Director’s Corner

“Know thyself.” Ah, these words rang out to me today as I was trying to describe why I felt a certain way to someone. Have you ever noticed that some of our bad habits stem from the fact that we are still getting to know ourselves? Sometimes we just don’t know how we work! I am an extrovert by nature, however, I must be cautious to take some time on my own, reading, writing, and doing things that make me happy/healthy, so I can hear my own voice when I’m with others. This took me a long time to understand, and I still have to remind myself to carve out time to just be. Fortunately, I have some wonderful introverts around me to remind me of the importance of this practice. If you do not get time alone with yourself, how in the world will you know what YOU think, what YOU want, what makes YOU tick so you can reverse unhealthy behaviors and change them into habits that are positive?

I encourage you this summer to drink deep of the beauty around us and to take advantage of a slower time. Everyone is a little more laid-back and things are quieter and calmer during this season. Why not take advantage to get to “know thyself”?

~Brittni

Things to Check out for the Month of June:

**Noontime Notes Concert Series:**
- Tuesdays, 11:30-1pm; June 3- August 5
- Location: Downtown Fort Collins
- Take a lunch break and enjoy some quality music with friends!

**Taste of Fort Collins:**
- June 13-June 15
- Location: Laporte & Howes
- Come and enjoy food, drink, and music with all of Fort Collins

**Foodie Walk:**
- June 20, 5-8pm
- Location: Downtown Fort Collins
- Take a self-guided tour through Downtown Fort Collins and sample various culinary creations

**National Get Outdoors Day: NOCO:**
- June 14, 9-3pm
- Location: City Park
- Partake in various fun outdoor activities!
How does alcohol affect me?

In 2006, Turvey, Schultz and Klein conducted research on the effects of alcohol in our elderly population. Specifically they attempted to determine the effects of alcohol on people who were at least 70 years old. Since there is little knowledge about the benefits and/or consequences of alcohol in this age group more investigation was needed to determine the risk of use.

The researchers studied a case group of 7,434 elders, who were above the age of 70, for two years. The results from the study showed that 44% of the subjects drank alcohol in the past three months, with the majority of them drinking less than once per day. The people who drank alcohol daily were typically white, happily married, in good overall health and had clear thinking ability. Drinking had no association with negative health outcomes in the next two years and was found to help prevent strokes and other impairments of daily life.

It was also found that when subjects stopped drinking there was an increase in negative health effects. From this study, we can conclude that there is a positive impact of moderate drinking (1-2 drinks per day) on overall health in adults over the age of 70. However, the positive results were also associated with the subjects who were of certain demographics (Caucasian) and who had the ability to be socially active and capable enough to drink moderately. This could mean that the subjects’ socio-economic status plays a role in the effectiveness of moderate drinking on health.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1484476/

Article written by Robert Wasinger

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Available Now!

We offer 2 additional Adult Fitness times! These are Tuesdays & Thursdays, 11:45 AM-1:15 PM. We utilize the weight/cardio room, gym, and student trainers. Come join us!

For the summer only these sessions with be held in the Field House!

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Do something today that your future self will thank you for.

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Spaghetti Squash Pesto with Tomatoes

**Ingredients:**
1 small spaghetti squash  
15 large basil leaves  
1 small clove garlic  
1/4 cup olive oil  
3 tbsp Parmigiano-Reggiano  
salt and fresh pepper  
1 tomato, diced

**Directions:**
Cut squash in half lengthwise, scoop out seeds and fibers. Place in a microwave safe dish and cover. Microwave 8-9 minutes. Remove from the microwave and scoop out flesh with a fork into a large bowl.

In a small blender combine basil, garlic, olive oil, parmesan cheese, salt a pepper andpuree until smooth.

Combine pesto with two cups spaghetti squash (save any remaining squash for another recipe). Add tomatoes and season with additional salt and pepper.