

Heart Gala 2007

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HEART HEALTHY NEWSLETTER

June 2006

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Richard Jonas, M.D. named 2007 Heart Gala Medical Committee Chairman

*Adam Strickberger, M.D. named Vice-Chairman &
2008 Chairman*



Richard Jonas, MD

Richard Jonas, M.D., Chief of Cardiovascular Surgery and co-director of the Children's Cardiac Center at Children's National Medical Center has graciously accepted the position of chairman of the 2007 Heart Gala Medical Committee. Dr. Jonas has served on the GWR & Boston Heart Gala committees for several years and thanks to his leadership Children's National Medical Center has been a key gala sponsor the last two years.

In addition, Adam Strickberger, M.D., Director of the Arrhythmia Center at Washington Hospital Center has been named the 2007 Heart Gala Medical Committee Vice-Chairman and the 2008 Medical Committee Chairman. Dr. Strickberger joined the Medical Committee last year and has been an integral part of their success. His energy is contagious and will ensure a bright future for the Heart Gala.

We thank both Dr. Jonas and Dr. Strickberger for their dedication to the American Heart Association. Their time and leadership on the Medical Committee will make the 2007 Heart Gala another great success!

Save the Date!

The 2007 Heart Gala will be held on Saturday, March 10, 2007 at the Ritz-Carlton, Tysons Corner. Dates for the Physicians' Reception and VIP Reception will be announced later in the year.

March 10

MARK YOUR CALENDAR



Alliance for a Healthier Generation & Industry Leaders Set Healthy School Beverage Guideline for U.S. School



The Alliance for a Healthier Generation—a joint initiative of the William J. Clinton Foundation and the American Heart Association has worked with representatives of Cadbury Schweppes, Coca-Cola, PepsiCo, and the American Beverage Association to establish new guidelines to limit portion sizes and reduce the number of calories available to children during the school day. Under these guidelines, only lower calorie and nutritious beverages will be sold in schools. This is the Alliance's first industry agreement as part of its Healthy School Program, and it affects close to 35 million students across the country.

These guidelines will cap the number of calories available in beverages in schools at 100 calories per container, except for milk and juices whose nutritional value warrants the higher number of calories – a logical and proactive step toward helping our kids live healthier lives.

Under the terms of the agreement, the beverage industry will work to spread these standards to 75 % of the nation's schools prior to the beginning of the 2008-2009 school year. The industry will strive to fully implement these guidelines prior to the beginning of the 2009-2010 school year, provided schools and school districts are willing to

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Under these new established guidelines, elementary schools will only sell water, and eight ounce, calorie-capped servings of certain juices with no added sweeteners and servings of fat free and low fat regular and flavored milks. Middle schools will apply the elementary school standard with portion sizes increased slightly to 10 oz.

In addition to the beverages available in elementary and middle schools, high schools will also sell no calorie and low calorie drinks, such as bottled water, diet and unsweetened iced teas, diet sodas, fitness water, low calorie sports drinks, flavored water and seltzers; as well as light juices and sports drinks.

At least half of available beverages in high schools will now be water, no calorie and low calorie selections. Light juices and sports drinks will be sold in 12 ounce containers with no more than 100 calories per container, while 100% fruit juices and non fat and low fat milks will also be sold in containers up to 12 ounces.

“This is an important announcement and a bold step forward in the struggle to help American’s kids live healthier lives,” said President Clinton, a leader of the Alliance for a Healthier Generation. “These industry leaders recognize that childhood obesity is a problem and have stepped up to help solve it. I commend them for being here today and for taking this important step. There is a lot of work to be done to turn this problem around but this is a big step in the right direction and it will help improve the diet of millions of students across the country.”

AHA Volunteers, Survivors & Researchers Participate in Lobby Day

You're the Cure advocates from across the country traveled to Washington, D.C. on May 16 to tell members of Congress how heart disease and stroke has personally changed their lives. Survivors, caregivers, healthcare providers all delivered the same message, “Congressman—You are the Cure for Heart Disease and Stroke.” More than 500 *You're the Cure* advocates came to Capitol Hill to ask Congress to make the nation’s number 1 killer a number 1 priority.



They urged members of Congress to:

- Significantly increase funding for heart disease and stroke research funded by the National Institutes of Health.
- Significantly increase funding for the Centers of Disease Control and Prevention’s Heart Disease and Stroke Prevention Program, which provides states with grants to implement tailored programs to help prevent and control heart diseases, stroke and other cardiovascular diseases.
- Support the HEART for Women Act—legislation aimed at improving the prevention, diagnosis and treatment of cardiovascular disease in women.

This year, the AHA honored Senators Debbie Stabenow (D-MI) and Lisa Murkowski (R-AK) and Representatives Lois Capps (D-CA) and Barbara Cubin (R-WY) with certificates of appreciation for their leadership on the introduction of the HEART for Women Act in February 2006.

Volunteers, survivors, advocates and researchers were also recognized during Lobby Day. Dr. Charlie Shaeffer, a cardiologist from Palm Springs, California was named Volunteer Advocate of the Year for his two decades of service to the AHA and his invaluable contributions to the association’s tobacco-control policies, childhood obesity efforts and heart disease and stroke research funding policy priorities.

Tropical Fruit Salad with Cherimoya Dressing

Serves 4; about 1 cup fruit plus 1/4 cup dressing per serving

Dressing



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Dressing

1 ripe cherimoya, peeled, seeded and cut into 1-inch cubes
2 tablespoons fresh lime juice (about 2 medium limes)
1 tablespoon sugar
1/4 teaspoon ground nutmeg

Salad

2 mangoes
1/2 small, ripe papaya, peeled & seeded
1 orange, peeled
1 ugli fruit, peeled or 1/2 peeled & thinly sliced grapefruit
1 banana
1 ripe guava, peeled & seeded
Mint springs for garnish

1. In a blender or work bowl of a food processor fitted with a metal blade, combine the ingredients for the dressing and process until mixture is smooth, about 30 to 60 seconds. Place in a nonmetallic bowl and chill until ready to use. The dressing will keep for up to 8 hours in the refrigerator, but it will turn pink, which does not affect the flavor.
2. For the salad, place one mango on its flattest side. Using a sharp knife, slice the top part of the mango off, keeping it all in one piece. Flip the mango over and slice off the other top part. This leaves two oval slices of mango and a middle section. Trim off, peel around the pit and cut off any remaining flesh around the pit; place flesh in nonmetallic bowl. Place the oval mango slices with the flesh side up on a cutting board. Using a sharp knife, make diagonal cuts, about 1/2 inch apart, being careful not to cut through the skin, leaving flesh intact.
3. Make diagonal cuts in the opposite direction, about 1/2 inch apart to form cross-hatch design. With your hands, gently bend the mango half inside out so that your diagonal cuts spread out and expose the flesh – it will slightly resemble a porcupine. Repeat with remaining mango half. Set aside on plate. Repeat entire process with remaining mango. Set aside.
4. Cut the remaining fruit into a variety of shapes and sizes. Add fruit to the bowl with the mango piece and toss gently. To serve, place each mango half on a decorative plate. Spoon a heaping half cup of the fruit on one side of each mango. Spoon about 1/4 cup of the dressing over the fruit and garnish with mint.

Calories: 277

Protein: 3 g

Carbohydrates: 71 g

Total Fat: 1 mg

Saturated Fat: 0 g

Polyunsaturated Fat: 0 g

Monounsaturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 7 mg

For more information on the Heart Gala, please visit our website www.ahaheartgala.com
or contact Erika Chambers at (703) 914-3705.

