

# Downtown Health & Fitness

SEPTEMBER 2018

## Dates to Remember:

### Labor Day Closures:

**Sunday, Sept. 2nd**

**Monday, Sept. 3rd**

**Fun Festival -Sep. 15th**

### Club hours for

**Saturday : 8-12pm**

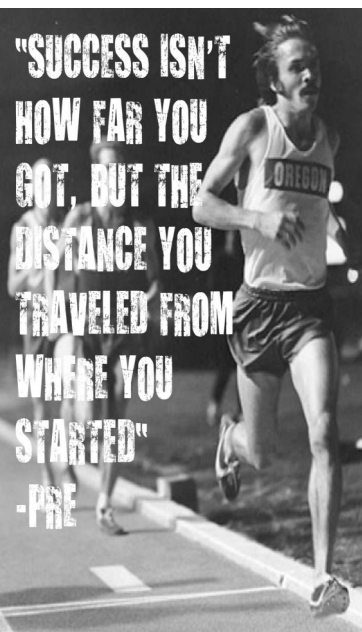
**NO CLASSES**

**FREE FRIEND DAY:**

**Wednesday, Sept. 12th**

## Inside this issue

Dates to Remember	1
A Heritage Through the Years	1
Class Highlight	1
Extrovert or Introvert?	2
Looking Ahead	2
Recipe of the month	2
New Employee Highlights	3



440 Central Ave ♦ Coos Bay, Oregon 97420  
541-267-3948 ♦ email: [dhfitness@downtownhealthandfitness.net](mailto:dhfitness@downtownhealthandfitness.net)  
Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

## A Heritage Through the Years

*Alishia Bullis*

With summer coming to a close, we are eager to hold onto the last bit of it while we can. The Fun Festival & Prefontaine Memorial Run are the last big hoorahs before the summer officially ends. It's also safe to say they are among the most anticipated events of the year.

Runners from all over the world come to compete, and pay tribute to Steve Prefontaine and Coos Bay each year, in a grueling, challenging race, that is not at all for the faint of heart. Every year we welcome runners from as far away as Utah, Texas, Nevada, New York, even British Columbia and Sweden!

Starting in the hub of Downtown Coos Bay, and ending on the well-known Marshfield Track, the legacy that Prefontaine left behind is a heritage that Coos County can be proud of. The popularity of this event is incredible, and the attention it brings to our little town is fantastic.

After the race, stop at the Fun Festival and bring a chair, grab some lunch from one of the many food vendors, and enjoy the parade. Our parade includes the men and women of our Fire and Police Stations, Coos Bay and North Bend high school

football players and supporters, our Zonta organization, our Armed Forces and many more. The kids are eager to watch them all parade through town, and see who can run the fastest to get the most candy (the kids think that's the most important part, too).

Don't forget to take a look down Central Avenue and check out all the other booths as well! With Tie-Dye, music, and craft goods, there is sure to be a booth to fit your fancy. You can usually spot the face painting booth for the kids, we may even see an appearance from the local animal shelter too!

With everything happening that weekend, the reason we hold this event every year can sometimes get lost. Coos Bay is synonymous with Steve Prefontaine, and his athletic legacy. It's our job, as the townspeople, to continue this pride throughout the years. The Prefontaine Memorial run is fun for all, and a great ending to our summer.

Plus, it's our heritage.



## Class Highlight

### *Zumba Gold-Royce Bogs*

Zumba Gold is still going strong. It's great to see this class continue to grow. Royce brings her enthusiasm and love of dance to all of us. She is constantly learning new routines and brings great new music to the class room. Zumba Gold is a lower impact Latin dance class that is not just for seniors or women. We have seen a few of our guys in there learning some new groovy moves. If you have not taken her class, you should! 10:15-11:15 am Tuesday and Thursday mornings.



# Recipe of the Month

## Late-summer tomato & carrot salad

### Ingredients

2 Cups of mixed ripe tomatoes, such as red and yellow cherry, plum and medium vine  
 2 medium carrots, peeled and finely shredded or grated  
 Bunch of spring onions, trimmed and finely chopped.  
 1 red chilli, deseeded and finely chopped  
 1 1/2 tbsp of pumpkin seed  
 3 tbsp extra virgin olive oil  
 2 tbsp balsamic vinegar

#1 Chop the large tomatoes, halve the cherry ones and put into large serving bowl. Add the carrots,

spring onions, chili and pumpkin seeds, and toss together.

#2 Mix the extra virgin olive oil with the balsamic, a pinch of salt and good grinding of black pepper. Pour over the tomatoes and toss together.



## Extrovert or Introvert?

By Annis Cassells

*There is no such thing as a pure introvert or extrovert. Such a person would be in the lunatic asylum.* Carl G. Jung

The four-hour flight to Seattle flew by as I visited with my seatmate, a young woman who was off to naturopathic school. We talked about her school, the coursework, and how she became interested in the field. I told her about my dad studying up on the benefits of juicing, the celery-carrot juice blend we kids were forced to drink each day, and the home remedies he concocted.

Then there was the flight where that seatmate punched her cell phone as soon as the wheels hit the tarmac. Of course I overheard the conversation. It had something to do with work and writing. And she sounded frustrated. So, I asked her about it and learned she was an editor with a textbook company. When I told her I was a retired teacher and a writer, she asked me to send her some of my work. I did and ended up getting a contract to write a piece on the solar system for one of their upcoming books.

I can think of many more instances that exemplify my extroverted side. But, like most of us, I am on the continuum between Extrovert and Introvert. I am a balance of both, needing to be around people and interacting in social settings **and** needing solitude and quiet for periods of time. That makes me an Ambivert .

Introverts have gotten a bad rap. Society has perpetuated the idea Introverts are “defective,” anti-social, rude, or shy.

According to Belle Beth Cooper’s article [Fast Company newsletter](#) from 2013, “Introverted people are known for thinking things through

before they speak, enjoying small, close groups of friends and one-on-one time...Introverts are not necessarily shy and may not even avoid social situations, but they will definitely need some time alone or just with close friends or family after spending time in a big crowd.”

By turning inward, Introverts restore and regain themselves. When I feed my introverted side, I enjoy alone time working on a project, cooking, surfing the internet, or reading a book. I am fine going to a movie or taking a walk by myself. Cooper quotes an anonymous introverted person: “For introverts, to be alone with our thoughts is as restorative as sleeping, as nourishing as eating.”

Whenever we can understand more about ourselves, it’s helpful for us and our interactions with others. Think about yourself and how your personality may lean toward one or the other side of the Extrovert-Introvert continuum. (Though I had an idea of where I stood, I decided to take this [short quiz](#) .)

Think about your recharging needs and whether you’re allowing yourself to fulfill them. Are you getting the social time or the alone time you require? If you are, good for you! If you’re not, consider ways you can take better care of yourself.

Do check out Cooper’s [Fast Company newsletter article](#). She’s imbedded two charts that show how to “Better Care” for Extroverts and Introverts. Some of the suggestions are bound to affect how we see and deal with ourselves and others.

Copyright © 2018, Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at [HeyAnnis@aol.com](mailto:HeyAnnis@aol.com). Follow her blog at [www.thedaymaker.blogspot.com](http://www.thedaymaker.blogspot.com).

### Looking Ahead Walking, running, and hiking events.

**September 1, 2018**

**Sunset Bay Trail Run**

1 mi, 5K, 1/2 Marathon

Sunset Bay Yurt

9:30 AM

**September 15, 2018**

**Prefontaine Memorial Run**

10K & Fun Run

Starts at 10:00 AM

4th & Anderson Downtown Coos Bay

**September 8, 2018**

**Blast! Recovery & Prevention**

5K

9:00 AM

Stewart Park

**September 22, 2018**

**Florence 1/2 Marathon**

9:00 AM

Miller Park

**September 29, 2018**

**Umpqua Strong**

9K/5K

9:00 AM

Stewart Park

[See the following websites for more information:](#)

[www.coostrails.com](http://www.coostrails.com) to find out more about the walks with the South Coast Striders

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

## New Employee Highlights

### Esteban Anguiano

Esteban has just recently moved to Coos Bay from Las Vegas, NV. He enjoys new adventures & challenges such as waterfalls & hiking trails. He currently is an amateur boxer and has dreams of becoming a world champion. He is excited to be a part of the Downtown Health & Fitness team.



### Riley Anter

Riley has been a member of Downtown Health & Fitness for over two years now. He loves to be active, whether that is being outdoors with his family or lifting weights in the gym.

