



# **Earth Day 2010 Green for Health**

April 24, 2010  
9:00a - 5:00p

Sherman Municipal Ballroom & Grounds  
(Rusk at Pecan)

# Today's Events

## Main Stage — Gazebo

Time	Who / What
8:30 - 9 am	S & S After School Choir
9- 10:00 am	<b>Keynote: Tom "Smitty" Smith</b> — Director of Public Citizen, TX Texas leads the nation in emissions of global warming gases. If we were a nation, we'd be 7 <sup>th</sup> in the world in emissions. The air in DFW and Red River valley area violates federal air safety standards. The good news is that the solutions to these problems can create tens of thousands more new jobs than would be lost by reducing emissions. Tom "Smitty" Smith, Director of Public Citizen of Texas, will talk about how citizens can get involved with improving the state agency that regulates pollution, which is undergoing a legislative review in the next year.
10 -11:45 am	<b>Recorded Music</b>
11:45 - Noon	<b>Tim Grimm</b> — Singer/Songwriter
12 - 12:30 pm	<b>Jan Fletcher</b> — Vocals
12:30 - 1 pm	<b>Denison Family Karate Center Demonstration</b>
1:30 - 4 pm	<b>Red River Valley Dulcimer Club Jam</b>
4 - 5 pm	<b>Recorded Music</b>

**NOTE:** Site map at centerfold. Map to Sneed Prairie on Page 20



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## Tent 1 – Health

Time	Who / What
10 - 10:45 am	<p><b>Exercise for Health — Panel Discussion</b> <i>Presenters:</i> Qi Gong, Pilates, Yoga, Tai Chi</p> <p>Panel will consist of four alternative exercise practitioners who will talk about how their type of exercise affects the health of people they work with. Each presenter will have seven minutes to present information on their experience. The panel will then be open to questions from the audience.</p> <p>Panel will consist of:</p> <ul style="list-style-type: none"><li>• Qi Gong – Maria Silén</li><li>• Yoga – Kris Orcutt</li><li>• Tai Chi – Debra Williamson</li><li>• Pilates – Megan Burleson</li></ul> <p>Check out the mini-workshops for more information on each exercise.</p>
11 - 11:45 am	<p><b>Negative Effects of Stress on Our Health</b> <i>Presenter:</i> Dr. Wren</p>
1 - 1:45 pm	<p><b>The Natural Diet of Our Ancestors</b> <i>Presenter:</i> Prof. George Diggs - Austin College</p>
2 - 2:45 pm	<p><b>Healthy Cooking</b> <i>Presenter:</i> Julie Mayo - Natural Life Farm</p> <p>"Healthy Cooking" will cover the basics on how foods affect health and vitality and how important individuality is to nutritional needs. It will look at how to find and prepare the healthiest and most affordable foods to meet individual needs. Information will be provided on sources for good food. There will be plenty of time for questions.</p> <p><b>Julie D. Mayo</b>, NTS, FIFHI is a Natural Therapeutic Specialist of 22 years using food as medicine to heal the body and mind. She is a fellow of the Institute of Human Individuality using Peter J. D'Adamo's Blood Type and Genetic research. Currently Julie is creating a Teaching Center and organically managed farm for local consumption.</p>

*Tent 1 — Health continues on Page 2*

*"The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope."*

— Wendell Berry, Farmer/Writer/Academic (1934 - )



## Tent 1 – Health

### Time

### Who / What

3 - 3:45 pm

#### Green for Health - "Other Views" Panel Discussion

*Presenters:* Chiropractic, Naturopathic, Meditation

Panel will consist of three alternative practitioners who will talk about how the current environment affects the health of people they work with. What in general can people do to help take care of themselves in this environment. Each presenter will have ten minutes to present information on their experience. The panel will then be open to questions from the audience for 15 mins.

The Panel (bios starting below):

Dr. Erica Mueller, Chiropractor

Larry A. Mayo, Natural Therapeutic Specialist

Bill Mory, Ed.S., Mindfulness Meditation

4 - 4:30 pm

#### Honey for Health

*Presenters:* Texas Queen Bees

**Chiropractor - Dr. Erica Mueller** Dr. Mueller graduated in 2000 from the prestigious Parker College of Chiropractic. She began her first 2 years in practice within the communities of Plano and Frisco. In search of a more close knit community, she has lived and practiced in McKinney for the last 8 years. Recently, she opened a second practice in Denison. Dr. Mueller has always believed in a quality-based Chiropractic practice vs. the more common quantity-based, "in and out" style of care. She takes pride in spending lengthy one-on-one visits with patients. She has never utilized "popping, cracking or twisting" of the spine as a chiropractic technique. Her caring and unique approach puts people at ease who may have a fear or poor understanding of chiropractic care. Dr. Mueller also uses myofascial release and massage therapy in conjunction with each chiropractic adjustment. This method provides long-term corrective care for people suffering from common muscular-skeletal problems.

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## Tent 1 – Health

**Natural Therapeutic Specialist - Larry Mayo** Larry is a Natural Therapeutic Specialist with 22 years professional experience. He has worked with several area doctors of varying specialties and has continued his education through research and certifications with Dr. John Upledger and Gary Craig, founder of EFT. His interests in new science has kept his knowledge base current while studies of ancient medicinal practices involving body and mind gives him a deep understanding of how health is kept in balance. Larry is currently working on a Center for Learning in N. Texas and taking private clients in Madill, OK.

**Mindfulness Meditation - Bill Mory** Bill is a Licensed Professional Counselor, Licensed Marriage and Family Therapist and Mindfulness Coach. Bill has worked with clients in a variety of settings including community mental health, criminal justice, hospitals and non-profit agencies. His greatest devotion, however, has been his influential work with clients in his own private practice of the last twenty-one years. On the national scale, Bill is a Clinical member of the American Association for Marriage and Family Therapists and is a Diplomate of the American Association of Sex Educators, Counselors and Therapists. He also is a Certified Sex Addiction Therapist (2001) and an Advanced Addiction Counselor (2000). He began practicing Mindfulness Meditation fifteen years ago and still continues a daily practice of 45 minutes in mindful meditation. He coaches his clients on the powerful implications that mindfulness has for relationships, compassion and emotional well-being.



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## Tent 2 – Gardening Plus

Time	Who / What
10 - 10:45 am	<b>Wind Energy</b> <i>Presenter:</i> Hugh Hamilton — Texas Air Power
11 - 11:45 am	<b>Caring for Roses with Organic Methods</b> <i>Presenter:</i> Suz Anne Peterson — RR Rose Society
1pm - 1:45 pm	<b>Composting</b> <i>Presenter:</i> Jerry Haynes — Grayson Master Gardeners
3 pm - 2:45 pm	<b>Rainwater Harvesting</b> <i>Presenter:</i> Steve Fleming — Grayson Master Gardeners
3 pm - 3:45 pm	<b>Square Foot Gardening</b> <i>Presenter:</i> Pat Abrams — Hunt Co. Master Gardener Grow twice as much in 1/2 the space, reduce watering, no weeding
4 pm - 4:30 pm	<b>Solar Energy</b> <i>Presenter:</i> Ricardo Nyala — Sun City Solar Energy



### Center for Environmental Studies

Dr. Peter Schulze  
Professor of Biology  
903-813-2284


Dr. George Diggs  
Professor of Biology  
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## Mini Workshops – Area 1

Time	Who / What
11:15 - 11:40 am	<b>Qi Gong</b> <i>Presenter: Maria Silén</i> <p>Qi Gong is an ancient Chinese healing system (estimated to be 5000 years old) and it is the foundation for both acupuncture and Tai Chi. The literal meaning of the word Qi Gong is 'energy exercise'. This exercise system combines slow movements with deep breathing; it is a simply daily exercise for maintaining good health, which anyone can master.</p> <p><b>Maria Silén</b> is certified Medical Qi Gong Instructor and member of the Medical Qi Gong Academy in Scandinavia and National Qi Gong Association in USA. Maria initiated her Medical Qi Gong practice and training in 1996, and she advanced to a Medical Qi Gong instructor. Since 2002, she has been teaching workshops and giving classes and courses in both Sweden and United States, amongst others, teaching a Jan-term course at Austin College in Sherman every year since 2004.</p>
11:45 am - 12:10 pm	<b>Pilates</b> — <i>Presenter: Megan Burleson</i>
12:45 am - 1:10 pm	<b>Qi Gong</b> — <i>Presenter: Maria Silén (See above)</i>



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## Mini Workshops – Area 1

Time	Who / What
1:15 am - 1:40 pm	<p><b>Yoga</b> <i>Presenter: Kris Orcutt</i></p> <p>Gentle Yoga: Open to group participants — will include 4 standing poses, 3 sitting poses, 1 twist pose and Kneeling sun salutation. Yoga therapy sessions are fun and enjoyable as well as relaxing, strength building and bring about an awareness and union of one's body, mind and soul!</p> <p><b>Kristine</b> has many years of study and practice in reflexology and yoga. She is health oriented, and through her practice she nurtures others. She combines her expertise in holistic health with a gentle and intuitive approach. Kris learned meditation and B.K.S. Iyengar yoga from Jan Mitchel &amp; Rachael Miller-Graham, both very dedicated and talented instructors and mentors. It is from the love of practicing yoga that she shows others the yoga basics in relaxation, breathing, and poses.</p>
1:45 - 2:10 pm	<p><b>Tai Chi</b> <i>Presenter: Debra Williamson</i></p> <p>Tai Chi is a very old Chinese martial art form. It can be thought of as a slow moving meditation. Tai Chi is performed slowly, softly, and gracefully with smooth and even transitions between each movement. You get the same benefits of an aerobic workout without the jarring on the joints— which is great for arthritis. You will learn how to release your stress, improve your balance and prevent falls, strengthen your muscle and bone mass, relax your mind and body, breathe properly, improve your circulation, flexibility and posture. Tai Chi is also known to lower your blood pressure and help with depression. Although you would not think so, every movement is also for self-defense. All ages welcome. You are never too old to start.</p> <p><b>Debra</b> is a 4th degree black belt with 27 years experience in the martial arts. She is a native of Sherman, Texas and now lives in Pottsboro. She currently is teaching Tai Chi and Karate in the Sherman/Denison area.</p>





## Mini Workshops – Area 1

Time	Who / What
2:15 - 2:40 pm	<b>Emotional Freedom Techniques</b> <i>Presenter:</i> Larry Mayo [See page 3 for Larry's bio]
2:45 - 3:10 pm	<b>Restorative Yoga</b> <i>Presenter:</i> Kris Orcutt  Open to group participants - will include 4 stretching / releasing restorative poses to music.
3:15 - 3:40 pm	<b>Tai Chi</b> <i>Presenter:</i> Debra Williamson
4:00 - 4:30 pm	<b>Mindfulness Meditation</b> <i>Presenter:</i> Bill Mory [See page 3 for Bill's bio]



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## At the Electric Vehicles

Time	Who / What
11:15 am	Electric Auto Mini Workshop
1:15 pm	Electric Auto Mini Workshop
2:45 pm	Electric Auto Mini Workshop

## Mini Workshop Area 2 – Vendors

10 - 10:25 am	Energy Efficiency — TXU — Collette Vallot
10:30 - 10:55 am	Interfaith Environmental Alliance — Gary Stuard
11:00 am - Noon	Essay Contest Readings & Awards
12:45 - 1:10 pm	Cloth Diapers — Trier Ward
1:15 - 2:40 pm	Knight Family Chiropractic
2:45 - 3:10 pm	Cloth Diapers — Trier Ward
3:15 - 3:40 pm	Integrated Gardening — Family Farms



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The North Texas Electric Auto Association's goal is to support local EV enthusiasts, and to promote and educate the public regarding the benefits of electric vehicles.

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## Related Events

Time	Who / What
<b>Thursday</b> 6:30 - 8:30 pm	<b>Howard Garrett</b> <i>Sponsored by:</i> Wells Fargo Advisors
<b>Friday</b> 8:00 am - 3:00 pm	<b>Continuing Education Class — “Coordinated Local Environmental Enforcement”</b> <i>Sponsored by:</i> Texas Illegal Dumping Resource Center
<b>Friday</b> 5 - 7:00 pm	<b>Book Sale</b> <i>Sponsored by:</i> Friends of the Library
<b>Saturday</b> 8:00 am - 4:00 pm	<b>Book Sale</b> <i>Sponsored by:</i> Friends of the Library
7:00 am - 7:00 pm	<b>Pancake Day &amp; Silent Auction</b> <i>Sponsored by:</i> Kiwanis Club
7:00 am - 4:00 pm	<b>Plant Sale</b> <i>Sponsored by:</i> Grayson County Master Gardeners
	<b>Plant Sale</b> <i>Sponsored by:</i> Red River Rose Society

[ continued on page 12 ]



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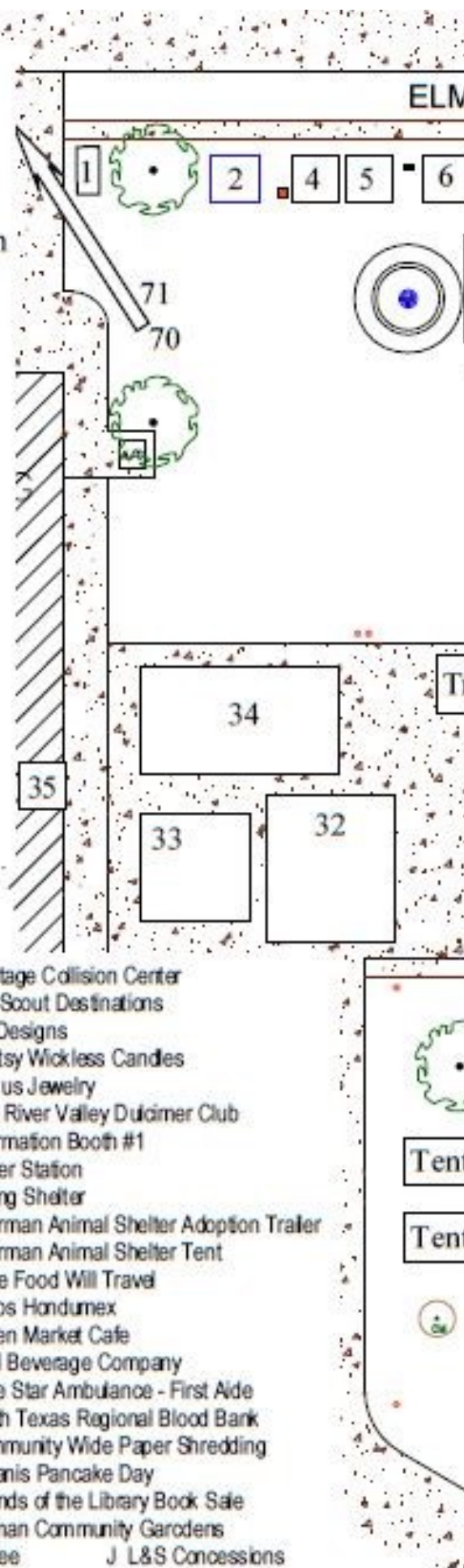
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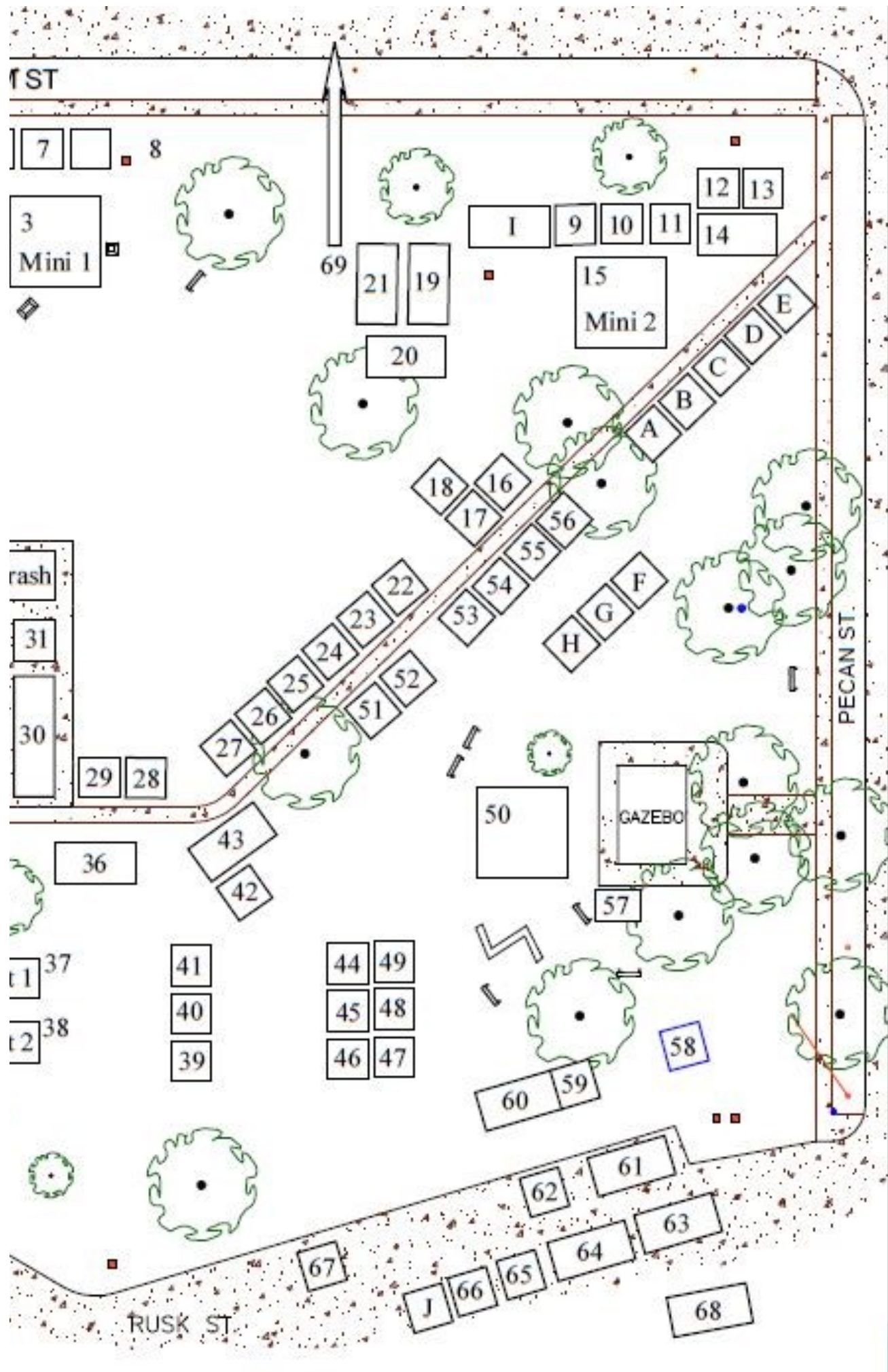
1. Bus Stop for Sneed Prairie Tour
2. Information Booth #2
3. Mini Workshop Area #1
4. Tai Chi for Health
5. QiGong
6. Natural Life Farms
7. Larry A. Mayo
8. Anam Cara
9. Sun City Solar Energy
10. Success Center for Learning
11. Interfaith Environmental Alliance
12. North Texas Cricket Company
13. Family Farms
14. Knight Family Chiropractic
15. Mini Workshop Area #2
16. Sunny Delight Beverage Company
17. Just Between Friends
18. Fancy Faces
19. Girls Inc
20. Children's Advocacy Center
21. Texoma Children's Museum
22. Texoma Parks & Trails Alliance
23. Home Hospice / The Rehabilitation Center
24. Grayson County Democratic Party
25. Fannin County Habitat for Humanity
26. Habitat for Humanity Grayson Co.
27. Downtown Sherman Preservation & Revitalization
28. Citizens Organizing for Resources & Environment
29. Nana's Pumpkin Patch / Garden Land
30. Grayson County Master Gardeners
31. Red River Rose Society
32. North Texas Electric Auto Assoc.
33. Blake Utter Ford
34. Red River Autoplex
35. Art Shows - Art from the Heart  
Grayson County College Art Dept.
36. Lowe's
37. Workshop Tent #1
38. Workshop Tent #2
39. Texas Air Power
40. Green Mountain Energy
41. TCOG Weatherization
42. TCOG Municipal Solid Waste Program
43. City of Sherman
44. Honey Pot Store
45. Texas Honey Queen Bee Keepers
46. Farmer's Market of Grayson County
47. Grandma's Holiday Helpers
48. Homemade Gourmet
49. Ann Fry Cancer Support Group
50. Denison Family Karate Center Demo
51. Rapid Refill Ink

4/22/2010 11:43 pm

52. Heritage Collision Center
53. Gift Scout Destinations
54. RS Designs
55. Sentsy Wickless Candles
56. N-V us Jewelry
57. Red River Valley Dulcimer Club
58. Information Booth #1
59. Water Station
60. Dining Shelter
61. Sherman Animal Shelter Adoption Trailer
62. Sherman Animal Shelter Tent
63. Have Food Will Travel
64. Tacos Hondumex
65. Green Market Cafe
66. Kool Beverage Company
67. Lone Star Ambulance - First Aide
68. North Texas Regional Blood Bank
69. Community Wide Paper Shredding
70. Kiwanis Pancake Day
71. Friends of the Library Book Sale
- A Sherman Community Gardens
- B Shaklee
- J L&S Concessions







## Related Events

Time	Who / What
10:00 am - 4:00 pm	<b>Paper Shredding</b> <i>Sponsored by:</i> Wells Fargo Advisors
10:00 am - 4:00 pm	<b>Blood Drive</b> <i>Sponsored by:</i> Texoma Regional Blood Center
10:00 am - 4:00 pm	<b>Pet Adoptions</b> <i>Sponsored by:</i> Sherman Animal Shelter
10:00 am - 5:00 pm	<b>Children's Art Show</b> <i>Sponsored by:</i> Art from the Heart
10:00 am - 5:00 pm	<b>Recycled Art Show</b> <i>Sponsored by:</i> Grayson County College Visual Arts Dept
12:30 - 1:00 pm	<b>Karate Demo</b> <i>Sponsored by:</i> Denison Family Karate Center
2:30 - 4:30 pm	<b>Sneed Prairie Tour</b> <i>Sponsored by:</i> Austin College Center for Environmental Studies
11: am - Noon	<b>Essay Contest Reading &amp; Awards</b> <i>Sponsored by:</i> Success for Learning



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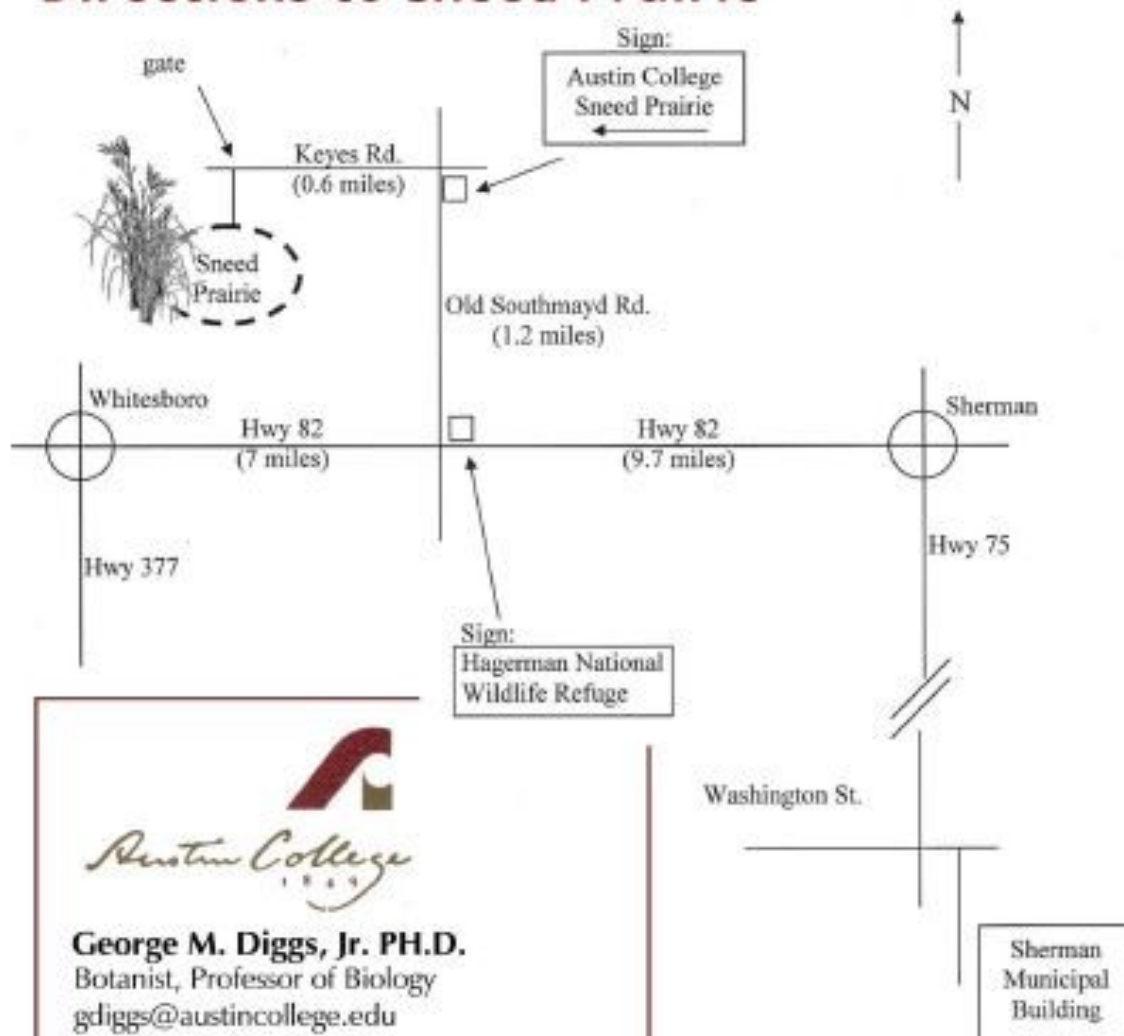
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## Directions to Sneed Prairie



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**Peter Schulze, Ph.D.**

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Austin College Center for

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### **Recycler Level**

Anam Cara Therapy Center

Denison Family Karate Center

Downtown Sherman Preservation &  
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Drew Wade, MD

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Jan's Musical Melodies

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Natural Life Farm

Pat Abramson

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