

May 2011

Monthly Newsletter

Downtown Health & Fitness

- Free Friend Day—
Saturday, May 7
- Memorial Day—DHF
CLOSED MAY 29 AND
30.

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Y Food Allergies Y

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We will be closed
 May 29 and 30 for
 Memorial Day



Congratulations, John Whitty! He had the winning guess for our “nuts in a jar” contest. We had 70 guesses ranging from 30 to 362 nuts. There were a total of 77 nuts. A big thank-you to all participants.

Happy
 Mother’s
 Day!
 May 8



The Food Allergy and Anaphylaxis Network has dubbed May 8-14 as Food Allergy Awareness Week. Food allergies affect more than 12 million Americans, making it a concern for 4% of the population. This percentage is low because it only counts those with clinically proven food allergies. Many more people are affected with allergies and intolerances that have not been clinically tested and proven.

A food allergy is an immune system reaction in which the body produces antibodies to a certain food or foods. As a result, skin rashes, tingling or itching in the mouth, swelling of the lips and mouth, wheezing or nasal congestion, dizziness or lightheadedness, headaches, or a variety of other reactions occur.

With an intolerance, however, the body and the specific food or foods disagree, or the body lacks the enzymes necessary to break down a certain food, such as lactose in individuals with a lactose intolerance.

Allergies affect many of my family members and friends. Two of my great grandmothers had dairy allergies. My great grandfather had an allergy to apples. My maternal grandmother has many food allergies including dairy, eggs, wheat, apples and chocolate. As children, I was allergic to dairy, and my sister, to corn. We both were allergic to melons. Though we outgrew most of our allergies, the dairy allergy clung onto me.

There is a variety of different methods for allergy testing including the skin prick test, a blood test, and an elimination diet. Doctors or allergists can determine what is the best method of testing for each person.

When food allergies are first discovered, it’s common to be overwhelmed and stressed. *How will I possibly be able to find foods that I can eat and recipes that fit my new diet, and get enough nutrients to stay healthy?* Though it can be difficult, there a number of resources available, even in our small area.

—The Food Allergies & Gluten Intolerance Support Group meets at the Southern Coos Hospital & Health Center on the first Thursday of every month at 6 pm. (Contact Mary Capps at 541-347-2778 for more information.)

—A variety of cookbooks specialized for those with allergies is available at the public libraries in our area.

—Several local health food stores, and even traditional grocery stores, carry many allergen-free foods.

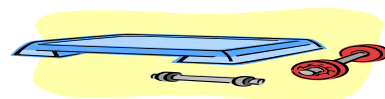
In addition to eliminating the food(s) causing the reaction, there is a variety of treatment options available. Check out the following website to learn more about these treatments. <http://www.food-allergy.org/page2.html>.

Written by Joanna Stoops

NEWS TO YOU

In the month of April we had a couple of instructors out due to surgeries and several desk staff out on vacation. This left us very short-handed. We were fortunate to have Mike Lal come to our rescue and help out on the desk. Deb, Lesley, Sandy and Lindi helped out to cover classes. Thanks to everyone for keeping Downtown Health and Fitness running smoothly.

Aerobics instructor Angie Kemp had knee surgery on April 6. She is recovering extremely well and we’re excited to have her back soon. Plan on attending Cardio Blast Monday, May 2 at 5:45 pm to welcome her back.





Recipe from About.com

Looking Ahead

Fit Friday Hike

2-4 miles

When: May 6, 10-11:30 am

Where: South Slough Estuary, Charleston

For more information call the Slough at 541-888-5558.

Millicoma Marsh Track and Trail Run

1 mile, 2 mile, 5k

When: May 7, 10 am

Where: Millicoma Middle School

For more information call Claudia Benn at 541-267-3489.

Diabetes Fun Walk

When: May 14, 10 am

Where: Bandon City Park

For more information call the South Coast Diabetes Association at 541-756-9054.

South Coast Striders

~May 15: Rocky Peak

3 or 4.4-5 miles

Carpool from Coos Bay Visitor Center at 8:00 am.

~May 22: Euphoria Ridge

4 or 8 miles

Leave Bridge Store at 9:30 or 9:00 am

~May 29: Hanging Rock

Coquille & Elk Creek Falls

2.5 or 7 miles

Caravan from County

Extension Office at 7:15 am

For more information on any of these hikes, visit

<http://www.coostrails.com/striders/striders.htm>

Boardwalk to Beach Run

1 mile, 5k, 10k

When: May 28, 10 am

Where: Bandon Boardwalk, downtown Bandon

For more information call Tricia Hutton at 541-347-6512.

Recipe of the Month: Allergy-Safe Pizza and Focaccia Dough

Ingredients:

- 2 tsp. dry yeast (1 packet)
- 1/2 c lukewarm water
- 1/4 c amaranth flour
- 3 3/4 c white rice flour
- 1 1/2 tsp. kosher salt
- 2 tsp. Ener-G Egg Replacer
- 1 packet Knox Gelatine
- 1/2 tsp. xanthan gum or guar gum (optional)
- 1 Tbsp. mixed dried or finely chopped fresh oregano (optional)
- 3/4 c cold water, plus more as needed
- 1/4 c olive oil, plus more as needed

Preparation:

- Mix together yeast, 1/2 c lukewarm water, and amaranth flour. Allow mixture to sit until bubbly, about 30-45 minutes.
- In a large bowl (the bowl of your electric mixer will work), whisk together rice flour, salt, Egg Replacer, Gelatine, xanthan gum (if using), and oregano (if using).
- Using your hands or the dough hook of an electric mixer, work in the amaranth-yeast mixture, the additional water, and the olive oil. Knead until all ingredients are thoroughly mixed. You will almost

certainly need more liquid; add water and oil at a 3:1 ratio (I add water a tablespoon at a time, adding olive oil for every fourth addition) until the mixture starts to pull away from the sides of your mixing bowl or until your handkneaded dough is just soft and sticky.

- Put the dough in a covered bowl in a warm place, such as a sunny windowsill or a countertop under a light. Let rise for two hours or until doubled in size.
- Now dough is ready to bake or freeze. To make focaccia, preheat oven to 450 F and flatten dough onto a greased 15 1/2" rimmed baking pan. (You can also use two 12" pans.) Top the dough with a little oil and salt and, if you wish, your choice of toppings - sautéed vegetables, cheese, meats, herbs, tomato sauce. Bake for about 25 minutes, or until the sides are starting to brown. Note that this dough does not brown as much as a traditional dough.
- To make pizza, preheat your oven to 500 F. Divide the dough into two equal-sized balls and flatten the balls into disks. Gently stretch out, top with your choice of toppings, and cook on a baking stone until crust is browned, about 10 minutes.

Makes one large or two medium focaccia breads or two medium pizzas, to serve six to eight.

Our Life, Our Choice

By Annis Cassells

"If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being charge of yourself."

~Robert F. Bennett

Sometimes we have to make the hard choices, even when we feel that we have no choice at all. But the truth is that we always have options. Maybe we don't **like** them. Maybe our choices put us between a rock and a hard place, but that doesn't mean that the choice isn't there.

We are always at choice point—many times each day. Choosing allows us to say no to one thing so we can say yes to another. If we say yes to healthy options, we're saying no to unhealthy ones. Yes to good nutrition pushes poor nutrition aside. Yes to increasing our exercise routine says no to the problems that a sedentary lifestyle yields.

No matter how large or small the choice may be, we have to make it. What's for dinner? Which route to work? Should I make an appointment for a physical exam? The blue socks or the black ones? Family vacation at Disneyland or Yellowstone?

Making choices gives us a measure of

freedom. We have control over which path we take, and along with it, the responsibility for those choices. How many times, when asked their choice about possible options, have we heard people respond, "I don't care" or "It doesn't matter"? Answers like this give over one's freedom and hand it to someone else. That may be truly okay with the person; she is happy with either choice. However, sometimes she's disappointed with the choice made. So it did matter. She did care, but she gave up her freedom along with the responsibility of choosing.

The "right" choice, is in the eye of the beholder. Making good choices is the responsibility of each person for himself. That old homily, "What's good for the goose is good for the gander" is not the way choosing works. The best choice is the one that is appropriate for each individual in his or her circumstances. Health, finances, age, location, and desires are some of the considerations when making choices about our lives. We need to look over our options and choose wisely for ourselves. Ultimately, it's in our hands. It's our life, our choice.

Copyright © 2011 Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at 661-619-3359. Read her blog at www.thedaymaker.blogspot.com