

**Special points of interest:**

- **Monthly Meeting**  
**September 17**
- **NAMIWalk**  
**Website is now OPEN**  
[www.namiwalks.org/tarrantcounty](http://www.namiwalks.org/tarrantcounty)
- **NAMIWalk**  
**October 3**
- **NAMI Texas**  
**Conference**  
**October 23 & 24**

**MEET YOUR BOARD: RUTH COLLINS**

I am originally from Wisconsin where I lived for many years (more than I care to recall). After a brief traumatic experience as a 5-year-old, I lived with constant depression and suicide ideation. After periodic treatment with therapy and tons of internal work, I have emerged through the “black hole” to enjoy all of the human experience. Yes, some days it is a fight and I struggle with the old thought patterns, but I have found a lot of support from my loving husband and close friends.

Back to the chronology: after completing my Bachelor’s degree in Chemistry, I worked for several years at a contract laboratory testing pharmaceuticals, medical devices, cosmetics, and whatever came in the door. My first ever lab project was testing hog bile for bilirubin. Totally disgusting. I decided to sow some wild oats during my time off from the lab so I visited countries on five continents (two to go!), took flying lessons, scuba lessons and regularly went to prison. As a volunteer.

Deciding to settle down and “do” something with my life, I earned an MBA at Loyola University in Chicago and promptly moved to Miami to work as a technical writer for the sixth largest generic pharmaceutical company in the US - which was promptly sold to the largest generic pharmaceutical company in the world. Having survived the acquisition, I sowed a few more wild oats until I met a wonderful red head at a New Year’s Eve party. He totally captivated my heart, and he has been stuck with me ever since. Yes, that man is fellow board member, Scott Collins.

We were married in Fort Lauderdale and lived in Hollywood, FL – until my company closed the plant where I managed the Analytical Services department. The company was nice enough to move us to New Jersey to work in Regulatory Affairs. After a brief stint in New Jersey, we set our minds to move to the greatest state in the union – Texas.

I now work for a contract pharmaceutical manufacturing facility in the Regulatory Affairs department. My responsibilities include submitting applications to sell new and generic drugs, file applications to test investigational drugs, prepare clinical testing protocols, prepare annual reports, and whatever else her boss needs done. During my off hours, I love to read, draw, cook and work on a family genealogy. Scott and I have qualified with the state and hope to adopt a child out of foster care. Fingers crossed!

“We are happier in many ways when we are old than when we were young. The young sow wild oats. The old grow sage.”

~ Winston Churchill

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**Monthly General Meeting, September 17**

**Topic:** NAMIWalks, October 3!!  
**Speaker:** Julia Webb  
**Support Groups: 6:00 / General Meeting: 7:30-8:45**

University Christian Church  
 2720 South University Dr.  
 Fort Worth, Texas 76109

None of us is as smart  
as all of us.

~Ken Blanchard

## MEET YOUR WALK COMMITTEE

<b>Walk Manager</b>	Julia Webb	<b>Route/Venue</b>	Gerardo Nieto Brandon Alexander Carlos de Anda
<b>Board Chair</b>	Jerri Escobedo	<b>Marketing/PR Chair</b>	Chris Janvier Donnell Ballard
<b>Honorary Chair</b>	Tobi Jackson, FWISD Board Secretary, District 2	<b>Team Captain Coordinator</b>	Jennifer Nunley
<b>Business Chair</b>	Dr. Martha de Anda	<b>Graphics/ Design</b>	Rachel Lubke
<b>Volunteer Coordinator Chair</b>	Wendy Javier & co-chairs Crissy Hinojosa Aracely Chavez	<b>Alpha Kappa Alpha</b>	Ella Boyd Tammy Baxter
		<b>Altruasa International Inc.</b>	Ms. Brown

Most achievers I know are people who have made a strong and deep dedication to pursuing a particular goal. That dedication took a tremendous amount of effort.

~Donald Johanson

## MEET BETA MU OMEGA CHAPTER OF ALPHA KAPPA ALPHA

Beta Mu Omega, the dream of thirteen graduate members of Alpha Kappa Alpha Sorority, Inc. residing in Fort Worth, Texas was chartered on May 2, 1936. Since its inception, Beta Mu Omega has provided numerous humanitarian services, volunteer hours and financial contributions for the betterment of the Fort Worth community and the lives of its citizens.

Seeing the great need for our children to know and enjoy the legitimate stage, Beta Mu Omega instituted an annual Children's Theater Series in 1938, primarily for underprivileged children. The Child Welfare Project began in October 1948. The chapter sponsored one girl in college and recruited girls in high school. The girls were provided with clothing, bus tickets and school lunches.

Beginning in the 1950's, Beta Mu Omega implemented an annual Fashionetta, a national project copyrighted by Alpha Kappa Alpha. Miss Black Teenage World followed as the scholarship effort. It soon made way for the project still going strong, High School Seniors' Recognition, which has raised over \$320,000.00 in scholarship and programming funds since 1976.

In the 1960's, Beta Mu Omega sponsored the AKA Saturday School in an effort to assist the underachieving school aged child

in the raising of test scores as well as provide a nursery for culturally deprived preschoolers. The children were exposed to fine arts through field trips and received free health care and shots needed for admission into the public schools when they became of age.

In the 1970's Beta Mu Omega has offered a Summer Reading Project. Pairing with Fort Worth ISD in 1983, the chapter implemented Reading is Fundamental and continues to purchase books for the children of Fort Worth.

In conjunction with Sims pharmacy, prescriptions were bought for needy students whose parents were not able to purchase their medication. This program was administered through the public school nurses in selected elementary schools from 1986-1990. For over ten years, the chapter has brought cleaning supplies and toiletries to the residents of the Como Community of Hope.

For more than 80 years, the chapter has responded to the needs of the Fort Worth community and implemented the programs of the national body. Its membership is made of women who have shaped the history of Fort Worth and served as leaders within the national organization.

It takes two flints to make a fire

~Louisa May Alcott

## NAMIWALKS PRESS RELEASE

The National Alliance on Mental Illness (NAMI) and Alpha Kappa Sorority (AKA), Inc. have launched a new partnership to expand mental health education, awareness, and support activities on campuses of colleges and universities and in local communities. Current AKA Beta Mu Omega Chapter members will be assisting with NAMIWalks.

NAMIWalks nationwide is the largest mental health education fundraising effort in America, NAMIWalks brings together thousands of individuals and supporters to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to help raise funds, combat stigma and promote awareness. This year marks NAMIWalks Tarrant 7<sup>th</sup> Anniversary event that helps raise money to support local programs and initiatives that improve the lives of persons impacted by mental illness and their families. NAMIWalks host teams from all over the community and feature a program of entertainment, food, information booths, kids zone, pet zone and prominent recognition of sponsors.

This year's Honorary Walk Chair is Fort Worth Independent School District (FWISD) Board Trustee Ms. Tobi Jackson, District 5. With over four decades of community service in Tarrant County, her current professional focus is to engage our youth in school, work and civic life. NAMI Tarrant is honored to have a leader who understands the importance of education by creating awareness to reduce STIGMA.

**Our goal this year is \$100,000 so any contribution will help no matter how small.**

Our 7<sup>th</sup> Annual NAMIWalks, **Saturday, October 3, 2015**

**Location:** Trinity Park Fort Worth, TX.

**Check in:** 7:30 am - Step-off 9:00 am

**Pets are welcome**

There is no registration fee for the walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates. All walkers raising \$100 or more receive a NAMIWalks event t-shirt.

Sponsors include; MHMR, EMC: Ellis Management, JPS Health Foundation, Sundance Behavioral Health, Cigna Health Springs, Mesa Springs Hospital, Trinity United Methodist Church, Escobedo Family, Pollo Regio, Teague Lumber Co., Frost Bank, Community Credit Union

## NAMI and Alpha Kappa Alpha Sorority, Inc. Join together

The National Alliance on Mental Illness (NAMI) and Alpha Kappa Alpha Sorority (AKA), Inc.® have launched a new partnership to expand mental health education, awareness, and support activities on the campuses of colleges and universities and in local communities.

The partnership will enable NAMI, the nation's largest grassroots mental health organization, and AKA, the nation's oldest sorority founded by African American college-trained women, to prepare new volunteer leaders for the future and reach broader constituencies as part of a growing movement to address unmet mental health needs.

“Alpha Kappa Alpha Sorority is proud to stand with NAMI in the fight for mental health and wellness,” said Dorothy Buckhanan Wilson, International President of Alpha Kappa Alpha Sorority, Inc. “Our members will work to bring attention to mental illness among diverse populations with historically low utilization of mental health services.” “NAMI and AKA will stand together to provide help and hope,” said NAMI Executive Director Mary Giliberti. “We are thrilled to be working with one of the nation’s most distinguished service organizations to help individuals and families affected by mental health conditions. Our common mission will include eliminating fear and discrimination that too often discourage people from seeking help when they need it.”

Unity is strength. . .  
when there is  
teamwork and  
collaboration,  
wonderful things can  
be achieved

~Mattie Stepanek

No one can whistle  
a symphony.  
It takes a whole  
orchestra to play it

~HE Luccock

Alone we can do so  
little, together we  
can do so much

~Hellen Keller

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## SUPPORT GROUPS

You will find insight and more effective coping skills, and learn to reduce the unreasonable stigma around mental illness. Additionally, support groups provide a place to network with other persons about how they have solved problems and found help.

Support Groups are led by NAMI-certified individuals with a lived experience in recovery as a family member or individual with lived experience of mental illness

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<b>NAMI TC, Southlake-76092</b> <i>Family Support Group</i>	<b>NO meeting Sept 7/ October 5</b> <i>First Monday of every month</i>	<b>7:00 to 8:30 pm</b> <i>White's Chapel United Methodist Church</i>
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185 South White's Chapel Blvd. Park on the East side of the building and go to the entrance north of the sanctuary. Room 2130 in Evans Hall.

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<b>NAMI TC, Ft. Worth-76107</b> <i>Family Support Group</i>	<b>September 14/ October 12</b> <i>Second Monday of every month</i>	<b>7:00 to 8:30 pm</b> <i>MHA-TC/NAMI Office 3136 West 4th Street</i>
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<b>NAMI TC, Johnson County</b> <i>Family Support Group</i>	<b>September 10/ October 8</b> <i>Second Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Joshua City Library</i>
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located on the High School Campus in Joshua. The address is Highway 174.

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<b>NAMI TC, Ft. Worth-76109</b> <i>Family &amp; Peer Support</i>	<b>September 17/ October 15</b> <i>Third Thursday of every month</i>	<b>6:00 to 8:30 pm</b> <i>University Christian Church @ TCU</i>
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**Please join us for our monthly meeting and pot luck. Support groups for caregivers and adult consumers are held before the general meeting. Location: University Christian Church located at 2720 S. University Drive, Park on the north or east side of the church as entry is on the east side. Registration is on second floor.**

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<b>NAMI TC, Arlington</b> <i>Family Support Group</i>	<b>September 24/ October 29</b> <i>Last Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Trinity UMC, Arlington</i>
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1200 West Green Oaks Blvd. Enter at south door. Room C-210 on the 2nd floor

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<b>H.O.M.E., NRH*</b> <i>Peer and Family Support</i>	<b>September 13 &amp; 27/ October 11 &amp; 25</b> <i>Second and fourth Sundays</i>	<b>5:15 to 6:45 pm</b> <i>The Hills Church of Christ, North Richland Hills</i>
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Room 207. Individuals with mood disorders and their loved ones are invited to this support group meeting

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<b>Caring Friends, Weatherford*</b> <i>Peer and Family Support</i>	<b>Every Tuesday</b> <i>First United Methodist Church Weatherford</i>	<b>6:00 to 8:00 pm</b>
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301 S. Main. In Akard Hall. Enter door at corner of Columbia and College Ave.

\*Not a NAMI-certified group

**You will find a group of people with similar life experiences that you will listen to and learn from; so you can apply and relate to your own life.**

**Together we explore topics related to a healthy lifestyle and changes one can make.**

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## MONTHLY MEETING—SEPTEMBER 17

Topic: **Gearing up for the Walk October 3!!**

Speaker: **Julia Webb, Walk Manager**

Starts at 6 p.m.

Empty pockets never  
held anyone back.  
Only empty heads  
and empty hearts  
can do that

~Norman Vincent Peale

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## NAMI TARRANT NEEDS YOU!



NAMI Tarrant County runs on donations and our annual fundraiser.

To bring the educational and advocacy programs to our community takes a large amount of effort, supplies and vendors. You can take part in helping NAMI gear up for the Walk!

### Are you or do you know someone willing to:

- Donate items for an auction?
- Donate food, water or hard items for the Walk?
- Donate office supplies and electronics? ...ie...paper, binders, ink, nametags, pens, paper-clips, tape, staples, computers, printers, shredders, projectors, etc..

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## WHAT YOUR NAMI TC BOARD IS UP TO! FROM THE TREASURER

Greetings NAMI Tarrant County Members,  
I am Brandon Alexander, your Treasurer.

As Treasurer, I have worked with the Board to build and sustain financial stability for NAMI-TC.

There are three key initiatives that will help us achieve that goal:

1. Establish a Mutual Fund that outpaces the rate of inflation

This ensures our fundraising efforts will retain and/or increase its value in the economy.

2. Successfully complete an audit

Completion of an audit gives NAMI-TC access to apply for government grants and other new sources of income.

3. Attain our financial goal for NAMI Walks 2015

Attaining the goal of our key fundraiser allows NAMI-TC to serve the citizens of Tarrant County with excellent programs such as Peer-To-Peer and In Our Own Voice.

It has been an exciting year of growth for NAMI-TC and our future is bright!

I welcome questions and support.  
You may reach me at  
[BrandonDionAlexander@yahoo.com](mailto:BrandonDionAlexander@yahoo.com)  
If you'd like to learn more.

Thank You,

Brandon Alexander  
NAMI-TC 2015 Treasurer

An investment in  
knowledge pays the  
best interest

~Benjamin Franklin

Our wounds are often the openings into the best and most beautiful part of us.

~David Richo

Courage doesn't happen when you have all the answers. It happens when you are ready to face the questions you have been avoiding your whole life

~Shannon L. Alder

## Talk Therapy: 7 ways to make the most of it

On a bad day, talking with a good friend can make all the difference. But there may be times in life when a professional listener — a licensed counselor — may be the help that's needed.

If you're struggling or stuck, counseling may be a good way to get a new perspective, move forward positively and protect your well-being. And if you're living with a mental health condition, seeing a therapist may be a key part of your treatment plan. These tips can help you make the most of it:

### 1. Set goals

Be sure your therapist knows what you hope to achieve. For example, perhaps you want to:

- Find ways to cope with strong emotions, such as grief
- Change behaviors that are making you unhappy
- Explore or navigate a major life change

### 2. Discuss a timeline

Ask your therapist how you'll work together on your goals and how long you might need counseling services. Some issues are chronic or take longer than others to work through. But in other cases, people might feel that they're making progress after just a few sessions.

### 3. Be honest

Sometimes, talking about personal problems can be uncomfortable. But the more open you are about your true feelings

and experiences, the more your counselor can help.

### 4. Take notes during each session

Reading them over can remind you of what you discussed, including what action steps you should try.

### 5. Do your homework

Your counselor might suggest you write in a journal or change your behavior in a certain way. If you don't get specific tips, ask what you can do outside of therapy to move toward your goals.

### 6. Welcome new ways

Often, therapy means exploring approaches that feel outside your comfort zone. But trying new strategies for managing or responding to situations is the only way to see if they work. If you give up too quickly, you might miss out on something that really helps.

### 7. Speak up

Your counselor wants your therapy to succeed — and collaboration is a key to that. So don't hesitate to say if you think a session didn't go well, want to focus on a new goal or have other concerns. When you're frank, it gives your counselor a chance to think about the best ways to help you.

It's also vital that you develop trust and a good connection with your therapist. So if you don't feel comfortable or you don't feel like you're being heard, it may not be a good fit — and you may benefit from making a change.

## Statistics About Mental Illness

- Approximately 1 in 5 adults in the U.S.—43.7 million, or 18.6%—experiences mental illness in a given year.
- Approximately 1 in 25 adults in the U.S.—13.6 million, or 4.1%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.
- Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.

- See more at: <http://www.nami.org>

## Peer 2 Peer

Peer to Peer is a **FREE 10-week class** sponsored by the National Alliance on Mental Illness (NAMI) Tarrant County. The class is led by NAMI certified mentors with lived experience of mental illness.

**Who may attend:** Adults with a diagnosed mental illness. This class is for those over 18 who wish to establish and maintain wellness in response to mental health challenges.

**Purpose and emphasis:** Education about persistent brain disorders, coping skills, empathy for the ill, community resources, advocacy, and self-care. This is NOT a therapy group. Commitment is 10 weeks.

**Class applies to:** Schizophrenia, Major Depression, Bipolar Disorder, Borderline Personality Disorder, Panic Disorder, OCD, and co-occurring Brain Disorders and Addictive Disorders.

(Drug abuse or alcoholism without a mental illness, brain injury, Alzheimer's, or criminal behavior without a mental disorder are not addressed in this class.)

**Time: 6:30 –8:30p.m.**

**Day of week:** Monday

**First class date:** September 28, 2015

**Location:** MHA Building,  
3136 West 4th Street,  
Fort Worth, TX 76107

**Teachers:** Ed Guthrie, Rachel Lubke

Please contact Sue Adams:

sue@namitarrant.org or 817.332.6677



When you are mad,  
mad like this, you  
don't know it. Reality  
is what you see.  
When what you see  
shifts, departing  
from anyone else's  
reality, it's still reality  
to you.

~ Marya Hornbacher,  
*Madness: A Bipolar Life*

## Family 2 Family

Family to Family is a **FREE 12-week class** sponsored by the National Alliance on Mental Illness (NAMI) Tarrant County.

**Who may attend:** Family members, caregivers, and friends. (*Children under 18 and consumers/loved-ones are **not** to attend.*) This class is for adult persons only who are close to the consumer. If two parents are involved with the consumer, **both** are encouraged to attend.

**Purpose and emphasis:** Education about persistent brain disorders and medications, coping skills, empathy for the ill, community resources, advocacy, and self-care. This course is taught *by families to families*. It is **NOT** a therapy group. Please commit to 12 weeks.

**Class applies to:** Schizophrenia, Major Depression, Bipolar Disorder, Borderline Personality Disorder, Panic Disorder, OCD, and co-occurring Brain Disorders and Addictive Disorders.

(Drug abuse or alcoholism without a mental illness, brain injury, Alzheimer's, or criminal behavior without a mental disorder are not addressed in this class)

**Time: 6:30 – 9:00 p.m.**

**Day of week:** Monday

**First class date:** September 14, 2015

**Location:** MHA building  
3136 West 4<sup>th</sup> Street  
Fort Worth, TX 76107

**Teachers:** Field and Melanie Ledford

Please contact Sue Adams:

sue@namitarrant.org or 817.332.6677



Mental illness leaves  
a huge legacy, not  
just for the person  
suffering it but for  
those around them.

~ Lysette Anthony

## Around the Web

Check out: <http://hellogiggles.com/girl-amazing-tattoo-depression/>

A life without exercise is, simply, a life without vigor. Exercise doesn't mean hours at the gym, sweating and working until every muscle in your body is sore, but it does mean sometimes making a decision to let other things go for an hour or two so that you can take care of one of the most important elements of your life on this planet: your body.

~Tom Walsh

I believe there's only one regulation in life that works: failure.

~Rick Santelli

## Walking: Your steps to health

Hundreds of medical studies show that regular exercise is good for health—very good. In fact walking is considered moderate exercise and can add years to your life. A twenty-five minute daily brisk walk could add up to 7 years to your life. The benefits of physical activity depend on three elements: the intensity, duration and frequency of exercise.

Because walking is less intensive than running, you have to walk for longer periods, get out more often or both to match the benefits of running. As a rough guide, the current American Heart Association/American College of Sports Medicine standards call for able-bodied adults to do moderate-intensity exercise for at least 30 minutes on five days each week or intense

aerobic exercise (such as running) for at least 20 minutes three days each week. That makes running seem much more time-efficient—but if you factor in the extra warm-ups, cool-downs, and changes of clothing and shoes that runners need, the time differences narrow considerably. Add the time it takes to rehab from running injuries and walking looks pretty good.

Mix and match to suit your health, abilities, personal preferences and daily schedules. Walk, jog, bike, swim, garden, golf, dance or whatever, as long as you keep moving. Remember that Einstein himself explained, “Life is like riding a bicycle. To keep your balance, you must keep moving.”

## FDA Basics- What are unapproved drugs and why are they on the market?

The original Federal Food and Drugs Act of 1906 brought drug regulation under federal law. That Act prohibited the sale of adulterated or misbranded drugs, but did not require that drugs be approved by FDA. In 1938, Congress required that new drugs be approved for safety. In 1962, Congress amended the 1938 law to require manufacturers to show that their drug products were effective, as well as safe. As a result, all drugs approved between 1938 and 1962 had to be reviewed again for effectiveness. To be consistent with current regulations and to ensure that all drugs have been shown to be safe and effective, all new drugs are required to have an approved application for continued marketing.

Many healthcare providers are unaware of the unapproved status of drugs and have continued to unknowingly prescribe them because the drugs' labels do not disclose that they lack FDA approval. In addition, since many unapproved drugs are marketed without brand names and have been available for many years, it is often assumed that these unapproved drugs are generic drugs. This is not correct. Generic drugs have been evaluated and approved by FDA

to demonstrate bioequivalence to a brand name reference drug. Healthcare professionals and consumers can be assured that FDA-approved generic drug products have met the same quality, strength, purity and stability as brand name drugs. Additionally, the generic manufacturing, packaging, and testing sites must meet the same quality standards as those of brand name drugs. Unapproved drug products have not been evaluated and approved by FDA. Unapproved drugs are *not* generic medications, and neither their safety nor their efficacy can be assured.

The original article can be viewed on the FDA website at the link below. <http://www.fda.gov/AboutFDA/Transparency/Basics/ucm213030.htm>

**An additional note about unapproved drugs from the contributor:** With the passage of the Kefauver-Harris Amendment in 1962, the FDA was to review drugs approved between 1938 and 1962 and determine their efficacy. The Agency contracted with the Nation Academy of Sciences in 1966 to perform the reviews. In 1968 the program

continued on page 9



## What foods can help you stay hydrated?

Think hydration and you probably think water, the body's essential fluid. But did you know you can eat your H<sub>2</sub>O too? That's when you choose foods that are high in water content.

For example, some varieties of fruit and veggies are more than 85 percent water. On hot days, these foods — along with other fluids — can help you stay hydrated. And there's a bonus: Water-rich fruits and veggies can also help replace key minerals (electrolytes) — which your body sheds when you sweat. When the temperature rises, make a splash in your daily diet with these tasty ideas:

**Super salads:** Watermelon, oranges, tomatoes, cantaloupe, berries, celery and cucumbers are all flush with fluid. These water-rich foods make great low-calorie snacks too!

**Berry-delicious smoothies:** Add berries, fresh or frozen to low-fat or fat-free yogurt or milk. Puree in a blender.

**Summer salsas:** These can be made from vegetables, fruits or a combination of both. Enjoy your favorite variety as a snack — dip into it with cut-up veggies or whole-grain pita chips. Or top grilled fish or chicken with it.

**Chilled soups:** You can serve these as a light meal — or as an appetizer or dessert. Here are three cool and soothing options:

*Gazpacho* A summertime favorite that's typically rich in tomatoes, cucumber, onion, bell pepper and garlic.

*Vichyssoise* This creamy French classic is made with pureed potatoes and leeks. To keep it on the healthful side, use low-fat, low-sodium chicken broth.

*Fruit soups* Strawberries, raspberries and cantaloupe puree nicely.

**Frozen nibbles:** Freeze grapes or berries. Grab them for a quick and cold snack.

Perhaps you're wondering, “How much water do I need?” Maybe you've heard it should be eight glasses a day. Actually, there's no set amount that's right for everyone. Hydration needs can vary — based on health conditions you have and medications you are taking. Talk with your doctor about what's right for you.

Staying hydrated is important, though. So carry a refillable water bottle with you — and sip from it throughout the day. Don't wait until you're thirsty. Bored with the same old water supply? Give it a twist with a wedge of lemon or lime — or a splash of 100 percent fruit juice. Be sure to wash your water bottle daily.

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## FDA Basics Continued from page 9

was officially called DESI — Drug Efficacy Study Implementation. Drugs still in this limbo status are called DESI drugs.

There is no list of DESI drugs, it is one of the unanswerable questions existing in the industry. Many of the drugs may be effective, but no one has taken the time, money and energy to prove the drugs effective. As of 2007, the FDA estimated about 20 categories were still in some stage of review.

One former example of a DESI drug was levothyroxine sodium — commonly used to treat low thyroid function. Levothyroxine was introduced to the market in the 1950s and “grandfathered” in under the 1962 amendment. In 1997, the FDA declared levothyroxine sodium tablets to be a “new” drug, and companies wishing to continue marketing their product would have to submit an application. The first New Drug Application (NDA) was approved in 2000. The Agency has since approved six NDA brands and several generics.

It is chronic water shortage in the body that causes most diseases of the human body.

~Dr. Fereydoon Batmanghelid

I want to lose weight by eating nothing but moon pies, which have significantly less gravity than earthier foods such as fruits and vegetables

~Jarod Kintz, *I Want*

**NAMI  
Tarrant County  
Board of Directors**

## **September is National Chicken Month and National Honey Month! Here is one tasty way to celebrate:**

**President -  
Sherry Fairchild  
Vice President -  
Ed Guthrie  
Secretary -  
Ruth Collins  
Treasurer -  
Brandon Alexander**

### **Honey Baked Garlic Chicken**

#### **Ingredients**

1 (2 to 3 pound) whole chicken, cut into pieces  
1/2 teaspoon garlic powder  
2 teaspoons salt  
1/4 teaspoon ground black pepper  
1 egg yolk  
1 1/2 tablespoons honey  
4 tablespoons butter or margarine, melted

**Scott Collins  
Donna Correa  
Jerri Escobedo  
Rachel Lubke  
Jennifer Nunley  
Vivian Siao  
Walter Taylor  
Elizabeth Valderas**

#### **Directions**

Preheat oven to 325 degrees F (165 degrees C).  
Rub chicken pieces with garlic powder, salt and pepper.  
In a small bowl, beat egg yolk with honey and butter or margarine.  
Brush honey mixture over chicken pieces.  
Place chicken pieces, skin side down, in a lightly greased 9x13 inch baking dish.  
Bake at 325 degrees F (165 degrees C) for 45 to 60 minutes or until chicken is cooked through and juices run clear, basting with remaining honey mixture.  
Just before serving, turn chicken over and bake for another 10 to 15 minutes to cook the skin on the other side.



**Changing Minds One Step at a Time**

**3136 West 4th Street  
Fort Worth, TX 76107-2113  
Phone: 817.332.6677  
E-mail: [info@namitarrant.org](mailto:info@namitarrant.org)**