

YOUR BRAIN ON JUNK FOOD

(Excerpted from *Prevention Magazine*, February 2015)

Fatty or sugar-laden foods act just like drugs in the brain, according to a growing body of research. Just say NO? Yes. And load up on the antidote: an ample dose of fruits and veggies.



Fatty foods may increase unhealthy cholesterol, which clog blood flow to the brain, upping dementia risk.

Sugary stuff contributes to DIABETES and may up your Alzheimer's risk by slowing insulin flow to the brain.

Fatty foods may deprive you of the feel-good chemical dopamine and increase your risk of depression.

Junk foods rewire the brain's reward pathways just as addictive drugs do, animal studies show.

Sources: Frontiers in Psychology, International Journal of Obesity, Public Health Nutrition, and Science.

DRINK THIS, AND . . .

Tart cherry juice is making the rest of the beverage aisle sour with jealousy. Here's why.

RELIEVE ARTHRITIS Tart cherries may help drop levels of uric acid, a compound linked to gout (a painful form of arthritis).

SLEEP BETTER The tangy juice is a natural source of melatonin, the hormone responsible for sleepiness.

FIGHT INFLAMMATION The fruit is rich in anthocyanins, potent antioxidants that can combat inflammation. *Source: Elizabeth Somer, RD*



GRAND COURT OF IDAHO FEBRUARY 2015 NEWSLETTER

**Boise Basin Court #3
Emerald Court #4
Garnet Court #5**

COOKING FOR TWO

Beef Cups Cordon Blue; Baked Potato Wedges (add to beef-cup baking pan; brush with drippings for flavor); Sautéed Zucchini; Strawberries w/Yogurt

Makes 4 Servings; freeze two or serve cold for tomorrow's lunch

Ingredients:

2 Lb.	Lean Ground Beef
6 TBSP	Chili sauce, divided
½ Cup	Dry bread crumbs
1 Large	Egg, slightly beaten
¼ Cup	Minced onion
¾ tsp.	Salt
½ Cup	Shredded mozzarella cheese (2 ounces), divided
2 Slices	One ounce each boiled ham, chopped, divided

In a medium bowl, mix well beef, 4 TBSP chili sauce, bread crumbs, egg, onion and salt. Divide in 8 portions; pat 1 portion into each of four 6-ounce custard cups or coffee cups. Top each with a fourth of the cheese and a fourth of the ham. Press remaining meat portions over filling. Unmold in ungreased shallow baking pan. Bake in preheated 350° oven for 20 minutes; spoon remaining 2 TBSPs chili sauce over beef cups; bake 15 minutes. **NOTE:** to freeze, cool cups slightly, wrap tight, label and freeze. To reheat, place frozen cups on ungreased baking sheet in preheated 350° oven for 30 minutes.

Per servings: Calories: 403; Protein: 30 grams; Fat: 23 grams; Cholesterol: 160 mg.

4.6.....The number of years you could age yourself by drinking 20 ounces of sugary soda every day, according to a new study. Researchers discovered that soda drinkers had shorter telomeres—protective units of DNA on chromosome ends, associated with aging—similar in length to those of people who smoke regularly.



Source: *American Journal of Public Health*

New Ways to Beat Diabetes (continued)

Leading diabetes researcher **George Kin, M.D.** offers the best tactics for fighting the blood sugar disease.

Excerpted from AARP The Magazine—Continued from December Newsletter

④ Calm Yourself

“When you’re stressed, your levels of the stress hormone cortisol go up, and inflammatory chemicals called cytokines increase,” King says. “Both of these cause insulin resistance,” which leads to diabetes. The ways in which people combat stress—by consuming high-fat and high-sugar foods—only compound the problem. Stress-reduction programs can help; they improve blood sugar control, too, recent studies find.

⑤ Stop being a weekend warrior



To keep diabetes at bay, physicians recommend 150 minutes of exercise a week. Just don’t do it all at once. Exercise helps the body become more sensitive to insulin, but the effects of this insulin sensitivity last just 36 hours; ideally, you should be exercising every day or every other day—not once on the weekend for several hours.

#6 and #7 (and the end) of this article will appear in the March 2015 issue of the newsletter

GRAND COURT of IDAHO ORDER of the AMARANTH:

Grand Court Session: “Bountiful Harvest with Friends”

**October 1st, 2nd, 3rd, 2015
Riverside Hotel in Boise
2900 Chinden Boulevard
Boise, ID 83714**

COURT NEWS

Boise

#3—Illness/Distress: HL Helen Adams is still having problems with her eyes, and not seeing well in the dark. **Happiness:** The Official Visit of the Grand Lecturer, SK Ron Wood was very nice, and SK Ron received a nice gift from the Royal Matron and Royal Patron. We enjoyed seeing HL Shannon Baird at this meeting. HL Laura Shonk celebrated a big birthday on February 15th. HL Anna Votaw has finished her training in the north, and is back in Boise full time now.

Emerald Court #4—Illness/Distress: HL Gloria McManigal was not feeling well and only attended part of the meeting. HL Linda Elliot, RM, was not feeling well due to lack of sleep. Both ladies could probably use a “thinking of you” card. HL Susan Broemeling’s father passed away. HL Susan and SK Richard Broemeling are now residents of the State of Washington. **Happiness:** The Court had a very nice Official Visit of the Grand Lecturer at their February meeting. SK Ron gave tips on the incoming march, and reading the fine print in the ritual to discover more information than just your part of the ritual. The Official Visit of the Grand Royal Matron is coming up, and HL Stefanie asked that the Court request a dispensation to hold the April meeting in the afternoon. Be sure to mark your calendars for the meeting at 1:00 PM, so you can support HL Stefanie. More information regarding a meal will come later.



Garnet Court #5—Illness/Distress: HL Dianne Gates has been down in bed for the past 30 days with back pain. SK LeRoy Austin had cataract surgery on both eyes, and ended up with pneumonia and spent some time in the hospital. **Happiness:** HL Darlene Neal is a new grandmother, which means that HL Billie Reed is a new **GREAT** grandmother! Little Greyson Aaron. HI Frankie and SK Norm Lane attended the potluck and meeting, which was the Grand Lecturer’s visit, and helped the meeting by being pro tems. They had a very nice time and great fellowship, and a great meal (as always). SK Ron Wood had his Official Visit of the Grand Lecturer at this meeting. He received a nice goody bag from HL Penny, Royal Matron. HL Diane and SK Ron Wood, GL, are heading to the Grand Court of Colorado after the Boise Basin Grand Lecturer’s Visit, and they will be preparing for *March Madness!*



Please attend each other’s meetings and see what they are doing to move the Order of the Amaranth FORWARD!

ADVERTISEMENTS



MEMBERS—WE NEED TO GET OUR TICKETS SOLD!!!!!!!!!!

Annual German Dinner Open to the Public!

For the Grand Court of Idaho—Order of the Amaranth
Saturday, March 28, 2015

5:00 PM—7:00 PM

Masonic Temple—Mountain Home

Adults—\$15.00

Children (under 10)—\$8.00

Proceeds for General Fund

Windowsill-to-Table Greens

Fresh local veggies usually don’t abound in winter—unless you grow your own. And nothing could be simpler than farming nutrient-rich microgreens from your windowsill. Here’s how:



1. Choose organic sprouting seeds; buckwheat, pea, and broccoli are easiest to grow.
2. Cut the lid off a large plastic produce container, poke holes in the bottom, and place on a tray. Fill with 1 ½ to 2 inches of soil, scatter seeds, and cover thinly with soil. Place on a windowsill and water daily.
3. When two true leaves unfurl (in 7-14 days), cut greens above soil with kitchen shears. New shoots will grow back quickly.



**Order of the Amaranth
Supports Diabetes Research**

MEMBERS OF IDAHO GRAND COURT OF
ORDER OF THE AMARANTH

Keep those recipes coming! Let's make this a real **IDAHO COOKBOOK!**

We would like to create an Idaho Amaranth Cookbook! Please send your favorite recipes to HL Frankie Lane; P.O. Box 1460; Meridian, ID 83680-1460 or **NEW E-MAIL: 48raptorsluvme@outlook.com**. Please include your name, Court # and the office you currently hold. Categories are: breakfast; appetizers; entrees; bread/rolls; soups; sides; salads/salad dressings; and, desserts. Deadline for recipes is June 30, 2015. The cookbook will be put together over the summer to go on sale in September 2015.

This is a Grand Court Project and will continue over several years to include more volumes. All proceeds will go to Diabetes Research and will incur no cost to the Grand Court of Idaho.



YOUR BODY ON WALKING

(from Prevention Magazine January 2015)

Ridiculously simple, astonishingly powerful, scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting????????????????

BRAIN: Just 2 hours of walking a week can reduce your risk of stroke by 30%.

MEMORY: 40 minutes 3 times a week protects the brain region associated with planning and memory.

MOOD:

30 Minutes
A day can
Reduce symptoms
Of depression by 36%.

HEALTH: Logging 3,500 steps a day lowers Your risk of diabetes by 29%!

LONGEVITY: 75 Minutes a week of brisk walking can add almost 2 yrs. to your life.

WEIGHT: A daily Walk can cut your risk of obesity In half.

BONES: 4 hours a Week can reduce the Risk of hip fractures by Up to 43%.

HEART: 30—60 minutes most days of the week drastically lowers your risk of heart disease.

3 Cold- and Flu-Fighting Soups

Got the sniffles? Head for the kitchen and make one of these single-serving soups right in the bowl. Each has ingredients like ginger, garlic, and strong spices that ease cold and flu symptoms—and taste way better than cough syrup.

Lemon, Honey & Garlic Soup

Add 1 tablespoon each finely diced yellow onion, celery, and carrots; 1 minced clove garlic; 1 tablespoon fresh lemon juice; and 2 teaspoons grated lemon zest to soup bowl. Cover with 1 ½ cups hot vegetable broth and drizzle with honey. Stir to combine.

Curry Green Leaf Soup

Add ½ cup finely shredded spinach or kale, 1 tablespoon finely diced red onion, 2 teaspoons curry powder, and ¼ teaspoon cayenne to soup bowl. Cover with hot vegetable broth. Stir to wilt greens.



Ginger Chicken Noodle Soup

Add ½ cup cooked rice noodles, ¼ cup cooked shredded chicken, 1—2 tablespoons reduced-sodium soy sauce, 1 tablespoon sliced scallion, ½-1 teaspoon freshly grated ginger, and ½ teaspoon sesame seeds to soup bowl. Cover with 1 ½ cups hot chicken broth. Stir to combine and serve with Sriracha sauce.



**“Great things do not just happen by impulse
But as a succession of small things
Linked together”**

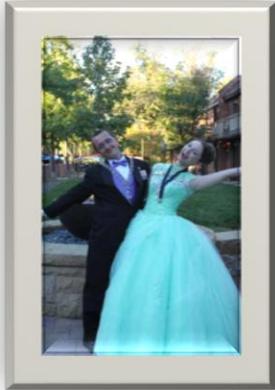
--Vincent van Gogh

Shrimp, Okra, Beans, and Rice

Heat ½ TBSP safflower oil in a large skillet over high heat. Add ½ small sliced red onion and 2 thinly sliced cloves of garlic and sauté until fragrant, about 2 minutes. Stir in 1 ½ cups thawed frozen cut okra and 1 package (9-ounce) thawed frozen green beans and cook until heated through. Add 1 pound large (21—30 count) peeled and deveined shrimp and 3 TBSP lime juice and cook until shrimp are pink and opaque, about 3 minutes. Remove skillet from heat and stir in 1 cup chopped cilantro. Prepare 1 package (8.5-ounce) Uncle Ben’s Ready Rice Red Beans and Rice™ per package directions and serve with shrimp. Top with your favorite hot sauce.

Nutrition (per serving, serves 4):

Calories: 224; Protein: 20 grams; Carbs: 27 grams;
Fiber: 5 grams; sugars: 3 grams; fat: 4 grams; sodium
840 mg.



IDAHO MASONIC YOUTH NEWS

International Order of the Rainbow for Girls (IORG)

The Meridian Gems  Assembly #12 recently traveled to Mt. Home to help Friendship Assembly #9 initiate two young ladies. The Meridian Gems filled several stations, had a nice lunch with the Friendship Assembly and presented the degrees with great aplomb. Meridian Gems #12 meets on the 2nd and 4th Monday of the month, at the Meridian Masonic Lodge, and their meetings start at 7:00 PM. Friendship Assembly #9 meets on the 1st and 3rd Tuesday of the month at 7:00 PM at the Mt. Home Masonic Lodge.



International Order of Jobs Daughters

Treasure Valley Bethels

We always love to have you attend our meetings. Before attending a meeting, please call the Bethel Guardian to be sure that we are having a meeting that night. School functions may require us to change our meeting day or time.

Bethel #5 Payette, Idaho

Payette Masonic Temple 214 ½ N 8th St.
Meets 2nd & 4th Monday at 7:00 p.m.
Bethel Guardian—Cindy Tolman—cell phone 1(541) 216-1484

Bethel #6 Meridian, Idaho

Meridian Masonic Temple 800 E. 2nd St
Meets 1st & 3rd Wednesday at 7:00 p.m.
Bethel Guardian—Ruth Heyob—cell phone 631-3208

Bethel #8 Caldwell, Idaho

Caldwell Masonic Temple 820 ½ Blain St.
Meets 1st & 3rd Wednesday at 7:00 p.m.
Bethel Guardian—Deborah Arnold—cell phone 889-2159
Special Event—Grand Guardian visit March 22nd 2:00 p.m.

Bethel #29 Boise, Idaho

Boise Masonic Temple 215 N. 10th St.
Meets 1st & 3rd Thursday at 7:00 p.m.
Bethel Guardian—Shannon Tolman—cell phone 284-9604
Special Event—Grand Guardian Visit March 21st 2:00 p.m.

Bethel #31 Homedale, Idaho

Homedale Masonic Temple 19 W. Idaho St.
Meets 1st & 3rd Wednesday at 7:00 p.m.
Bethel Guardian—Jackie Holloway—cell phone 221-3647

Bethel #48 Boise, Idaho

Boise Scottish Rite Center 1407 W. Bannock
Meets 1st & 3rd Monday at 7:00 p.m.
Bethel Guardian—Angie Nealis—cell phone 830-0012

International Order of DeMolay for Boys



Need to receive information regarding DeMolay and their activities. If anyone has this, please let HL Frankie Lane @ (208) 304-9159 or at 48raptorsluvme@outlook.com.



HEALTHY YOU

{3 small steps}

STOP Type 2 Diabetes

About 79 million Americans have pre-diabetes, which means they're dangerously close to developing type 2 diabetes. The good news: A few easy changes can help you reverse your risk.

Get screened

It's especially important if you have a family history of the disease or high blood pressure, because those factors up your odds. Only about 11% of people with pre-diabetes realize they have it, so see a primary care physician to have your blood sugar tested.

Take a post-meal walk

A new small study found that people who took a brisk 15-minute walk after each meal (breakfast, lunch and dinner) were more likely to prevent elevated blood sugar—a condition that can lead to type 2 diabetes—than their couch potato counterparts. Can't squeeze in three walks throughout your day? The study found that a walk after dinner is most effective.

Lose a little weight

You may think you need to drop a lot of pounds to ward off type 2 diabetes, but research shows that losing just 5% to 7% of your body weight lowers your risk by 58%. If you weigh 180 pounds, that's only 9 pounds.



Puerto Rican

Shredded Pork

Ingredients:

- 2—3 Lb. Pork boneless sirloin roast, trimmed and tied with kitchen twine if necessary
- 1 TBSP Vegetable oil
- 4—5 Cloves garlic, skins removed, crushed
- 1 TBSP Cumin
- ½ TBSP Coarse salt
- 1 tsp Dried oregano
- 4 Large Oranges, juiced, or 1 cup freshly squeezed orange juice
- 4 Large Limes, juiced

Poke 3—5 holes in pork with sharp knife; stuff with half the crushed garlic. Warm oil in large skillet over medium-high heat. Add pork and brown on all sides, 6—8 minutes. Combine remaining ingredients in blender and blend 3—5 seconds until evenly combined. Place pork in slow cooker, pour liquid mixture over pork and let marinate about 10 minutes on each side.

Turn slow cooker on low; set timer for 8 hours. After 8 hours, remove pork and shred using two forks on a large cutting board. Remove all liquid from slow cooker except 1 cup and add pork back to pot. Let cook another 15—30 minutes. Serve shredded pork in lettuce wraps or in corn tortillas. Top with pico de gallo, chopped cilantro and avocado.

	COURT	TIME	MEETINGS
SATURDAY MARCH 7TH	GARNET COURT #5	6:30 PM 7:30PM	Pot Luck Dinner Regular Meeting
SATURDAY MARCH 14TH	EMERALD COURT #4	12:00 NOON 1:00 PM	Pot Luck Luncheon Regular Meeting
TUESDAY MARCH 17TH	BOISE BASIN COURT #3	7:30 PM	Regular Meeting
			REMEMBER



**REMEMBER TO GET YOUR
RAFFLE TICKETS FOR THE
BEAUTIFUL NEEDLEPOINT OF
THE BABY OWLS! SEE ANY
ROYAL PATRON**