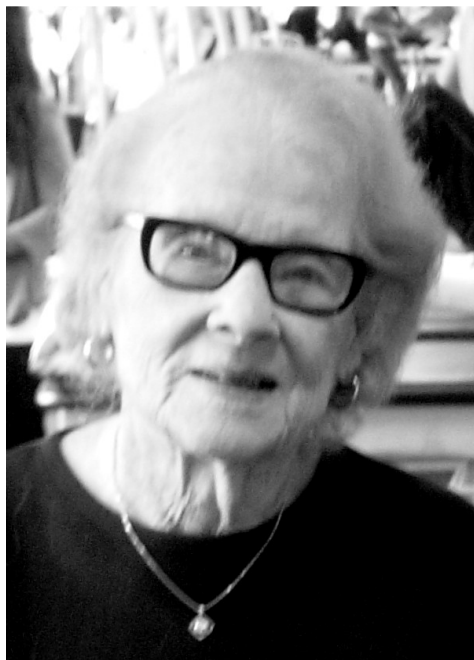




EXERCISE MEMBER OF THE MONTH:
GRACE DODGE
100 Years Young!



Grace turns 100 years old this month, although you'd never guess it...her mind is as sharp as ever and she still lives independently! She has been a dedicated exercise member at Westgate Physical Therapy since 2005, where she works out 2 days a week. She is an inspiration to other exercise members, as well as the staff and patients. On living beyond a century, Grace says "take one day at a time and do the best you can." Grace spent her younger days as a homemaker, raising 2 children, a daughter named Carolyn and a son named Byron. While she had numerous hobbies in her youth, Grace says that she now enjoys spending most of her free time with her dog, a Sheltie named Bailey. So, the next time you're feeling lazy and don't want to exercise, just think of Grace...still exercising twice a week at 100 years old...and maybe you'll live to celebrate your 100th birthday!

CHOCOLATE LAYER CAKE *from Weight Watchers® New Complete Cookbook, 2006*

1 cup + 2 Tbsp all-purpose flour
1/3 cup unsweetened cocoa powder
1 tsp espresso powder or instant-coffee granules
1 tsp baking powder
1 tsp baking soda
1/4 tsp salt
1/4 cup+2Tbsp granulated sugar
2Tbsp unsalted butter
1 large egg
1 tsp vanilla extract
1 cup fat-free buttermilk
1/2 cup raspberry spreadable fruit
1 Tbsp confectioners' sugar

*Per Serving (1/12 of cake): 135 Cal,
3g Fat, 2g Sat Fat, 0g Trans Fat,
24mg Chol, 215mg Sod, 25g Carb, 1g
Fib, 3g Prot, 37mg Calc*

1. Preheat oven to 350°F; spray 2 (8-inch square) baking pans with nonstick spray.
2. In a small bowl, combine the flour, cocoa powder, espresso powder, baking powder, baking soda, and salt.
3. In a medium bowl, with an electric mixer on high speed, cream the granulated sugar and butter; add the egg and vanilla, beating until smooth. Gradually beat in the flour mixture alternately with the buttermilk, until the batter is smooth. Divide the batter between the pans. Bake until a toothpick inserted in center comes out clean, 15-20 minutes. Cool completely in the pans on a rack. Insert a sharp knife around edges of each; remove from pans. Transfer 1 cake to a platter, flat side up.
4. Meanwhile, in a small saucepan, over low heat, melt the spreadable fruit, 2-3min. Brush 1/4 cup of the spreadable fruit on top of the cake on the platter; top with the other cake and brush with remaining spreadable fruit. Sprinkle with confectioners' sugar.

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