

COWBOY FIT

Community Wellness Newsletter

TWAS THE NIGHT BEFORE CHRISTMAS

'Twas the night before Christmas, when all through
OSU-OKC

Not a cowboy was stirring, not even a horse;
The cowboy boots were hung by the chimney with
care,

In hopes that St. Pistol Pete soon would be there;
The students were nestled all snug in their beds;
While visions of Bedlam wins danced in their
heads;...

When out on the parking garage there arose such a
clatter,
I sprang from the chemistry lab to see what was
the matter...

When what to my wondering eyes did appear,
But an OSU-OKC Police car and eight tiny geese
With a tall driver so lively and quick,
I knew in a moment he must be St. Pistol Pete...
And he whistled, and shouted, and shot his pistol
and called them by name:

"Now, SC! now, AD! now SB and LRC!
On, AH! on, PSTC! on, HSEC, JKB, BT and ETC!
To the top of the rooftop! to the top of the wall!
Now fly away! fly away! fly away all!"
As the honking wild geese fly,....

So up to the parking garage they flew
With an OSU-OKC police car full of toys, and St.
Pistol Pete too—

Down the stairwell St. Pistol Pete came...
He was dressed all in orange, from his head to his
foot, and a wide brim hat...

A bundle of toys he had flung on his back,...
And I laughed when I saw him, in spite of myself;
Soon let me to know I had nothing to dread;
He spoke not a word, but went straight to work,

And filled all the cowboy boots; then
turned with a jerk,
And laying his finger aside of his
nose,
And giving a nod, up the stairwell he
rose;
He sprang to his OSU-OKC police
car, to his team gave a whistle,
But I heard him exclaim, ere he drove
out of sight—
"Happy Holidays to all OSU-OKC,
and to all a good night!"



Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

Tuesday/Thursday
@ 12:10pm:
(December 6,8,13,15)
Zoom Chair Yoga



Miss our Zoom Chair Yoga series?
Click here to watch the recording and see our
video library .

<https://osuokc.edu/wellness/videos>



Free 1 month membership at the Wellness Center for New
Community Residents! Email Kevin.Galloway@okstate.edu
for more information



Need Extra Support, but don't know who to call?

988 is a direct, three-digit lifeline
that connects you with trained
behavioral health professionals
that can get all Oklahomans the
help they need.



Dial 211 statewide or visit heartlineoklahoma.org to be
connected with a professional who can direct you to a
variety of resources you may need. Examples of
resources 211 can connect you to include, mental
health, crisis, rent, food, clothing, legal assistance, and
education to name a few



The Wellness Center would like to wish you and your family a safe and
happy holiday season. We'll see you in the New Year!

WHAT'S COOKIN' IN PETE'S PAN?

TOMATO SOUP IN GRILLED CHEESE BREAD BOWLS

Ingredients

For Tomato Soup

- 1 tablespoon extra-virgin olive oil
- 1 sweet onion, diced
- 2 garlic cloves, minced
- One 28-ounce can plum tomatoes
- 2 cups vegetable or chicken broth
- ½ cup half-and-half or heavy cream
- 1 bay leaf
- Kosher salt and freshly ground black pepper
- Parsley, as needed to garnish

For Bread Bowl

- 4 small round bread loaves (preferably sourdough)
- 6 tablespoons room temperature unsalted butter, divided
- 16 slices American cheese

Directions

1. **MAKE THE TOMATO SOUP:** In a medium pot, heat the olive oil over medium heat. Add the onion and sauté until translucent, about 5 minutes. Add the garlic and sauté until fragrant, 1 minute more.
2. Stir in the tomatoes and use a wooden spoon to lightly crush them. Stir in the broth and half-and-half. Add the bay leaf; season with salt and pepper. Bring the soup to a simmer and cook until good flavor develops, 20 to 25 minutes.
3. **MAKE THE BREAD BOWLS:** Preheat the oven to 400°F. Line a baking sheet with parchment paper.
4. Slice the tops off the loaves of bread. Use a small knife to cut around the inside of each loaf in a neat circle; remove the circle in one piece and reserve.
5. Rub the inside of each bread bowl with ½ tablespoon butter; line each with 3 slices of American cheese. Transfer to the baking sheet.
6. Meanwhile, sliced the reserved bread circles in half horizontally. Butter one side of each piece with ½ tablespoon butter. Place 1 slice of American cheese (torn up if needed to make it fit inside) in between the two slices (buttered sides facing outward).
7. Heat a large skillet over medium heat. Cook the sandwiches to the pan. Cook, flipping once, until both sides are golden brown, about 4 minutes per side. Transfer to the prepared baking sheet with the bread bowls.
8. Transfer the baking sheet to the oven to keep the grilled cheese sandwiches warm and melt the cheese inside the bread bowls, about 4 minutes.
9. To serve, ladle the soup into the bread bowls and serve with the grilled cheese on the side. Garnish with parsley.



OSU-OKC

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<https://osuokc.edu/wellness>

Hours of Operation

Monday-Thursday

8 a.m.-6 p.m.

Friday

9 a.m.-3 p.m.

Saturday-Sunday

Closed

Hours are subject to change during interim periods.

