

# Downtown Health & Fitness

SEPTEMBER 2019

## Dates to Remember:

### Labor Day Closures:

Sunday, Sept. 1st

Monday, Sept. 2nd

Fun Festival -Sep. 21st

### Club hours for

Saturday : 8-12pm

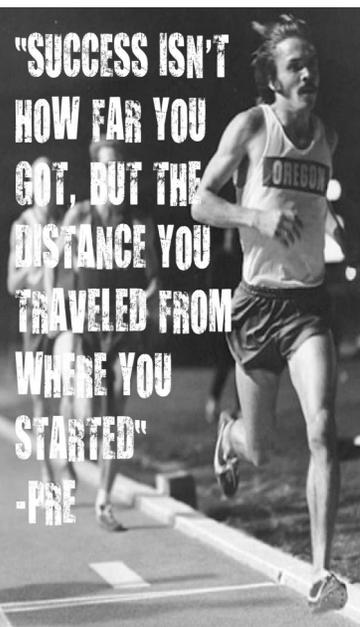
NO CLASSES

**FREE FRIEND DAY:**

**Friday, Sept. 20th**

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 Visit us at: [www.dhfitness.net](http://www.dhfitness.net)

## 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

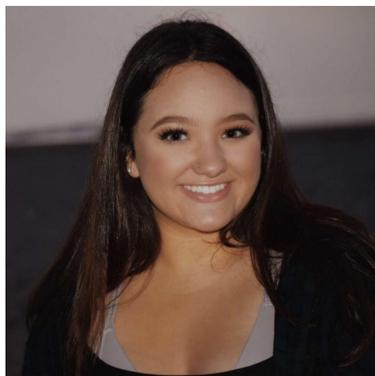
Stations, Coos Bay and North Bend high school football players and supporters, our Zonta organization, our Armed Forces and many more. The kids are eager to watch them all parade through town, and see who can run the fastest to get the most candy (the kids think that's the most important part, too).

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.

## New Employee Highlight

*Alliah Gonzalez*



Please join us in welcoming Alliah to the Downtown Health & Fitness team!

Alliah is the daughter of Lesley and Eli, our wonderful Owners/Instructors. She is starting her junior year of high school, and looks forward to seeing you. As a singer and dancer, she participates in various productions with Little Theatre on the Bay throughout the year. Look for her smiling face at the front desk on your next visit, and say hello!

Welcome to Alliah!

# Recipe of the Month

## *Fish with Fire-Roasted Veggies*

4 ears shucked corn  
 Cooking spray  
 3 cups cherry tomatoes, divided  
 2 tablespoons canola oil, divided  
 4 ounces shallots, peeled and halved lengthwise  
 1 teaspoon kosher salt, divided  
 3/4 teaspoon black pepper divided  
 4 (6 oz) halibut fillets, skinned  
 2 teaspoons balsamic glaze  
 2 tablespoons chopped fresh basil ( optional)



1. Preheat grill to 375
2. Coat corn ears with cooking spray. Place 1 cup tomatoes, 1 tablespoon of oil and shallots in a bowl; toss to coat. Place tomato mixture in a grill basket. Add corn to grill; cook 6 minutes or until lightly charred, turning occasionally. Add tomato mixture to grill; cook 4 minutes or until tomatoes blister and turn lightly brown. Remove corn kernels from ears; discard cobs. Coarsely chop shallots; set aside. Place grilled tomatoes remaining 1 tablespoon oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a food processor; process until smooth.
3. Coat fillets with cooking spray; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add fillets to grill; cook 3 minutes on each side or until desired doneness. Remove; keep warm.
4. Slice remaining 2 cups tomatoes in half. Combine corn, shallots, fresh tomatoes, 2 tablespoons pureed tomato mixture, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a bowl. Place 1 cup corn mixture on each of 4 plates. Top each serving with 1 fillet, 1 tablespoon pureed tomato mixture, and 1/2 teaspoon of balsamic glaze. Top with basil, if desired

## Back to School

By Annis Cassells

Fall is fast approaching. Some folks anticipate leaves turning and falling and crunching beneath their feet, some relish putting on sweaters, and some turn their thoughts to Halloween.

But to me, Fall means new backpacks and lunch boxes, slick notebooks, that waxy Crayola smell, and myriad markers, pens, and pencils. Every school publishes their list, and all the stores stock rows and stacks of every school supply known to mankind. Plus there are bargains to be had!

In my elementary and high school days, we students went back to school the Wednesday after Labor Day. We'd bust out of our houses wearing new shoes and our first-day-of-school outfits, eager to meet our new teacher and see who else was in our class.

As a teacher, I felt the excitement of arranging and decorating my middle school classroom. I'd go in a week before I was officially on duty and just sit in the room at my desk. This was probably the most I sat the entire year because I was a wanderer and constantly in motion, even when the kids were working on their own. After sitting and looking around, getting the "feel" of the room, I'd set off moving chairs and tables to form groups. I liked a classroom where kids could talk with each other and cooperate on tasks. Once the seating was to my satisfaction, I'd work on the bulletin boards and would cover other flat spaces with vibrant butcher paper.

My slogans went up where everyone could see

them and be reminded of the focus for the year. I taught several subjects so kids might look around the room and read: "Every message has both a sender and a receiver." Or "Math is everywhere!" Or "I know where in the world I am."

I love school! And, in my life I've been lucky enough to have more than 50 years of the first day of school. I always looked forward to it, whether as a teacher or a student. It was a chance for do-overs and renewal, a chance to learn new things and meet new people.

Whether going back to school or living our everyday lives, there are options and opportunities to for us to consider.

Do overs – We can do better than before.

Avoid falling into the same traps or the same bad habits. Learn from our previous mistakes.

Renewal— refresh our commitment to ourselves and the goals we've set.

Meeting new people—We can get to know others before judging them. Walk in their shoes a bit. Look for the good inside them.

"How is school different from life? In school, you have the lesson first and then the test. In life, you get the test and then the lesson." Either way, in school and in life, we can be our best selves.

Copyright © 2019 Annis Cassells. All rights reserved. A life coach, writer, poet, and speaker, Annis can be reached at 661-619-3359. "Like" her Facebook page, Annis Cassells, Writer.

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

**September 7, 2019**  
**Walk to fight suicide**  
 10:00– 12:00 Noon  
 Mingus Park

**September 21, 2019**  
**Prefontaine Memorial Run**  
 10K & Fun Run  
 Starts at 10:00 AM  
 4th & Anderson Downtown  
 Coos Bay

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.

# Walk to Fight Suicide

Mingus Park

Walk to Fight Suicide  
Join "Flaxman's Friends" team.

Coos County Out of the Darkness Walk  
September 7th, 2019, 9am-11am  
Mingus Park Amphitheater  
Coos Bay, Oregon

Register at [afsp.org/CoosCounty](https://afsp.org/CoosCounty) and walk with the "Flaxman's Friends" team and/or donate.

American Foundation for Suicide Prevention | OUT OF THE DARKNESS Community Walks

**Our friend Jay Flaxman, who frequented the gym and enjoyed the Men's Fitness Class every Monday, Wednesday, and Friday mornings, died three months ago. Some of us who worked out with Jay have formed a group, Flaxman's Friends, to participate in the Out Of The Darkness Community Walk sponsored by the American Foundation for Suicide Prevention (AFSP). This will be held at Mingus Park, September 7, 2019, 10 AM to 12 Noon. We'd like for you to join us that day. Register online or at the park, 9 AM to 10 PM, the day of the event. Or, please do make a donation to the AFSP in remembrance of Jay.**

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=223482>