

# Downtown Health & Fitness

OCTOBER 2018

## Dates to Remember:

Monday, October 8th—Columbus Day—We are OPEN

Monday, October 15th—Free Friend Day

October 31st—Trick or Treating in Downtown Coos Bay 3:00-6:00pm

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## Trick or Treat

31st 3-6pm



Bring your children, dressed in costume, to Downtown Coos Bay to Trick or Treat from 3pm to 6 pm on October 31. Look for the orange posters in windows for participating merchants.

440 Central Ave ♦ Coos Bay, Oregon 97420

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Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

## Fighting Seasonal Depression with Exercise

Lesley Gonzalez

Fall is fast approaching and with that the shorter days and longer nights of winter. For many of us, we can use this as an excuse to curl up and spend more time inside. But for some, this winter tradition can be something a little darker. According to the Centers for Disease Control (CDC) 14 percent of people in the United States experience Seasonal Affective Disorder (SAD).

SAD can cause feelings of apathy, sadness, and fatigue. But we have good news for you! Research shows 30 to 60 minutes of exercise can lower the recurrent rate of depression! Exercising throughout the winter will not only keep your body fit and ready for the upcoming summer, but also keep your mind in a healthy and relaxed state.

The hard work you put in during these winter months will propel you into your successful summer goals! At the same time, it can keep you in a positive mindset, and keep away that winter gloom.

Research has shown that exercise is an effective but often underused treatment for mild to moderate depression. First and foremost, always consult with your physician about any and all issues concerning mental health.

**Web M.D** has compiled some psychological benefits of exercise with depression.

Regular exercise has been proven to:

- \* Reduce stress
- \* Ward off anxiety and feelings of depression
- \* Boost self-esteem
- \* Improve sleep

"Improved self-esteem is a key psychological benefit of regular physical activity. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain.

Endorphins also trigger a positive feeling in the body, similar to that of morphine. For example, the feeling that follows a run or workout is often described as "euphoric." That feeling, known as a "runner's high," can be accompanied by a positive and energizing outlook on life.

Endorphins act as analgesics, which means they diminish the perception of pain. They also act as sedatives. They are manufactured in your brain, spinal cord, and many other parts of your body and are released in response to brain chemicals called neurotransmitters. The neuron receptors endorphins bind to are the same ones that bind some pain medicines. However, unlike with morphine, the activation of these receptors by the body's endorphins does not lead to addiction or dependence."

## Congratulations 10k Prefontaine Finishers!!

Jennifer Stephens, Denny Littrell, Tyler Summa, Maddie Arzie, Payton Davidson, Jill Davidson, Liza Holland, Triena Mueller, Leslie Terry, Jim Clarke, Rebecca Kennerly, Gina Young, Julene Cox, Bonnie Smith, Laurie Burke, Amy Meunchrath, Patrick Myers, Julie Woodman, Caddy McKeown, Marilyn Wilson, Jay Flaxman, Tracey Clark, Chole Danielson, Don Hynes, Linda Gonzales, Cindy Benward, Curt Benward, Patricia Harrington

# PUMPKIN RISOTTO

## Recipe of the Month

### INGREDIENTS:

- \* 4 GARLIC CLOVES
- \* 2 C PUMPKIN, FRESH
- \* 6 C WATER/VEGETABLE STOCK
- \* 3 C BARLEY
- \* 1 TSP CELTIC SALT
- \* 1/3 C PARMESAN CHEESE
- \* FRESH PARSLEY, CILANTRO OR ROSEMARY

### DIRECTIONS:

IN A POT OF YOUR CHOICE OVER A MEDIUM TO HIGH HEAT ADD OLIVE OIL AND PUMPKIN COOK FOR 3 MINUTES OR UNTIL TRANSLUCENT ADD THE GARLIC UNTIL FRAGRANT, ABOUT ONE MINUTE



ADD THE BARLEY AND STIR WITH THE PUMPKIN. ADD 2 CUPS OF VEGETABLE STOCK AND BRING THE MIXTURE TO A BOIL. REDUCE THE FLAME TO MEDIUM LOW, AND DON'T ADD ANYMORE LIQUID UNTIL THE LIQUID IN THE PAN HAS BEEN CONSUMED. REPEAT THIS STEP UNTIL ALL YOUR LIQUID IS GONE ADDING ONE CUP AT A TIME AND STIRRING THE RISOTTO EACH TIME YOU ADD MORE LIQUID.

IF YOU FIND YOUR BARLEY IS STILL HARD AFTER 6 CUPS HAVE BEEN USED ADD MORE LIQUID UNTIL YOUR BARLEY BECOMES SOFT. IT MAY TAKE YOU AN EXTRA 2 CUPS DEPENDING ON WHAT TYPE OF BARLEY YOU USED.

WHEN THE BARLEY IS SOFT, MAKE SURE YOU STILL HAVE A LITTLE BIT OF LIQUID IN THE POT, AS THIS WILL MAKE YOUR BARLEY NICE AND CREAMY, TURN THE HEAT OFF. AT THIS STAGE YOU CAN ADD THE HERBS AND PARMESAN CHEESE. STIR AND SERVE WHILE STILL WARM.

## The Power of Touch

By Annis Cassells

I am compelled to touch people. All my life, I have believed in the power of the human touch to heal, to soothe, to communicate. So, it's a natural thing with me, just part of my being. I may put my hand on your shoulder, your arm, or your knee. I may hold your hand while we talk. If we sit together long enough, I may even rub your shoulders.

I think there's no such thing as too many hugs. I remember a good friend warning a newcomer to our book group, "Be ready. Annis will hug you." But, realizing that everyone is not a hugger, these days I do ask permission before hugging folks I've just met.

Once, I was shopping in a WinCo grocery store in Medford, Oregon, when I received a stranger's touch. Standing in the bulk foods section, an elderly gentleman stood between me and the bin of lentils. I noticed his dark suit jacket and his black newsboy cap, like the style my dad often wore. As I watched, the man reached into the bin, extracted one lentil, and popped it into his mouth. He made a face as he tried to chew this pebble.

"Hard as a rock," I said.  
"Interesting," he replied.

I could tell from his expression and tentativeness he was new to the world of these tiny legumes. So I told him how I use them to make a lentil stew and that I make it vegetarian or with meat.

The man looked me in the eye and touched my bare forearm. He kept his warm, smooth hand there while he said, "Thank you. I have to change to a vegan diet and learn about these things. You're helping me."

I was glad to help, but what struck me most was his touch and how that simple act brought the two of us together, bumping up the level of this brief encounter. Instead of two strangers passing in a grocery store aisle, we were now connected.

Sometimes we are reluctant to engage people whom we don't know, let alone touch them. But touching is a natural human response and a need that brings warmth to both parties. It says, "you matter." How uplifting it is to share a warm handshake or a celebratory high five!

In these days of heightened concern about inappropriate touching, or action that might be perceived as such, folks are hesitant to extend a hand and touch others. It's a pity. I feel sorry that we are missing an opportunity for connection. Every day, human-to-human, touching brings people together. I'm a believer in the power of touch and its goodness.



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## Looking Ahead Upcoming walking, running, and hiking events.

**October 6th**  
Charleston Salmon Run  
Marathon, 1/2 Marathon, 10 K  
Boat Basin Road  
9 AM

**October 7th**  
Tahkenitch Trails  
4 Miles  
Day use Parking Area  
9 AM

**October 20th**  
Bullards Beach Trails  
Bullards State Park  
10 AM

Visit [www.coostrails.com](http://www.coostrails.com) for more information on this hike or to find out more about South Coast Striders. You can also contact Don Luce at [southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com).

[www.southcoastrunningclub.org](http://www.southcoastrunningclub.org) to find out more on this or upcoming events or to check into the running club.

## Prefontaine Top Placers



Don Hynes has been an active member at Downtown Health & Fitness for over 6 years. He recently celebrated his 90th birthday with us. He has been actively involved with the Men of Steel working towards strength, balance and flexibility. He took 1st place in his age group in the 39th Prefontaine Memorial Run. He is truly a role model to all. This is his 10th and final Pre run. We have enjoyed the never-ceasing fiery spirit of Don, and his contagious laughter.

Pictured with his wife Muriel, and his friend and walking partner, Patty Harrington.



Denny Littrell, member at DHF for over 13 years, has run in the Pre six times during his 40s, and then started running again in his 70s. He has always loved fitness and has made that a priority in his life. The passion he has for running and staying strong and fit is so he can climb mountains!

He was born and raised in Coos Bay and is a 1961 MHS graduate. He is married to Nancy and they have three children. He came in first place in his age group (75-79) with a new record of 51.52, crushing the previous record by 44 seconds. We are proud of Denny and his great accomplishment.

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Coming in second place at 1:03 was DHF member Jim Clarke. This is Jim's 27th time running in the Pre. He's been running most of his life, and started competition running in his 30s. As an active member of the South Coast Running Club, Jim runs for the enjoyment of the sport and participates in the many events the Club sponsors. Keep an eye out, and say hello if you see Jim running around!



Coming in first place in her age group is our very own Jennifer Stephens. She is an avid runner and fitness is her passion. This is her 8th time running in the Pre. She has been a Certified Personal Trainer for over 20 years. In her 13 years with DHF she has made an impact on all her clients. She is married to Scott and has two children.



Linda Gonzales has been a Downtown Fitness member for 12 years and has participated four times in the Pre-Memorial Run. She has ranked second place twice, once in 2007 and this year. In 2016, she came in third place. She attributes her placing to Sandy. She takes her class on regular basis. Thanks to Sandy, she says she was able to finish the run without passing out.