

March 2021

Spring Issue

THE PORTLAND HEALTH BEAT

Quarterly Newsletter by Healthy Portland



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DON'T MISS A BEAT!

A Sneak Peak Inside the Issue

HEALTHFEST SCHEDULE

Mark your calendars
for our first annual
wellness market.

04

07

WEALTH WELLNESS

Learn how resilience is
key to meeting financial
goals.

DELICIOUS & NUTRITIOUS

Hungry for healthy?
Try these guilt-free
recipes!

14

HEALTHY PORTLAND

presents



Health — FEST —

Our first annual wellness market including vendors, fitness classes, cooking demonstrations, kids activities, prizes, and more at the Portland Community Center!

APRIL 10, 2021 | 10AM TO 3PM

CHAMPION SPONSOR


ADVANCED
Wellness & Weight Loss

WARRIOR SPONSORS

Allen Samuels Chrysler Dodge Jeep Ram of Aransas Pass

Ageless Fitness

Drake Controls



HealthFest 2021
2000 Billy G Webb Dr
Portland, TX 78374



Vendor Application

Personal Information

Name _____

Street Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

Business: _____

Please provide a detailed description of your products and/or merchandise:

Services:

Amount Due

Vendor Booth

\$100 - Member

\$150 - Non-Member

Make Check Payable to Portland Chamber of Commerce

1512 Wildcat Dr.

Portland, TX 78374

- 8ft Table
- 2 Chairs
- Vendors can start setting up as early as 8 a.m.

INAUGURAL PORTLAND HEALTH FESTIVAL

April 10, 2020

Saturday: 10 a.m. – 3 p.m.

Note: All fees are non-refundable as they are used to promote the event.

Signature _____ Date _____

__ Please read the Vendor Guidelines. In signing you agree to adhere to all guidelines during the entire HealthFest Event

HealthFest is a market filled with all types of items including homemade, retail sale, or services offered, to maintain a standard of quality, all vendors must submit an application including brochures and photos of actual Arts & Crafts or merchandise to be offered for sale at HealthFest. A committee will review all applications, anything not listed on the application and approved by the committee will not be allowed. You will be notified promptly of the committee's decision. Checks will be returned for the applications not accepted. Full payment is required upon application. NO REFUNDS OR RAINCHECKS WILL BE ISSUED ON APPLICATIONS ACCEPTED BY THE COMMITTEE. Booths are filled on a first-come, first-serve basis so apply early to ensure you are included!!

Vendor Guidelines

1. All merchandise is subject to approval and items not previously approved are not allowed.
2. Applications are juried in the order received. Booth location is at the discretion of the committee taking into consideration your requests.
3. FULL payment MUST accompany this application. THERE ARE NO REFUNDS FOR ACCEPTED APPLICATIONS.
4. Please keep walkways clear. Do not alter the booth space.
5. Booths must be left clear of trash after breakdowns.
6. Vendors must provide their own extension cords and power strips.
8. Vendors are responsible for any applicable sales tax of 8.25%. For more information please contact the State Comptrollers at 800-252-2555.
9. Vendors set up time is 8:00 a.m. Vehicles must be cleared from the area by 9:30 a.m. No parking allowed overnight. Vendors must be available for the entire Festival

The Portland Chamber of Commerce, its officers, agents, employees, and other representatives shall not be held liable for, and hereby are released from liability from, any damages, loss, harm, or injury to the person or property of the exhibitor or any of its officers, agents, employees, and other representatives, resulting from theft, fire, water, weather, accident, or other cause. The exhibitor shall indemnify, defend, or protect the Portland Chamber of Commerce and hold harmless from any and all claims, demands, suits, liability, damages, loss costs, attorney's fees and expenses or whatever kind of nature which might result from or arise out of any action or failure to act on part of the exhibitor or any of its officers, agents, employees or other representatives. Please call us at the Portland Chamber of Commerce at (361) 777-4650 if you have any questions.



Health — FEST —

✦ **APRIL 10, 2021** ✦

- 10:00-10:30** **Martial Arts Class by Tiger Rock**
- 10:30-11:00** **Yoga Class by Yoga Love & Holistic Nutrition**
- 11:00-11:30** **Kids Dance Out Challenge (7 & Under, 8 & Up)**
- 11:30-12:00** **Cooking Demonstration by La Cueva Gallery & Gathering**
- 12:00-12:30** **Juicing Demonstration by Power Up Nutrition**
- 12:30-1:00** **Plank Challenge**
- 1:00-1:30** **No Equipment Workout with Amanda Marbach**
- 1:30-1:45** **Lemonade Day Taste Testing Contest**
- 1:45-2:00** **Let the Gains Begin Challenge Winners Announced**
- 2:00-2:30** **Balance Challenge**
- 2:30-3:00** **Zumba with Simone McClaugherty**

MARCH MOTIVATIONS



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RESILIENCE

By Brad Brown A.A. M. S.

Resilience is key to meeting financial goals. You can demonstrate this resilience by answering these questions: What is your specific goal? What obstacle do you face in achieving this goal? How can you overcome this obstacle? Here are some examples of how this resiliency process works:

Goal: Building sufficient retirement funds. To build sufficient retirement income, you need to invest in the financial markets through your 401(k), IRA and other accounts. But how should you respond when these markets go through periods of volatility? Your best defense is to remain invested. If you were to jump out of the market every time it dropped, you'd probably miss out on the rebounds that followed. Also, over a period of decades, the effects of short-term market fluctuations tend to diminish, so while the results of any particular day or week may not look good on your investment statement, the importance of these results may diminish in 10 or 20 years.

Goal: Maintaining steady cash flow. Keeping a steady cash flow is essential to meeting your daily and monthly expenses. So, it's obviously important that you maintain sufficient earned income. But what happens if you encounter a serious illness or injury that keeps you from work for an extended period? Depending on the length of time you're not working, you could feel a real financial pinch, so you may want to consider some type of disability insurance. Your employer may offer a short-term policy as an employee benefit, but it might not be sufficient, so you may need to look at private coverage.

Goal: Keeping retirement accounts intact. Ideally, you'd like to leave your IRA, 401(k) and other accounts intact until you need to start tapping into them when you retire. But what if you face an unexpectedly large medical bill or you need to replace your furnace or get a new car? If you don't have the money readily available, you might be forced to dip into your IRA and 401(k), incurring taxes and potential penalties and leaving yourself fewer resources for retirement. You can help avoid this setback by creating an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account.

Goal: Having confidence in your strategy. To achieve your important financial goals, you need a strategy – and you need to believe in it strongly enough to keep following it during all types of stress on the financial markets. It's not always easy to maintain this conviction – less than half of Americans are confident in their abilities to recover quickly from difficult financial situations, according to a new survey from Edward Jones. One way to help gain this confidence is by working with a financial advisor.

THE KID'S SCOOP

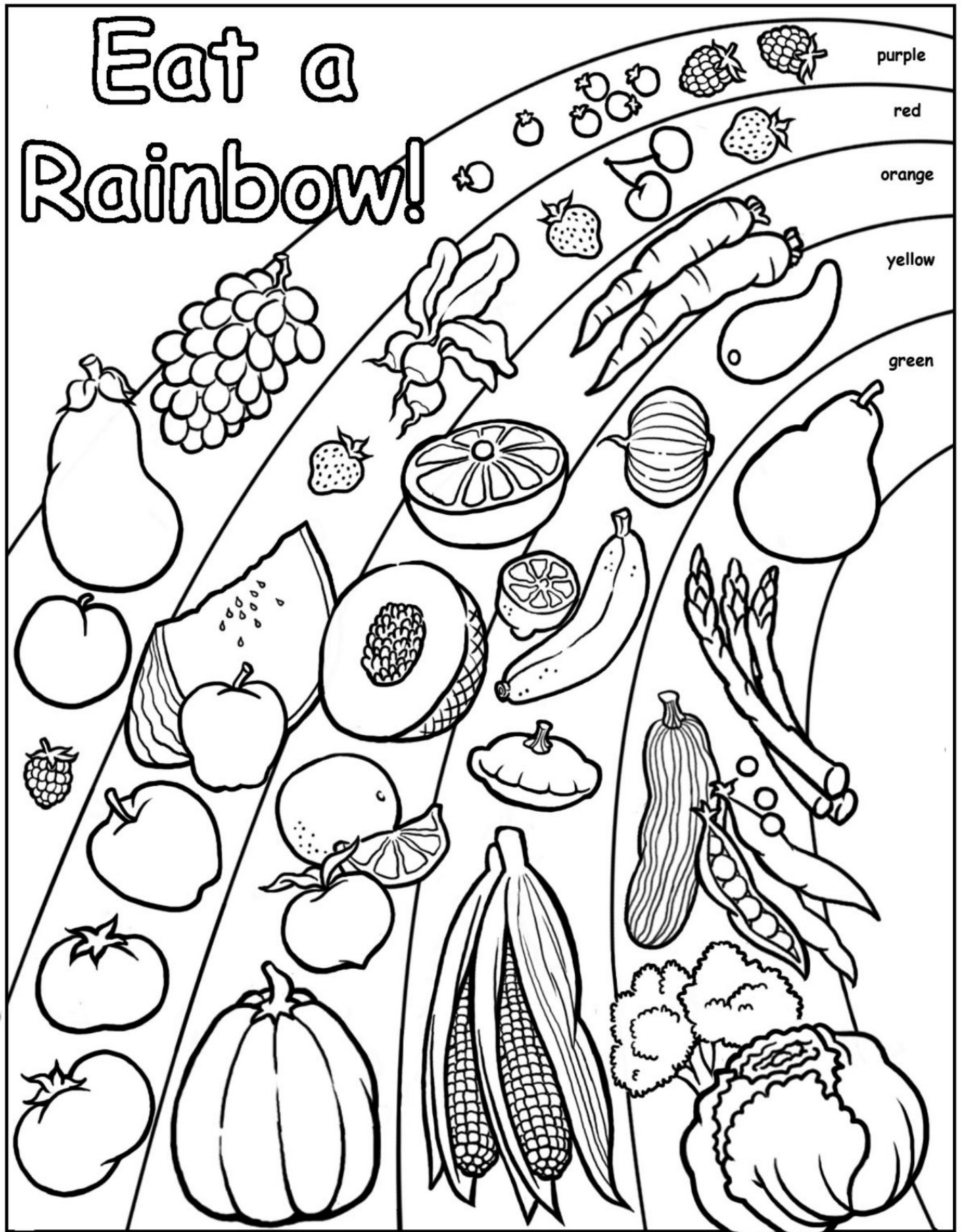
Healthy lunches and snacks help children concentrate, learn, and play throughout the day. Children need to eat plenty of fruit and vegetables every day, as well as whole grains, milk products, protein, and water.

- **Have fun experimenting!**
- **Kids enjoy learning about nutrients and having hands-on time creating their meals!**
- **Quiz kids while making lunch box!**
- **How colorful can you make your lunch box?**
- **Cookie cut fruit or sandwiches.**
- **Make fun fruit kabobs!**
- **Meat and cheese on a stick or in a cool wrap.**
- **Food made from the earth are the healthiest!**
- **Pick a fruit of vegetable they never tried. Have fun experimenting!**
- **When they shop and make their own lunches, they are excited about it!**

The Two Bite Club and Discover MyPlate: Emergent Reader Mini Books are now available as eBooks! These free eBooks teach young children about the MyPlate food groups and include interactive features to test comprehension and make learning fun. Each eBook includes audio narration that highlights the text as its read aloud, drawing and coloring palettes, colorful characters, and interactive games and mazes.

COLOR YOUR LUNCH!

Eat a Rainbow!



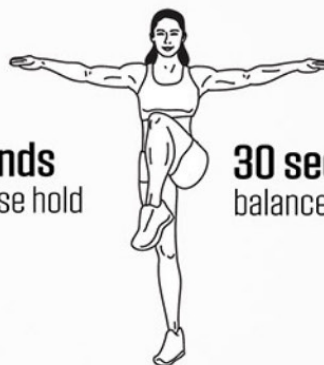
Better Balance

DAREBEE WORKOUT © darebee.com

Change sides and repeat the sequence.



30 seconds
side leg raise hold



30 seconds
balance hold #1



30 seconds balance hold #2



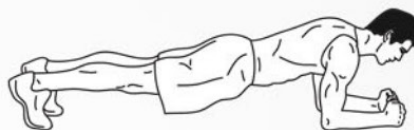
30 seconds balance hold #3

FIVE MINUTE **PLANK**

DAREBEE WORKOUT © darebee.com



60sec full plank



30sec elbow plank



60sec raised leg plank
30 seconds - each leg



60sec side plank
30 seconds - each side



30sec full plank

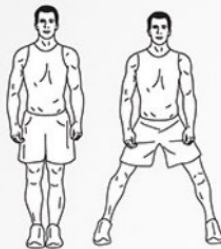


60sec elbow plank

Fat-Fryer

DAREBEE WORKOUT @ darebee.com

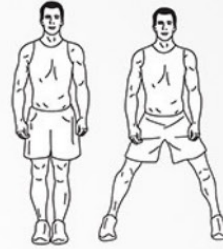
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 half jacks



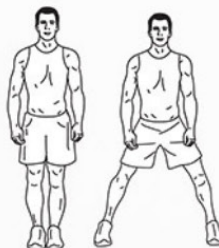
4 jump squats



10 half jacks



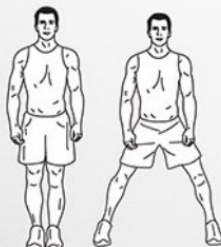
4 toe tap hops



10 half jacks



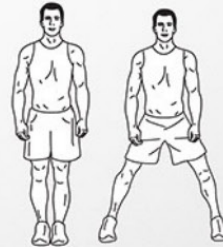
4 toe tap hops



10 half jacks



4 jump squats

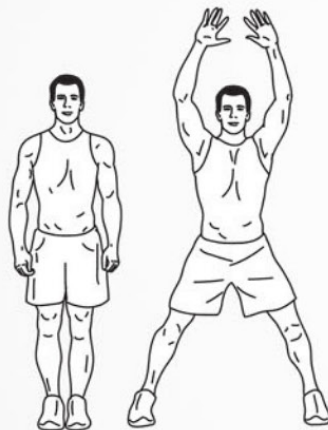


10 half jacks

POWER BURNER

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



10 jumping jacks

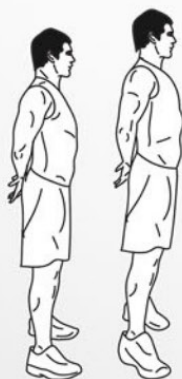
2 calf raises

10 jumping jacks

2 calf raises

10 jumping jacks

2 calf raises



10 jumping jacks

2 calf raises

10 jumping jacks

2 calf raises

done

SWEET POTATO FLAPJACKS

with warm chocolate sauce

INGREDIENTS

1½ cups almond milk
1/2 cup date paste
1/4 cup unsweetened cocoa powder
3 Tbsp pure maple syrup
1 tsp pure vanilla extract
1½ cups oat flour

3/4 cup peeled baked sweet potatoes
1 tsp sodium-free baking powder
1 tsp apple cider vinegar
3/4 tsp ground cinnamon
1/2 tsp sea salt
1/4 tsp baking soda

DIRECTIONS

- In a blender combine ½ cup of the milk, the date paste, cocoa powder, 1 Tbsp of the maple syrup, and ½ tsp of the vanilla. Cover and blend until smooth. Transfer to a small saucepan; heat over medium-low 3 to 5 minutes or until heated, stirring occasionally. Cover pan to keep warm.
- In a blender, combine all remaining ingredients (including the remaining 1 cup milk, 2 Tbsp maple syrup, and ½ tsp vanilla). Cover and blend until smooth. Let batter sit 5 minutes.
- Heat a griddle or extra-large nonstick skillet over medium until a few drops of water jump and sizzle. Reduce heat to medium-low. For each pancake, pour ¼ cup batter onto griddle. Cook pancakes about 3 minutes or until surfaces are bubbly. Flip pancakes and cook 1 to 2 minutes more or until golden. Serve pancakes with Warm Chocolate Sauce and sprinkle with additional cinnamon.

PEACHY-ORANGE ARUGULA SALAD

INGREDIENTS

- | | |
|-------------------------|-------------------------------|
| 6 medium oranges | 2 Tbsp lime juice |
| 4 medium peaches | 1½ tsp chopped fresh rosemary |
| 2 Tbsp pure maple syrup | 4 cups arugula |

DIRECTIONS

- To supreme oranges, use a small, sharp knife to slice off ends of oranges. Stand one orange on a flat end on a cutting board. Cut away peel and white pith, working from top to bottom. You will be able to see the membranes that separate each segment. Tip the orange on its side, and slice each segment on either side to free from the membranes. Repeat with remaining oranges.
- Grill half of the peach wedges, uncovered, over medium 4 to 6 minutes or until grill marks appear, turning once.
- Transfer grilled peaches to a bowl. Add remaining peach wedges, orange supremes, maple syrup, lime juice, and rosemary. Mix well. Serve fruit mixture on a bed of arugula.

BROCCOLI-CRUST VEGGIE PIZZA

INGREDIENTS

4 cups broccoli florets
1½ cups chickpea flour
2 Tbsp almond flour
4 tsp Italian seasoning
2 tsp regular or sodium-free
baking powder
4 cloves garlic
1/2 tsp ground turmeric
1 tsp sea salt

1/4 tsp crushed red pepper flakes
1 cup plant-based milk
2 Tbsp lemon juice
2 cups 1-inch pieces asparagus
1 red onion
1 orange bell pepper
2 tomatoes
1 medium avocado
10-12 fresh basil leaves

DIRECTIONS

- Preheat oven to 350°F. Line a large baking sheet with parchment paper or a silicone baking mat. Place broccoli in a food processor; pulse to a ricelike texture.
- In a large bowl combine the next eight ingredients (through crushed red pepper); mix well. Add broccoli, milk, and lemon juice; mix well. Pour on the prepared baking sheet and spread into a rectangle about ¼ inch thick. (This should be slightly larger than 13×9 inches. It will shrink as it bakes.) Top with asparagus, onion, bell pepper, and tomato.
- Bake about 40 minutes or until there is browning on top and edges. Let cool completely. Using a thin spatula, separate pizza from parchment. Slice pizza. Top with avocado and garnish with basil. Serve at room temperature or reheat.

RASPBERRY TRUFFLE BROWNIES

INGREDIENTS

4 oz unsweetened chocolate
½ cup raspberry jam
½ cup dry sweetener
½ cup unsweetened applesauce
2 tsp pure vanilla extract
½ tsp almond extract

1½ cups whole wheat
pastry flour
¼ cup unsweetened cocoa powder
¼ tsp baking powder
½ tsp baking soda
¼ tsp salt
1 cup raspberries

DIRECTIONS

- Preheat the oven to 350°F.
- Line an 8 x 8-inch pan with a 10-inch square of parchment paper or have ready an 8 x 8-inch nonstick or silicone baking pan.
- Melt the chocolate in either a double boiler or the microwave. Set aside.
- In a large mixing bowl, vigorously mix together the jam, sweetener, and applesauce.
- Stir in the vanilla, almond extract, and the melted chocolate.
- Sift in the flour, cocoa powder, baking powder, baking soda, and salt. Mix very well until a stiff dough forms.
- Fold in the raspberries.
- Spread the mixture into the prepared pan. It will be very thick; you'll need to use your hands to even the batter out in the pan.
- Bake the brownies for 16 to 18 minutes. Remove them from the oven and let cool completely. These taste especially good and fudgy after being refrigerated for a few hours.



Chamber of Commerce & Visitor Center

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HEALTHY PORTLAND

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