, California and raised in Southern Oregon. I joined the Air Force Delayed Entry program one year before I was to graduate from high school. Two days after graduation, June 1980, I left for basic training. I served 25 years as a medic. Stationed in Texas, Spain, North Carolina, Alabama and two special duty assignments in Minneapolis and Sacramento. During my service, I met and married my late husband, Ricky Bott (also an Air Force medic) who was born and raised in Dubuque. We have one daughter together. Lauren is 32 years old, married to a Dubuquer, Scott Goedert and together they have two cats, Chaplin and Bela.

In Sept 2009, my high school sweetheart, Bob Howard reached out to me on Facebook after losing touch with one another for 30 years. Two weeks after we reconnected, he drove straight through from Mobile, Alabama where he lived to visit me and never left! lol We married the following June while back visiting in our hometown of Grants Pass, Oregon. Bob is a retired professional wrestler who worked for World Wrestling Entertainment for 15 years. Introducing me to the wrestling world has provided me with some interesting experiences to say the least! Together, we enjoy fitness and the outdoors, spending our time camping, hiking, cycling, tennis, paddle boarding, kayaking, and snow shoeing to name a few, Our latest discovery has been the game of Pickle Ball. When I am not at SWELL classes, I am either doing yoga or spin classes at Soul Revolution or volunteering at the Convivium Urban Farmstead and City Girl Farming Garden, training our two-year-old Australian Shepherd, Honeybee, reading, or the cooking. Since I was adopted at birth, I also dabble in family genealogy. With the help of a “Search Angle”, I discovered my birth parents and have had the opportunity to meet my birth father in person! I feel my life has come full circle in many ways! I also did some family research for my husband who knew very little about his father’s lineage. During my research, I discovered that his great grandfather Darrow farmed right here in Dubuque County back in the 1860’s. What a coincidence since the only reason I am here in Dubuque is because I married a Dubuquer, and Bob is only here because I am here!

## **Vacations**

### **Chuck and Dawn Andracchio**

We were in Door County August 14/19 along with daughter, son-in-law and three grandkids.

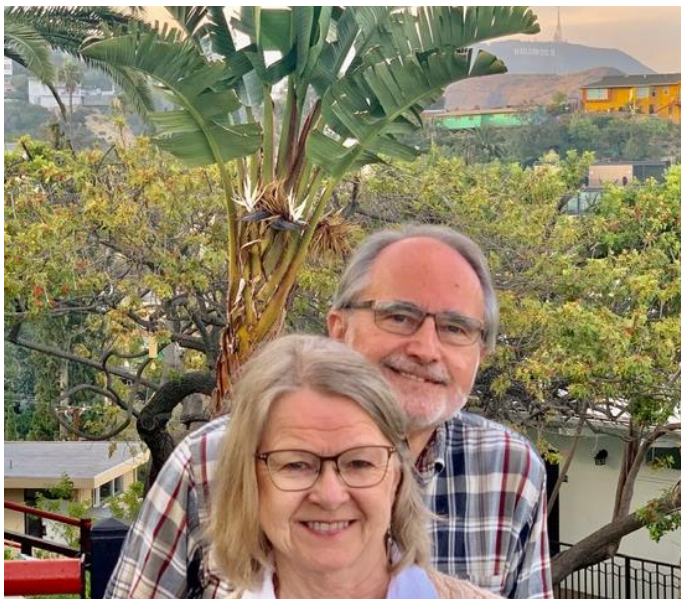
The first photo is us at Peninsula State Park on top of an 800-foot tower looking out over the bay side of Door County with a view of the Michigan Upper Peninsula. The park has over 3700 acres and lots of vacation activities; beaches, fishing, bike trails and an 18-hole golf course.

The second photo shows us at Bailey’s Harbor, the east side of Door County, with Lake Michigan behind us.





## Dave and Ruth Assmus in California



Yamashiro, CA



Golden Gate Park, CA

From the LAFF Newsletter September 1991, 31 years ago.

### How does your Garden Grow?

This is prime garden time! You SWELL people who have had the privilege of enjoying a vegetable plot are experiencing some real treats as you realize the fruits of your labor. There is no grater satisfaction than planting, cultivating and then harvesting those delicious tomatoes, fresh green beans, sweet corn and all the rest. You have profited two-fold. Not only have you exercised in the great out-of-doors you can have an abundance of healthful vitamin and mineral-laden produce fresh from the earth. For years, my nephew, a well-known Dubuque architect, and myself, carried on a “green thumb”, rivalry...sort of a friendly food feud, vying to see who would have the earliest, best quality and size of garden produce. Our methods were poles apart but our final results were comparable. Paul had all the tools and equipment, enough to supply a corner of a hardware store. On the other hand, I owned a hoe, fork, a rake, and a few hand tools. He had a shelf of books relating to all phases of gardening, plus charts and even a book on compost I browsed through the old Farmers Almanac occasionally in an effort to determine the “light and dark of the moon” bit and used last year’s leaves for compost. Paul and his wife Dorothy are noted for their gourmet delicacies and thus their garden features mostly a variety of herbs, those special seasonings that past the taste buds of food-lovers. My plot contained run-of-the-mill string beans, peas, onions, lettuce, and squash. My wife and I stopped by on a recent morning and naturally our conversation and interest turned to gardening. Paul turned to me and said, “Let’s go down to the garden, I wanted to take some LEEKS.” I thought I had understood him correctly and yet this sounded like a remark made by someone who had been out in the sun too long. I followed him apprehensively to the bottom of the garden where he squatted down and cut some light green foliage from a plant, explaining it had an onion flavor and had many culinary uses. As we walked up the path he asked, “Do you have THYME. I replied that I had a dental appointment in about an hour, “why do you ask?” He grinned and said, “Not time...Thyme, it’s a member of the mint family, has a pungent aromatic smell a good addition to any salad.” My ignorance of herbs was causing me some embarrassment. He turned to me again and inquired, “Have you seen Myrtle?” I thought that an odd question and told him, “Of course, she’s over there chatting with your wife...remember? He laughed again and pointed to a low cover, a dark evergreen plant that would grow in either the shade or sunshine, a beautiful border plant. When he remarked, they were going to have FLORENCE FEMMEL for lunch, I walked toward my wife, telling her we should be on our way as they were having guests. I felt uncomfortable when I as informed that this was not a person’s name but rather another in the herb family. I’d had enough and suggested to my wife that we head for home where we could marvel at some good old-fashioned garden vegetable. As we left, I called back, “CHIVES folks, LETTUCE hope something will TURNIP that can BEET your herb garden when we see you next. This conversation has MUSHROOMED into something I can’t adequately SQUASH at this time and is getting rather CORNY for his old SAGE! Hope you all enjoyed your garden goodies until a late frost!!!

--Clarence Porter

## Roger Maiers and his wonderful family in Wayward Wisconsin

### Roger Maiers

Here are some photos from the 31st annual Maiers Family Vacation, held this year in July at our son Mike's cabin near Hayward, Wisconsin. Most of our grandchildren are adults now, with the rest not far behind. They're scattered all around the country but somehow make it back for whatever time they can spend. Use what you can; I have a couple hundred more if you want. Roger



## Tim Pancratz, Wife, Mary Kay, and daughter Elizabeth, having a Swell time in Portugal


### Hello from Portugal,

Writing as we travel on a high-speed train to wine country. I never thought of ever traveling here but so glad I did. The weather and people are great. I wasn't going to join Mary Kay and Elizabeth on their trip, because as I get older, I get comfortable staying home. I knew I would miss the physical side of Swell, so I'm doing triple duty on the mental side of Swell. Traveling sure does exercise your brain. Also, gives your liver a good workout too. Join me on a few laps around the track when I get home, happy to share the experience.



## Healthy Recipes by Sue Olson



Fall is fast approaching and now is perfect to change up your zucchini bread with this recipe with a twist. It  is lighter than other recipes, as einkorn flour is an ancient grain that is easier to digest and has not been modified! And Cassava flour is ground Cassava Yuca Root.

### LEMON ZUCCHINI BREAD

3/4 cup Einkorn flour  
3/4 cup Cassava flour  
1/2 tsp. Baking Soda  
1/4 tsp. Baking Powder  
1/4 tsp. Himalayan Sea Salt  
2/3 cup coconut sugar  
1 cup unpeeled, finely shredded Zucchini, usually a med sized zucchini is enough.  
1/4 cup coconut oil  
1 egg  
2 Tbsp fresh squeezed, organic Lemon Juice  
2 Tbsp finely shredded, organic Lemon Peel

Optional ingredient: 3-4 drops Young Living Lemon Vitality Essential Oil  
(This Essential Oil really “flavor bursts” this bread!)

In medium bowl, combine flours, baking soda, baking powder, and salt.  
Set aside.

In a separate bowl add coconut sugar, zucchini, coconut oil, egg, lemon juice, lemon peel, and Lemon Vitality Essential Oil. Stir to combine. Add the dry ingredients to the zucchini mixture. Stir to combine.

Spoon batter into a greased loaf pan or 2 or 3 mini loaf pans depending on desired loaf size.

Bake 350 F, 50 - 55 minutes for loaf pan

25 - 30 minutes for mini pans

Bread is done when golden brown and set.

Cool in pan on a wire rack for 15 minutes.

Remove from pan and Cool completely on wire rack.

Enjoy! We slice and eat, and loaf quickly disappears!

To serve as a dessert:

Make a Lemon Glaze: 1 Tbsp lemon juice

1 tsp. Lemon zest

Organic Powdered sugar OR Confection Swerve, start with 1/2 cup and add to reach desired glaze consistency.

Place slice of zucchini bread on a plate. Drizzle glaze over sliced piece of zucchini bread and serve



### THE STAFF

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Healthy Recipes .....Sue Olson

Ghost Writers..... Clarence Porter (Heavenly age of 96)

Feature Writer.....Gary Wittman

Vacation Submissions ..... Patti and Roger Ruden, Alana Santamaria, Tim and Claudette Bees, Natalee Berg, and Gary Wittman



**We are looking for feature writers each month, try your hand at it.**

**Suggested information (Vacation or travels, sports, and important milestones like anniversaries).**

**Email articles to [garydonaldwittman@gmail.com](mailto:garydonaldwittman@gmail.com)**