

# Bay Area Athletic Club

985 Newmark, Coos Bay  
888-5507

Newsletter

VISIT OUR WEBSITE:  
[HTTP://WWW.BAACFITNESS.COM!](http://www.baacfitness.com)

March 2007

## FREE ADULT GUEST DAY

Do you have a friend you'd like to treat to a free visit to the club? Then bring them in on.....

**Saturday, March 3rd**

**Saturday, March 17th**

**Thursday, March 22nd**

For permanent card members only. One adult guest 18+ per member. (Any other guests may pay a guest fee of \$7. Unaccompanied walk-in non-members pay a day use fee of \$10.)



Comments, suggestions, complaints, compliments? Email Bryan at [bhead@aol.com](mailto:bhead@aol.com)



We will gladly add towel service for \$0.50 a day or \$5.00 a month!!



## Chicken Mediterranean Pizza

Ingredients:

- 2 teaspoons cornmeal
  - 1 refrigerated pizza crust (12 to 14 inches), unbaked
  - 1/2 cup prepared pesto sauce
  - 1/2 cup canned diced tomatoes, drained
  - 1 can (5 ounces) chunk breast of chicken, drained and flaked
  - 1 cup shredded mozzarella cheese
  - 1/4 cup grated Parmesan cheese
  - Pinch of crushed red pepper, if desired
- Heat the oven to 400° F.

Sprinkle cornmeal on the bottom of pizza pan.

Place the pizza crust over cornmeal. Spread the pesto sauce over surface of crust. Top with the remaining ingredients.

Bake for 15 minutes or until cheese is melted and edges are browned.

Servings: 4

Nutritional Information Per Serving:  
Calories 323; Total fat 17g; Cholesterol 28mg; Sodium 625mg; Carbohydrate 26g; Fiber 3g; Protein 18g

Did you know that...

- \* you lose about 1/2 liter of water a day through breathing?
- \* on average, a person spends about 122 days out of a year sleeping?
- \* humans can taste temperature?
- \* there are about 2 million sweat glands in the human body?
- \* cold winter weather may improve your memory and concentration?
- \* the surface area of the lungs is about the same size as a tennis court?
- \* showering before entering the pool and spas keeps the water clean!

(source: [biology.about.com](http://biology.about.com))

# Women's History Month

1916 - Margaret Sanger opens the first birth control clinic  
 1903 - Marie Curie is awarded the Nobel Prize for Physics for the discovery of radioactivity  
 1840 - Elizabeth Blackwell becomes the first American woman to receive a medical degree  
 1851-1856 - Susan B. Anthony crusades for women's rights in the United States and internationally  
 1920 - With the passage of the 19th Amendment to the U.S. Constitution, U.S. women get to vote  
 1921 - National Organization for Women (NOW) founded  
 1922 - Mary, Queen of Scots is the first known female golfer  
 1928 - Golda Meir becomes prime minister of Israel  
 2570 B.C. - Queen Neferteri rules Egypt, calling herself "god's wife"

In the early nineteenth century, women were considered second-class citizens whose existence was limited to the interior life of the home and care of the children. Women were considered sub-sets of their husbands, and after marriage they did not have the right to own property, maintain their wages, or sign a contract, much less vote. It was expected that women be obedient wives, never to hold a thought or opinion independent of their husbands. It was considered improper for women to travel alone or to speak in public, with the belief that intense physical or intellectual activity would be injurious to the delicate female biology and reproductive system. Women were taught to refrain from pursuing any serious education. Silently perched in their birdcages, women were considered merely objects of beauty, and were looked upon as intellectually and physically inferior to men. This belief in women's inferiority to men was further reinforced by organized religion which preached strict and well-defined sex roles.

- 1850 Women are granted the right to own land in a state (Oregon).
- 1866 The American Equal Rights Association is founded by Susan B. Anthony, Elizabeth Stanton, Martha Coffin Pelham Wright, and Ernestine Rose.
- 1868 The 14th Amendment denying women the right to vote is ratified.
- 1972 U.S. Congress passes the Equal Employment Opportunity Act.
- 2005 Condoleezza Rice becomes the first African-American woman to be appointed Secretary of State.

(source: history.com)



- ONE.** Give people more than they expect and do it cheerfully.
- TWO.** Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.
- THREE.** Don't believe all you hear, spend all you have or sleep all you want.
- FOUR.** When you say, "I love you," mean it.
- FIVE.** When you say, "I'm sorry," look the person in the eye.
- SIX.** Be engaged at least six months before you get married.
- SEVEN.** Believe in love at first sight.
- EIGHT.** Never laugh at anyone's dream. People who don't have dreams don't have much.
- NINE.** Love deeply and passionately. You might get hurt but it's the only way to live life completely.
- TEN.** In disagreements, fight fairly. No name calling.
- ELEVEN.** Don't judge people by their relatives.
- TWELVE.** Talk slowly but think quickly.
- THIRTEEN.** When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
- FOURTEEN.** Remember that great love and great achievements involve great risk..
- FIFTEEN.** Say "bless you" when you hear someone sneeze.
- SIXTEEN.** When you lose, don't lose the lesson
- SEVENTEEN.** Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.
- EIGHTEEN.** Don't let a little dispute injure a great friendship.
- NINETEEN.** When you realize you've made a mistake, take immediate steps to correct it.
- TWENTY.** Smile when picking up the phone. The caller will hear it in your voice.
- TWENTY-ONE.** Spend some time alone.



**Weight Room Orientations**  
**W/ Paula, Jed, and now Adrian!**  
**Sign up for a date and time with whoever you prefer;**  
**clipboards offer a quick brief on each qualified individual to help**  
**you make your decision!**

Muscle is metabolically active (unlike fat) and therefore requires energy. Weight training increases muscle mass and your ability to burn fat at rest, leading to an increase in overall metabolism.



### **DONNA'S FITNESS CORNER**

WHY YOU SHOULD KEEP THAT NEW YEAR'S RESOLUTION TO EXERCISE..

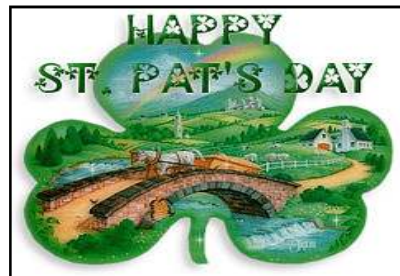
- 1 For that sense of well being, feeling better, more energy, feeling better about yourself.
- 2 For weight loss and keeping that weight off (body fat) exercise helps to increase lean body mass, improves muscle tone and raises the metabolic rate.
- 3 Exercise raises HDL (Good Cholesterol) and helps to lower blood pressure.
- 4 Weight bearing activity can help prevent osteoporosis by adding stressors to muscle bone connection with adequate blood supply and nutrition to make bones more dense through increased collagen fibers & mineral salts —Without these the bones become less dense— Stronger bones are less susceptible to injury.
- 5 Posture is improved and back pain decreases.
- 6 Stretching can stimulate and massage internal organs making them work more efficiently as well as stimulate the glands.
- 7 Longer warm ups and slower movements are beneficial for arthritis and asthma.
- 8 Promotes joint stability—increases muscular strength— increases strength in ligaments/tendons/cartilage and connective tissue.
- 9 Improves self image and how you feel about yourself.
- 10 Decrease in triglyceride levels.
- 11 Decreases body fat and increases lean mass for positive body composition changes.
- 12 Makes blood platelets less sticky.
- 13 Reduces cardiac arrhythmia.
- 14 Increases myocardial efficiency by lowering resting heart rate and increases stroke volume.
- 15 Increases oxygen carrying capacity of blood.
- 16 Helps control diabetes by making the cells less resistant to insulin and by reducing body fat.
- 17 Promotes relaxation and relieves stress and tension.

IT SIMPLY MAKES EVERYTHING ELSE YOU DO IN LIFE MORE ENJOYABLE AND EASIER

Wishing you wellness — Donna



**VALENTINE'S DAY RACQUETBALL TOURNAMENT 2007**



**Dave's Pizza**  
**DINE IN - TAKE OUT - DELIVERY**  
 Big Screen TV/CD Game Room  
 Thin or Pan Crust  
 Over 20 Toppings  
 Over 10 Item Salad Bar  
 Sandwiches, Spaghetti & Appetizers  
 953 Newmark North Bend, OR 97459  
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