









Unhealthy habits flourish at Heart Run & Walk

Site Admin Joined: 18 Sep 2006 Posts: 557 Location: Utica, NY	<p>☐ Posted: Thu Mar 06, 2008 9:20 pm Post subject: Unhealthy habits flourish at Heart Run & Walk </p> <p>Thousands of people are expected to participate in the American Heart Association's walk Saturday, potentially raising more than \$1 million for heart-health research and education. Some of the events surrounding the walk, however, are not completely heart-healthy.</p> <p>http://www.uticaod.com/homepage/x1775725761</p>
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Jessie Joined: 06 Oct 2006 Posts: 92	<p>☐ Posted: Thu Mar 06, 2008 10:01 pm Post subject: </p> <p>Wow! The runners and walkers are going to eat bagels and sausage! The Uticaod should report this matter to the proper authorities and they can set up a command central to crack down on the offenders like they are going to do at the St. Patrick's Day parade.</p>
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lucky7 Joined: 15 Jan 2007 Posts: 18	<p>☐ Posted: Thu Mar 06, 2008 11:07 pm Post subject: Slam </p> <p>Nice of reporter By COURTNEY POTTS to Slam the heart run. Nice of OD to run this. Hey Courtney are you heart healthy? What is your weight, BMI and cholesterol level? Do you smoke? do you drink? What have you done to contribute to the heart run? Alford's raised close to \$3000 for the cause. Friends and family *donated* food.</p> <p>See Everyone at 2:00 (NOT 4:00 as misquoted by paper) at the Venue for after Heart Run and Walk For bands REMEDY, Back Roads and Bob and Dawn Acquaviva</p>
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Snickers Joined: 13 Oct 2006 Posts: 130	<p>☐ Posted: Fri Mar 07, 2008 6:03 am Post subject: </p> <p>The Food N-azis are coming! The Food N-azis are coming! To arms! To arms!</p> <p>Mmmmm boy! There's nothing more festive than carrot sticks and spring water, especially after a long walk in miserable, rainy March weather.</p> <p>If the "nannies" stick their noses too far into this event, participation will go down. And then what will they do about the money no longer raised? Will they kick in the difference? I don't think so.</p>

Let the participants enjoy the goodies. It's NOT the OD's, nor anyone else's business if they want to eat a bagel and sausage. Wake up, people!

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Jduges

Posted: Fri Mar 07, 2008 8:56 am Post subject:



Another poorly written story.

Joined: 11 Mar 2007
Posts: 1068
Location: Whitesboro

How arrogant and ignorant is the tone of this story? Bottom line is if people will give more money to a good cause because there is some italian sausage out on the table, then I say "Let them eat Sausage."

Heck, if the Ku Klux Klan wants to donate millions to the NAACP, you don't say, no thanks. You take the money and run.

It's a shame that something like this was printed because if there is one area where CNY stands out, it's their ability to rally to a cause and give more of themselves than almost any other region in the country. Why tarnish that because people enjoy bagel, bacon, sausage.

Truthfully, I would think that we're donating money to find cures, treatment, etc, correct? with the whole idea being we can still have a bacon egg and cheese at BK for breakfast and not a nice bowl of tofu crunch with soy milk.

Shame on the writer, the editor, and the OD for allowing this story to go to print and for trying to tarnish what just happens to be one of the better events this region has to offer.

As a form of silent protest, I'm heading to bagel grove right now to get two bacon egg and cheese sandwiches on a salt bagel, Mmmmmm.....and I'm gonna wipe my mouth with this free copy of the OD that was dropped off at the school this morning.

The last time I was wrong was in 1985, when I thought I made a mistake.

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Clipper220

Posted: Fri Mar 07, 2008 11:00 am Post subject:



Joined: 30 Mar 2007
Posts: 1101

Life will be become pretty boring if we don't allow ourselves to "enjoy" a little treat now and again. If a person eats a 4 ounce portion of italian sausage on a bagel, I don't think it is going to throw them into immediate cardiac arrest. SOME fat is necessary to healthy skin, hair and other things. ONE sausage sandwich doesn't make an unhealthy lifestyle.

I think if I ran from Barneveld to Utica College, I might want something a little more substantial than a salad and lowfat dressing. I for one, have never figured out, with lean pork, and chicken b r e a s t s available in a market, why would anyone want to eat tofu in any form. I eat fish, lean meat and poultry, and my cholestrol is in the low

normal range.

To publish an article of this nature is simply irresponsible and an affront to an otherwise wonderful event and charity. If the OD can't find anything better to do with their newspaper space, they would be better off to leave a blank page. Shame on them for detracting from a hugely popular and successful charity event.

Somebody should count the egg mcmuffin wrappers, donut boxes, and pizza boxes on the desks at the OD before they criticize anyone else.

Clipper220

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Holly

📄 Posted: Fri Mar 07, 2008 11:51 am Post subject: Extremely dissapointed in this article  [quote](#)

Joined: 07
Mar 2008
Posts: 1

I have been reading the OD since I was a child. I don't often agree with everything that is printed but very rarely am I outraged by an article like I am with this one. I am one of the people that helped Team Rebecca raise an outstanding amount of money for the Heart Association at the benefit last weekend. I also am participating in the after party tomorrow at The Venue. That being said.....Here are the facts that should have been reported.

The American Legion in Mohawk and their members donated their facilities, food and beverages to this cause. Countless number of people donated prizes that were raffled off to raise money. The bands Remedy, Backroads and Bob and Dawn Acquaviva donated their time also to the cause. Many thanks to all of you who worked so hard to make this a success. Also a shout out to Dave from the Venue for hosting the after party tomorrow. Come on down and you won't be dissapointed.

I know the menu wasn't cleared with the Heart Association but the facts, had you bothered to obtain them, were this....There were an assortment of dishes served. Among them were many heart healthy choices that included fruits and vegetables. Yes there was sausage and ziti but that wasn't the only alternative.

I guess the bottom line is that there are several third party individuals who give their all to this event and instead of focusing on the negative, why not do an article on the positive results that come from these 3rd party groups. After all I'm sure the person laying in the hospital right now dying from heart disease isn't going to care if I ate sausage at a benefit. They just want a cure like the thousands that will make this huge and successful event tomorrow. Thanks to all of you that take time out to participate. To the OD, you should be ashamed!

Holly from the band Backroads.

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froggyman

📄 Posted: Fri Mar 07, 2008 12:06 pm Post subject:  [quote](#)

Slow day for news. They don't have any real stories to print and nobody else to bash.

Joined: 31
Jul 2007
Posts: 829
Location:
Herkimer,
formerly
Utica

TOS, the Anti-First Amendment

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Clipper220

Posted: Fri Mar 07, 2008 12:21 pm Post subject:



Joined: 30
Mar 2007
Posts: 1101

I always think of Tom Gorman, formerly from Remsen, and a heart association employee, now deceased, when the heart run and walk comes around. This year I am also reminded of Maurice "Tim" Sullivan, who was a member of the Steuben Striders running club, and participated in local runs. He passed away from a cardiac incident while jogging within the last year. He is a sad reminder of how an otherwise healthy and fit individual can be struck down by heart problems.

I don't mean to hijack the thread or change the subject, but while discussing the heart run and walk, we need to think about those we know and remember who have been affected by heart disease. Cudos to those that participate and those that support this very worthwhile charity.

Clipper220

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Jduges

Posted: Fri Mar 07, 2008 12:26 pm Post subject:



Joined: 11
Mar 2007
Posts: 1068
Location:
Whitesboro

For the record those bagel sandwiches from this morning were absolutely delightful and at 1pm I'm going to Rosarios for two slices of Pizza with roasted red peppers along with hot peppers. Might even stop at the convenient store on the way back and get a King size Reese's Peanut Butter Cup, just to finish the day strong.

While I'm at it, I may just stop by Hapanowicz and grab a couple of thick juicy T-Bone Steaks that should go perfectly with my loaded baked potatoes, that I'm having for dinner tonight, that will be washed down by a couple pints of Guinness. After all, I've just saved a ton of money that I would have otherwise donated to the heart Run and Walk but apparently my money is no good there, says the OD.

Most foolish thing I've read in months.

The last time I was wrong was in 1985, when I thought I made a mistake.

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swimmy

Posted: Fri Mar 07, 2008 12:55 pm Post subject:



Joined: 22
Sep 2006
Posts: 1114

Come on, guys. We should all stick to NelsonRd's advice: if you don't like the od, don't read it.

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Jduges

Posted: Fri Mar 07, 2008 1:33 pm Post subject:

[quote](#)

I thought I made it abundantly clear, I didn't read it, I wiped my mouth with in.....In a few hours I'll have another use for it. But this is not the time nor the place for that, even though these pages are full of it.

Joined: 11
Mar 2007
Posts: 1068
Location:
Whitesboro

The last time I was wrong was in 1985, when I thought I made a mistake.

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getoverit

Posted: Fri Mar 07, 2008 1:38 pm Post subject:

[quote](#)

What fun would that be swimmy??

Joined: 20
Feb 2008
Posts: 58

The OD should be reporting how much of every buck the American Heart Association raises goes to actual research... that would be interesting reporting...

I think the od dont like the heart run cuz it takes from op sunshine.... I think the od should start an operation sunshine run.. They could start it at the produce entrance of the walmart super center.... continue up isle 1, than isle 2... and so on and so on....

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frankcor

Posted: Fri Mar 07, 2008 3:15 pm Post subject:

[quote](#)

Jduges, actually, the Ku Klux Klan did donate millions of dollars to the Southern Poverty Law Center -- enough to build a new state of the art headquarters. It was a forced donation, court ordered ;)

Joined: 14
May 2007
Posts: 852

Verbosity leads to unclear, inarticulate things -- Dan Quayle

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Jduges

Posted: Fri Mar 07, 2008 3:55 pm Post subject:

[quote](#)

Sweet.....i bet they didn't turn it away because the "giver" just happened to do things that weren't in keeping with the "receivers" organizational standards.

Joined: 11
Mar 2007
Posts: 1068
Location:
Whitesboro

The last time I was wrong was in 1985, when I thought I made a mistake.

steveh53

Posted: Fri Mar 07, 2008 4:51 pm Post subject:

 quote

Some of these people will not be happy until we are all dining on Tofu, trail mix, and celery sticks. Gee maybe they should not allow any sponsors that sell any unhealthy foods like Hannafords, and Walmart. If everyone ate properly, didn't smoke, and exercised, we could almost do away with the heart association. But that is just not going to happen.

Joined: 01
Jan 2007
Posts: 220

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Jduges

Posted: Fri Mar 07, 2008 4:55 pm Post subject:

 quote

Then we'd all be lying in hospital beds, dying from "Nothing".

Joined: 11
Mar 2007
Posts: 1068
Location:
Whitesboro

The last time I was wrong was in 1985, when I thought I made a mistake.

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steveh53

Posted: Fri Mar 07, 2008 5:06 pm Post subject:

 quote

Jduges,
Or we would just never die. I don't think I want to live forever. I get bored too easy.

Joined: 01
Jan 2007
Posts: 220

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JENDEE
Guest

Posted: Fri Mar 07, 2008 5:37 pm Post subject: Tofu???? No,I don't think so!ITALIAN SAUSAGE-YES!!!

 quote

Former Utica Mayor Ed Hanna was absolutely right when he referred to this paper as the "Observer Disgrace".
Team Rebecca has raised a total of \$5,000 for the Heart Walk this year ,and THIS is the best story that Courtney Potts can come up with on the day before the event?? Slamming Rebecca Alford for allowing Italian sausage to be served at her fundraiser(along with the fruits and vegetables that went unmentioned by this reporter)??? How convenient that this story came out AFTER the majority of the donations have already been turned in to the Heart Association. Perhaps the Heart Association would like to RETURN some of these donations because "unhealthy foods" were offered or consumed at some point during the fundraising??
"Moderation in all things" would be a more realistic dietary goal for the Heart

Association to promote. Just how successful do you think a Tofu Buffet would be as a fundraiser? This was a ridiculous article, written by a reporter who obviously cannot come up with a worthwhile story, and it only serves to insult some of the people who worked so hard to make this event a success. As for myself, I think next year I'll send my usual Heart Walk donation to Stevens-Swan instead.- A MEMBER OF TEAM REBECCA

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getoverit

Posted: Fri Mar 07, 2008 6:24 pm Post subject:

[quote](#)

I am sick of the OD snubbing the Fruits and Vegetables!

Joined: 20
Feb 2008
Posts: 58

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lucky7

Posted: Fri Mar 07, 2008 8:12 pm Post subject: more sausage

[quote](#)

I heard that reporter Courtney Potts did a full interview with Rebecca Alford regarding her benefit and that Rebecca thought the article would be on a great fundraiser. But all reporter Courtney Potts did was take one little piece of what Rebecca said and turned it around into a negative article on the food served. Courtney...looks like you missed out on a good time. Sounds to me like you could benefit from a little sausage.

Joined: 15
Jan 2007
Posts: 18

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lucky7

Posted: Fri Mar 07, 2008 10:17 pm Post subject: Venue

[quote](#)

Don't forget to stop by the Venue (formally Champs) to see various bands Remedy, BackRoads, Skrew, Dawn and Bob Aquaviva

Joined: 15
Jan 2007
Posts: 18

[size=18][size=24]Starts at 2:00 pm NOT at 4pm like OD misprinted[/size][[/size]

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frankcor

Posted: Fri Mar 07, 2008 10:30 pm Post subject:

[quote](#)


Jendee, please clarify. Are you saying you won't support the Heart Run next year because of the food they served?

Joined: 14
May 2007
Posts: 852

Verboisity leads to unclear, inarticulate things -- Dan Quayle

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dassilem  Posted: Sat Mar 08, 2008 7:44 am Post subject:

As Team Captain, Team Rebecca appreciates all these comments. It appears not only Team Rebecca was insulted by this disgusting article.

Joined: 08 Mar 2008
Posts: 1
Location: Newport, NY

This article has crushed her spirit and popped that balloon she has worked so hard to inflate...If anyone has read Rebecca's story http://teamrebecca.alfordplace.com/about_rebecca/index.htm you'll get the analogy!


Several complaints have been filed to the OD, the AHA, and anyone that will listen!

The AHA can't control what the OD prints but they can control if this is the lasting impression we are left with!

Well, we're off to the Walk....and hope to see everyone there and at the Venue after!!!

Thank YOU!

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frankcor  Posted: Sat Mar 08, 2008 8:06 am Post subject:

Dassilem and Jendee, I think it's safe to say that the majority of people will come away from the event with a lasting, positive impression. The negative spin by the OD is just a tiny blip that will soon be forgotten.


Joined: 14 May 2007
Posts: 852

Even I have to admit that most of their coverage has been positive.

Go Team Rebecca!

Verboesity leads to unclear, inarticulate things -- Dan Quayle


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getoverit  Posted: Sat Mar 08, 2008 10:54 am Post subject:

hey there lucky, there a cover charge for that??

Joined: 20 Feb 2008
Posts: 58

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swimmy  Posted: Sat Mar 08, 2008 12:15 pm Post subject:

"What fun would that be swimmy??"


Joined: 22

Well, I just would hate to see nelsonrd declare ALL of us childish and unprofessional

Sep 2006
Posts: 1114

because we keep harping on the crappy journalism the disgrace peddles as "news" in a demand for better news reporting!


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Frogmom  [quote](#) Posted: Sat Mar 08, 2008 12:58 pm Post subject: Worst article EVER

Joined: 08
Mar 2008
Posts: 1

I think that this story was in very bad taste, and that the OD used poor judgement in letting it be shown, especially the day before one of the biggest fundraisers in the state, and possibly the nation. Team Rebecca raised around \$5000.00, and instead of cheering them on for their accomplishment, they were criticized for their food???? There is something wrong here..Rebecca Alford has a wonderful and inspiring story that could have taken up the whole front page. This newspaper is a joke and this only reminds me of why I don't buy it.

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Clipper220  [quote](#) Posted: Sat Mar 08, 2008 1:35 pm Post subject:

Joined: 30
Mar 2007
Posts: 1101


I encourage everyone to go to the link listed above for the team rebecca. It is a lifelong and heartwarming story of a struggle and victory. Her dedication to this cause is valiant and unwavering. The OD should certainly be ashamed. The "Rebecca story" should have been published instead of a poorly written blather of unrelated food critic's observations of the menu at a well intentioned fundraiser.

I have attended functions at the American Legion in Mohawk, and those folks that volunteer to cook and cater to functions such as this, are dedicated, big hearted, unselfish, and wonderful. The OD should be ashamed of themselves and should publish an apology to all concerned.

The OD simply took a well intentioned fund raiser, an interview that could have been very informative and interesting, and turned it into a disgusting column filler of negative criticism of a wonderful event.


Clipper220

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swimmy  [quote](#) Posted: Sat Mar 08, 2008 1:41 pm Post subject:

Joined: 22
Sep 2006
Posts: 1114

any minute now...

frankcor  [quote](#) Posted: Sat Mar 08, 2008 2:07 pm Post subject:

There is no such thing as bad publicity except your own obituary.
--Brendan Behan

Joined: 14
May 2007
Posts: 852

Verbosity leads to unclear, inarticulate things -- Dan Quayle

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nitehawk64

Posted: Sat Mar 08, 2008 5:08 pm Post subject:

[quote](#)

Joined: 14
Apr 2007
Posts: 17
Location:
Utica, NY

While heart disease is a killer and people of all ages are affected I think that the only way towards any heart healthy person isn't just about eating certain foods but exercising as well. Today's American's are sitting around playing games on pc's, and tv's from an early age. No one really gets up out of their chairs to change the channel anymore, the vacuuming can be done by a robot, we hire people to mow our lawns, cell phones make sure that we don't run to the telephone for that important gossip we missed at work, in our cars we park as close to the store as possible while on the way to the gym to run the indoor track.

and, we eat MEGA portions of fast foods and stuff that is full of chemicals we wouldn't put in our flower beds but will, for convenience sake feed to our families.

Is this starting to make anyone think yet??

Our ancestor's worked hard and they died of heart disease due to high fat foods. IF we worked hard and ate a better diet could we beat heart disease ??

PROBABLY

Last edited by nitehawk64 on Sat Mar 08, 2008 8:37 pm; edited 1 time in total

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roadgeek

Posted: Sat Mar 08, 2008 8:19 pm Post subject:

[quote](#)

Joined: 30
Nov 2006
Posts: 29

I've seen more than one "tank" run across Oriskany Blvd (illegally) from the OD parking lot in search of fast food at lunch time. Pot. Kettle. Black.

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lucky7

Posted: Sat Mar 08, 2008 9:14 pm Post subject: Closing Thought

[quote](#)

One last thought to the OD:

Joined: 15
Jan 2007
Posts: 18

Not all or any foods themselves are bad. It is the amount consumed that is bad. Portion control is key and Portion control is personal choice what we call freedom in this county.

Hey Courtney forgot to mention that if a person is on a blood thinning medication they should not eat green vegetables due to vitamin K - can thin the blood more or how bout that carrots are very high in sugar. Should a diabetic eat a whole bag in

one 5 minute sitting?
Or how about those kids digagnosed with PKU that can't eat or survive on many healthy foods and have to consurme junk food to live? look it up
So Courtney in all honesty your story is bogus and you are not a very good investigative reporter or you would know the above facts. Facts that so called "healthy foods" can cause harm.

Thank you team Rebecca for all you have done to support the cause.

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Clipper220

Posted: Sat Mar 08, 2008 9:22 pm Post subject:



Joined: 30
Mar 2007
Posts: 1101

Lucky 7, I support your post completely with only one exception. Vitamin K actually makes blood thicker, and is a clotting factor. People on blood thinners are advised not to eat a lot of greenery because the vitamin K will actually counteract the blood thinners and increase the chance of clotting.

Your points are well taken though, and I just want to clear up that misconception in your mind as well as the reader's.

I hope that Team Rebecca had a wonderful time, and made lots of money for the heart fund.

Clipper220

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Ralph

Posted: Sun Mar 09, 2008 12:50 am Post subject:



Joined: 03
Oct 2007
Posts: 352
Location:
Utica, NY

Good point Clipper. Keep in mind that very few know, but this also holds true for Jello, which is very high in Vitamin K as well.

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froggyman

Posted: Sun Mar 09, 2008 4:41 am Post subject:



Joined: 31 Jul
2007
Posts: 829
Location:
Herkimer,
formerly

Would it be safe to say the "Obscenely Disgraceful" doesn't participate in the heart run?

TOS, the Anti-First Amendment

Utica

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uticaod12

Posted: Sun Mar 09, 2008 9:24 am Post subject:



Joined: 19 Sep 2006
Posts: 56

There appears to be some excessive negative reaction to the OD in general as a result of this article. While some may consider the reporting for this article to be unfair and unwarranted, overall the OD has historically provided a significant amount of positive coverage to the Heart Run Walk.

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Clipper220

Posted: Sun Mar 09, 2008 10:10 am Post subject:



Joined: 30 Mar 2007
Posts: 1101

I don't know about "excessive negative reaction" to anything, but the reporter sure missed an excellent opportunity and an excellent human interest story when she chose to be food critic, instead of reporting the heart warming story of the struggles and success of Rebecca. It is simply ridiculous that with the long and hard struggle that the young lady has been through, and the dedication and hard work that goes into the team's annual effort to collect money for the much needed charity event, that a reporter could be so short sighted as to choose the menu as the only subject to report on.

I am sure that the OD staff is reacting from embarrassment, and defending one of their own, but the reason there has been so much negative comment, is because the the irony of the situation is blatantly apparent, and the true rebecca story needed to be told. I thank Team Rebecca for linking us to their site. I read the story of Rebecca's struggles with great interest. God bless her and may she live a long and happy life. She is an amazingly strong and determined young lady.

Clipper220

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froggyman

Posted: Sun Mar 09, 2008 11:15 am Post subject:



Joined: 31 Jul 2007
Posts: 829
Location: Herkimer, formerly Utica

One thing that is missing in all of this, is that not all heart related ailments are caused by diet. Exercise, or lack there of is not healthy for the heart and body in general. Also missed were genetic and hereditary conditions. Nevermind that a greasy piece of sausage might have some cholesterol in it if someone has been born with a bad heart valve. While I understand to a slight extent recognizing the irony of food choice given the fundraiser involved, the focus should have been on the fundraiser itself, not on just one of many selections of foods served.

I could understand if there were some improprieties on the part of the Heart Association, something like a person skimming from the proceeds, and running with

that story. That is investigative reporting and something the public, who unselfishly contribute to it year after year, would want to know about. But a story strickly on sausage and bagels is really an insult.

TOS, the Anti-First Amendment

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Patch196

☐ Posted: Sun Mar 09, 2008 11:46 am Post subject: Official Response from Team Rebecca



Joined: 09
Mar 2008
Posts: 2

This is an official response from Team Rebecca. Thanks everybody for their support and for supporting the American Heart Association.
Rebecca Alford and Team Rebecca

I would like to go on record to say that I am very upset over the article that was printed in the OD on March 7, 2008. Our team raised \$2818 that evening and donated every penny to the American Heart Association, and what happened in return. The people who donated their time, effort, and cooking expertise were severely criticized. Everything that was served was donated. I had asked some friends to cater this event, who in turn prepared basically what I asked them to prepare as it was food that was easy to maintain, easy to prepare, and yes cost was also considered. Additionally, about 40 members of the American Legion took the time to prepare a dish.

The people who catered my fundraiser have read this article and now are wondering why I allowed that to happen. Why I said that and I quote my misquote ""Dietary stuff wasn't thought about," said Alford". I don't understand why the Observer Dispatch has decided to focus on this angle for a story. What happened the night of our fundraiser was that a very large group of generous people got together for what they felt was a great cause and had a great time. We were not sponsoring a health fair, heart expo, nor trying to raise awareness about nutrition as related to heart disease. We were attempting to raise as much money as possible for YOU! Also do you know if we used regular pasta or whole wheat pasta? Turkey sausage?? Low Fat Cheese??? They have NO idea what ingredients we used or anyone else used in their foods. Even the rolls had NO perservatives in them.

We work hard for this event; I feel like my team and donors just received a huge slap in the face. In the future, we may have to reconsider our efforts. I'm sure that the Mohawk American Legion felt the sting of this article as well.

I seriously hope that there is a rebuttal regarding this misleading and insulting article and an apology sent out to all who donated their time and money for events like this. Since when has ziti become bad food to be served? I also would like to know where the information from the other teams was. I know that some teams offer a pancake breakfast others a spaghetti dinner. Did they have meatballs? Did they has sausage? Where was this mentioned? What about the year a certain team sold Krispy Kreme donuts. Can you honestly tell me that those donuts are in the Heart Healthy cook book? More importantly, why is any of this an issue to anybody, and why would Courtney Potts, the Observer Dispatch reporter, stick her nose into this and try to

change the ways that we raise money. The Observer Dispatch should really be ashamed at this garbage they are trying to pass as journalism. The American Heart Association gave credence to this garbage by insinuating that in the future they could encourage fundraisers to have menus which reflected the guidelines of the AHA.

Like I have said I am very upset over this. Lots of people work hard every year for this event and now we all feel like it was a waste of time as it has turned in to a huge unfortunate mess. I hope you will support your teams against this local tabloid, and quickly.

Help save a life - like Mine - Please support the American Heart Association.

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Clipper220

Posted: Sun Mar 09, 2008 12:05 pm Post subject:



Joined: 30
Mar 2007
Posts: 1101

Don't feel badly patch. I think that the obviously errant and negative article by the OD reporter has made such an impact on readers, that the publicity has turned to a positive for you and your team!

I have an strong suspicion that the article has most likely been kicked around the staff meetings at the OD, and will be remembered when covering charity events in the future.

Not only did the obviously misguided story bring attention to the event, it also gave us all a chance to link to your website and read your heart warming story of courageous struggles and ultimate success. It was very educational, and interesting reading, and I am sure I am not the only one that was enlightened by reading from your website.

Congratulations in turning a negative misdeed by the reporter into such and enormously successful opportunity to educate and inform. Congratulations also on your extremely successful fundraising efforts for the very deserving and worthwhile charity.

For anyone who has not read Rebecca's story, please go to the link listed in the previous post on March 8th, by "dassilem". It is very informative and interesting reading.

Clipper220

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troutman35

Posted: Sun Mar 09, 2008 12:41 pm Post subject: Photos of fundraiser



Joined: 09
Mar 2008
Posts: 2

I'm Rebecca's husband and would like to post a link to photos of our fundraiser. I have to warn you that you will find disturbing images of friends, family, fellow American Legion members, and coworkers eating from the "deadly" buffet that was DONATED, people dancing (Oh my what an unhealthy habit that can be), celebrating life, and giving to our community.

<http://backroads.alfordplace.com/Pictures/Heartfundraiser2008/index.html>

Thank you to Mohawk's American Legion Crowley Barnum Post 25 to all of their incredible generosity and all those who gave time out of their busy lives to cook and attend. You have no idea how much it meant to Rebecca and the team. I know the AHA was very appreciated your efforts. Special thanks to our friends and family who spent the evening preparing food and cleaning the kitchen.

Tofu? No. Italian Sausage? Yes

This would make a great marketing slogan for a sausage company!

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troutman35 Posted: Sun Mar 09, 2008 12:46 pm Post subject: Thanks to The Venue



Joined: 09
Mar 2008
Posts: 2

We'd also like to thank Dave and his crew at the Venue for hosting their after Heart/Run Walk fundraiser yesterday. They were nothing but hospitable and supportive to the bands, Remedy, BackRoads, and the bandScrew, and they are to be commended for hosting this event to raise yet more money for America's Greatest Heart Run/Walk.

The Venue Rocks!

Tofu? No. Italian Sausage? Yes

This would make a great marketing slogan for a sausage company!

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Clipper220 Posted: Sun Mar 09, 2008 1:12 pm Post subject:



Joined: 30
Mar 2007
Posts: 1101

Well troutman, I am impressed with the turnout and the fun that was had by those that attended, the enormously successful fundraiser at the American Legion Post in Mohawk. I noticed in one of the pics that my better half's favorite uncle is pictured talking to a guy in an american legion cap. He is always very active in anything that goes on at the post.

We have another thing in common. I assume that you guys live Newport. I lived there while going to highschool and graduated from WCVCS in 1965.

Judging from your screen name, we also have an interest in trout fishing in common also. I have literally fished every mile of the West Canada from 2 miles above Noblesboro bridge to the mouth of the creek where it flows into the mohawk river.

If you wish, you can drop me a note at Tnbassbuster@yahoo.com and we can chat. I admire you and your wife and her courageous stamina in battling her heart problems. I am certainly happy she is doing well. Keep up the good works, as you must be one of the larger individual teams in terms of fundraising efforts.

As I stated in my last post, above, I think what started out as a negative thing, has only brought positive exposure to you, your wife and the entire Rebecca's team, as

well as the volunteers and post members at the Mohawk American Legion.
Congratulations!

Clipper220

lucky7

☐ Posted: Sun Mar 09, 2008 8:43 pm Post subject: Thanks



Joined: 15
Jan 2007
Posts: 18

Clipper220: Thank you for the clarification on the Vitamin K and such. I knew there was a medical reason why both did not mix and unfortunately I had it backwards. I will be there next year to support Rebecca's team.....

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Clipper220

☐ Posted: Sun Mar 09, 2008 10:23 pm Post subject:



Joined: 30
Mar 2007
Posts: 1101

You are more than welcome Lucky 7. I would hesitate to dispute another's post, except it could be a vital piece of info for one taking blood thinners. Have a good night!

I guess I should say I hesitate to dispute a post that I agree with for the most part, because EVERYONE knows I dispute a lot of posts on here! LOL

Clipper220

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Jduges

☐ Posted: Mon Mar 10, 2008 12:17 am Post subject:



Joined: 11
Mar 2007
Posts: 1068
Location:
Whitesboro

Troutman and Patch- Do not let the linguistic stylings of a "poor" (and I use that term loosely) OD reporter deter you from your efforts in the future. I would encourage you to learn a lesson from being good natured when speaking with the local press about a just cause. Because in their eyes the negative spin will sell more papers than a positive one will. But that has been the News business for hundreds of years.

Truthfully, I don't blame Courtney. Yes, she wrote the story and conducted the interview but her editor and/or supervisor was the one to allow it to go to print. The online editor/manager decided to use it as their "lead" story. For the staff I've managed I've always reflected their work as my own.

To allow this story to sour you on your fundraising events would not only be counterproductive but it would in a weird way lend credence to the story that we are so in opposition to.

Clipper, while I admire your kind gesture in trying to spin the story as one that ultimately brought attention to a noble cause, I have to disagree with you that it was a good thing. The comments you have made only justify the OD reasoning for writing the story in the first place. It is the premise for all sensationalism journalism. "Any publicity is good publicity". That junk works for Star magazine, the National Enquirer. It shouldn't be seen as a "pass" for our only "credible" (I use that term as loose as a 100

year old prostitute) print news source in the area.

I see this on the same plan as Golfweek printing a story about an analysts comments about how to beat Tiger Woods by leading with a picture of a "Noose" on the cover. This was way out of bounds and done for the pure reasoning of inciting people and creating this hot button issue that this has become.

To excuse this by saying "at least it brought attention to the walk" is complete BS. I would expect more from you sir. Especially considering everything you have given me the impression that you stand for.

Heck, If someone decided to murder 100 people at the walk, it would have brought attention to the cause, wouldn't make it a "good" thing.

I'm sorry, but the OD doesn't get a pass on this one pal.

The only viable solution at this point is one of three things.

1. Print a retraction that the story was in "poor taste" (this is something Fran and the crew seem to be well versed in)
2. Fire whichever editor who was responsible for allowing this to go to print.
3. Everyone on this forum boycotts the purchase of the OD for 1 year. We have roughly 2800 member, removing duplicate names and we should be near 2750 which means a lot of papers that won't sell.

I have yet to hear one proponent of this story. I have yet to hear one person play devils advocate to this story. That is usually my niche and even I couldn't find a way to spin that without sounding like lucifer himself.

I fully don't expect this post to stay up because it will no doubt cause some form of action. I would hope the OD would do the noble thing here but I will not hold my breath for fear of dying.

Again, please don't discipline Courtney. As it is not her fault. She was just doing her job and probably what she was told to. Someone bigger either called this shot or thought it was a good idea. That is who should be looking on Monster.com tomorrow. I hear there is a "visitor specialist" position on there at the baseball hall of fame. Nah, don't apply for that, you'll probably s-c-r-e-w that up too.

Absolutely disgusting. Whereas I thought before you should be ashamed, you should all be embarrassed, disgusted, and mortified that you allowed this to happen.

Let me be the first to say, I DEMAND AN EXPLANATION!!!!

Again, I won't hold my breath because, even hoodini couldn't wait that long.

The last time I was wrong was in 1985, when I thought I made a mistake.


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too-old  Posted: Mon Mar 10, 2008 5:36 am Post subject:

OK, I'll disagree.

Joined: 24 Jul 2007 Posts: 75

How would you feel about:
A motorcycle & ATV rally to combat global warming?
The OIN donating a day's cigarette profits to the American Cancer Society or a day's casino profits to support families destroyed by a member with a gambling addiction?
A fraternaty donating the proceeds of a kegger to AA?

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Patch196  Posted: Mon Mar 10, 2008 6:22 am Post subject: Courtney and editors are to blame


I'm sorry, but Courtney should get blamed for this as well as the editors. She already had the article written and just needed to hear the word sausage and boom her "victim" and her quote were ready for print. I did not give Courtney the permission to print my name and I did not say that quote. Anyone who knows me knows I never would have said that.

Joined: 09 Mar 2008 Posts: 2

The article was written in extremely poor taste, and without any true facts. Next year if Courtney or anyone else from the OD wants any kind of article regarding my fundraising efforts for the American Heart Association and what kind of food I'm serving, they best come to the event and see for themselves.

Help save a life - like Mine - Please support the American Heart Association.

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swimmy  Posted: Mon Mar 10, 2008 7:25 am Post subject:


How's this for devil's advocate, jduges...

Joined: 22 Sep 2006 Posts: 1114

the idiots writing the story only make \$20,000 and the articles' substance (or lack thereof) is not solely the responsibility of the idiots writing the "articles." These routine insults about grammar, spelling, and article quality are more childish and unprofessional than the articles themselves. Take nelsonrd's advice: if you don't like the od, don't read it.

:)

Sorry, but when nelsonrd decided not to put his two cents in, I decided I would for him, or her. Of course, I couldn't resist the temptation to put my "spin" on it. ;)

troutman35  Posted: Mon Mar 10, 2008 7:51 am Post subject:

Wow, the rhetoric here is getting a little kooky.

Joined: 09
Mar 2008
Posts: 3

I put the blame for the publication of this article solely on the managing editor who I contacted Thursday night when I found the article on the website under the headline: Bad Habits Flourish at the Heart Walk. The original article gave no mention of the many generous donors who took time out of their lives to cook a dish and contribute it to the fundraiser. My wife also told the editor to take her misquote out of the article. I was enraged with the editor for the spin that they put on the fundraiser and told him it is a slap in the face to all the volunteers who worked hard to try to raise money for the AHA.

I told him the article is garbage and it should not go to print. I was not particularly polite. I gave him a good piece of my mind. I told him that this is not journalism. Shortly after, the article was edited with a new headline as the text of the story did not support the headline, and some additional facts which I gave the editor.

The result was an article on the front page of the paper which only criticized a fundraiser for heart disease that had the unmitigated audacity to serve... Italian Sausage instead of Tofu. A pretty goofy, crappy piece of writing indeed.

The most insidious line in the article to me is when they state "Rebecca herself a heart survivor said 'Dietary stuff was not considered'" implying that as a heart survivor she should have known better than to serve italian sausage at a fundraiser when Courtney is on the watch.

The article was ridiculous. If they wanted to publish a piece like this it would have fit better on the editorial page and would have benefited from more research than a few phone calls to unwitting individuals who did not realize they were going to be blind sided.

As far as comparing a volunteer at a fundraiser for the AHA bringing food which was not prepared in guidelines to cigarette sale proceeds going to the Cancer Society, that is just absurdism, a silly attempt at proving a point through the logical extreme.

The readership of the OD deserves a retraction of the point of view they expressed on the front page of their paper, and the volunteers, Rebecca, and the American Legion deserve a public apology.

Incidentally, the Italian Sausage was DELICIOUS!

Tofu? No. Italian Sausage? Yes

This would make a great marketing slogan for a sausage company!

edrake

Posted: Mon Mar 10, 2008 8:13 am Post subject:



[quote="too-old"]OK, I'll disagree.

Joined: 07
Jun 2007
Posts: 176

How would you feel about:

A motorcycle & ATV rally to combat global warming?

The OIN donating a day's cigarette profits to the American Cancer Society or a day's casino profits to support families destroyed by a member with a gambling addiction?

A fraternaly donating the proceeds of a kegger to AA?[/quote]

All of those would be swell. Kinda like excess cigarette taxes going toward healthcare or something. You tend to make some good points from what I've seen, but what you've said above (presumably with sarcasm, or intended hyperbole) sounds perfectly sensible to me... to extend your analogies, should any money seized in a drug raid be set on fire, instead of put to some other use...?

T.O.S. = Text Often Severed

Johnny

📄 Posted: Mon Mar 10, 2008 10:27 am Post subject: Heart Run



Joined: 29 Mar 2007
Posts: 39

Once again, the Ugly (and Fat) Americans at work. The Heart Run should have healthy food choices, not sausage and every other fattening food around. If you want a sausage, go buy one somewhere else.

That's the problem with Americans---no self-control. We go run a race and then think we can eat anything we want to afterwards. I run several road races and it amazes me how many runners have "guts."

At a lot of races, I'll see runners who just ran a 5K and there they are eating cookies, stuffing themselves with bagels, and everything they can get their mouths on. Why even run if that's going to be your post-race MO?

Let's face it, Americans overeat for many reasons. They bored at night. It's something to do. They like eating snacks? They have no control?

The Heart Run is just a typical American exercise in overindulging.

Sorry, but that's the truth.

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Johnny

📄 Posted: Mon Mar 10, 2008 10:35 am Post subject:



Joined: 29 Mar 2007
Posts: 39

[i]Heck, if the Ku Klux Klan wants to donate millions to the NAACP, you don't say, no thanks. You take the money and run[/i]

Yes, you do. One word: INTEGRITY

Why blame the OD here? Havng sausage at the Heart Run is not a good

idea. You wouldn't bring Ann Coulter in to speak at a Socialist rally, would you?

Mindless eating: the downfall of American health.

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dassilem

Posted: Mon Mar 10, 2008 10:46 am Post subject:



Joined: 08 Mar 2008
Posts: 2
Location: Newport, NY

Johnny.....I think you need to go back and read a few pages....you are as bad as the OD....get the facts & events straight.

Jduges

Posted: Mon Mar 10, 2008 11:50 am Post subject:



Joined: 11 Mar 2007
Posts: 1069
Location: Whitesboro

too old-

I'd feel great about any of those things you listed happening. To not take that charity is not being "Noble" or showing "integrity" like Johnny, suggests. It's smart because the benefit goes to the group looking to solve the problem that contributed to the charity.

So if an ATV rally, raises enough money to make ATV's run more enviro. friendly, then that's a great thing.

If the Casino donates cigarette proceeds to the Cancer Society and a cure is found, then the good outweighs the bad.

If the family that is destroyed by a problem gambler, can be rebuilt on the Casino's rake, then what a wonderful story.

Edrake is right on the money with this one.

How about monies collected for speeding? Should we not use that to go for better equipment for our LEO's or better training or more officers, etc...? After all we can't take money from "bad doers" right?

I assume as edrake did that you were just obliging me by trying to play devils advocate.

Johnny,

You are way off base my friend. 1st off, who cares what anyone eats after a long run? Perhaps the cookie eater was a diabetic who went sugar low as a

result of all that running.

We're not talking about the Heart Run having "unhealthy" food, we are talking about a fundraiser offering many choices to those willing to give so freely of themselves. And for your reference, Healthy Choices were offered as well.

You said that the trouble with American's is "no self control" You didn't quantify that statement so I'm left to assume you are talking about everyone including yourself.

Then you say "We go run a race and then think we can eat anything we want afterwards".

EXACTLY, WE CAN!!!! Isn't it Great? It's called FREEDOM. Personally I love it, I don't want to speak for others here but I tend to enjoy being able to choose what I want to eat. For instance, Tonight, in honor of this conversation, I'm having sausage and peppers. I would be very upset, if when I got home, Richard "freakin" Simmons popped out and told me I was having tofu, soy beans and a great big Multi Vitamin for dessert.

I'm a little surprised by your self righteous attitude. From what little I know about medicine, I don't recall anyone dying from having a "gut". Hmmmm.....Nope, can't think of one. Before you go off on obesity, that is not what you said, you said runners, with "guts".

Again, I can't speak for anyone else, but mine is bought and paid for I keep it for insulation in the winter and so I can sleep for 4 months at a time. Makes those long CNY winters a tad more "bear"able.

In your next post you try to refute my KKK analogy by saying Integrity. I think it takes more integrity and self assurance to accept the donation from an unsavory source. So long as there are no conditions attached to that money. Who would you rather have that 5 million (for arguments sake)? The Klan or the NAACP? The choice is easy for me.

Mindless eating isn't the downfall of american health. Technology and the resulting inactivity is.

You can eat anything you like in moderation and if you exercise and stay active you'll be fine.

One last time. The issue is not, was not, nor will be having sausage at the heart run and walk. We're talking about a fundraiser that had it as an option. A very tasty option I might add.

The last time I was wrong was in 1985, when I thought I made a mistake.

Clipper220

Posted: Mon Mar 10, 2008 12:23 pm Post subject:



Why is it that every thread and post on this forum eventually is "spun" into a downward spiral of mean spirited criticism, and negativity?

Joined: 30

Mar 2007
Posts: 1103

It seems as long as the crap keeps flowing, the moderator lets the thread digress into nothing but personal affronts being slung back and forth.

Jduges, I wasn't "spinning" anything when I posted, and most that read and post on here, know that you sure don't "admire" me. Our history is quite well known. Any respect that you may have had for me, no longer exists. I doubt that you would really put me on a list of "pals" if you were asked to compose such a list.

I would only ask that you don't use my "spin" on a subject to fuel YOUR spin toward conflict and argument. I am sure that as intelligent as you are, you can get from point "A" to point "B" without using my posts as a stepping stone.

You don't need to taint every thread with your need to jab at me and my posts. Have some respect for the others that enjoy "productive discussion" on this forum, and aren't here to argue pointlessly. Simply ignore my posts entirely, as I ignore yours until my name appears in one of them. It is easy and much more civil that way.

Clipper220

Jduges

Posted: Mon Mar 10, 2008 12:50 pm Post subject:



Joined: 11
Mar 2007
Posts: 1072
Location:
Whitesboro

Clipper- Let me be clear and I hope you understand and accept this. I do not have a problem with you. Never have. As I recall it was the other way around.

As to this thread. My comment was purely stated because I felt like you were trying to give the OD a pass by saying that "at least it brought attention to the event." Which I thought was hogwash.

I'm not criticizing you for trying to spin anything, just pointing out that you seem to be a good natured individual and you tend to try to smooth things over between disagreeing parties. A trait I generally respect but thought was not needed in this case.

Team Rebecca and those involved have every right to be upset with this article. In no way was this article a positive thing. You clearly feel differently and that's all good but you cannot expect me to not point it out when I see it.


My comment towards you was actually a compliment, in saying that you're being too kind. Guess you missed that.

You wanna give the OD a pass on this one, fine.....but I won't and I plan on disagreeing with anyone who does.

If there are any hard feelings, they must be one your side, because I have none.

The last time I was wrong was in 1985, when I thought I made a mistake.


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lilbump198  Posted: Mon Mar 10, 2008 12:59 pm Post subject:

 [quote](#)

Joined: 14
Dec 2006
Posts: 178

This is a disgrace. Who allowed this to be published. Yet here in the forums we are "watched" for our views....
Maybe someone should have proofread this "garbage" before it was published. Team Rebecca- GREAT WORK!!!!!! Keep up the fundraising and spirits.. You all did GREAT.

scorp1101  Posted: Mon Mar 10, 2008 8:57 pm Post subject:


 [quote](#)

Joined: 29
Jul 2007
Posts: 58

I agree with many of you on here...WHO CARES WHAT OTHERS ARE EATING! Its not your body, so dont worry about it. I have never seen anything funnier than the "runner" who is upset over what others are eating...WOW!!!

"A good word is an easy obligation; but not to speak ill requires only our silence; which costs us nothing".

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froggyman  Posted: Mon Mar 10, 2008 9:12 pm Post subject:

 [quote](#)

Joined: 31 Jul
2007
Posts: 843
Location:
Herkimer,
formerly
Utica

Like I said earlier, I can understand the irony of serving certain foods, like sausage. But to highlight that and nothing else is distasteful to say the least.

TOS, the Anti-First Amendment