

TBS News and Updates

TBS Happenings

June 2008

Easy Summer Pasta with Arugula, Parmesan, & Tomatoes

Chair Massage: Come treat yourself with a 10 minute chair massage with Mary, Mondays from 11:00 a.m. – 2:00 p.m. Cost is \$10.00 for 10 minutes. Sign up at the front desk.

Friday Night Ride: Next ride is scheduled for Friday, June 27th at 5:30 p.m. enjoy 25 miles with your TBS friends, route is to be announced so stay tuned!

Fitness Fun for Kids and Adults: Now the whole family can enjoy the benefits of exercise by joining Jen Bond in a class that is a great workout and fun for everyone! Kids ages 10 + are welcome to attend with their mom, dad, big sister or brother, cousin, etc. The 4-week series starts July 11th. This class is FREE to TBS members and their little friends and non-members are encouraged to purchase a fitness class pass for \$40.00. Sign up at the front desk today!

Next Northfield Hike: will be coming up on Saturday, July 19th and will be going from the Wendell State Forest to Farley on the M&M Trail, there you will be investigating wind events, overlooks, and if it's warm out, taking a dip! If you are interested in joining this hike, please sign up at the front desk. (More details to follow)

Ekus Update:

Lou and Leslie Ekus have been working their butts off (literally!) to lose weight and raise funds for the Friends of Children organization in Northampton. As of June 6th, 2008, they have dropped a whopping 73 pounds! Check out their progress board by the weight room for more details! If you would like to sponsor these two, please go to the front desk.

Ingredients:

- 1 lb. pasta of your choice
- 2 oz. chunk Parmigiano-Reggiano cheese
- 4 cups loosely packed arugula leaves
- 4 ripe plum tomatoes coarsely chopped
- ¼ cup extra virgin olive oil
- 1 ½ teaspoon kosher salt

Directions:

Cook 1lb. Pasta as directed.

Shave off slices of Parmigiano-Reggiano cheese using a vegetable peeler. Mix all ingredients together.

Pour mix over hot pasta and enjoy! So easy!

Brought to you by a
TBS Member!



Announcements:

If you have an unused bicycle that is in reasonable condition, please donate it to farmworkers who would be happy to have a means of transportation. Contact Claire Sagor via e-mail: claire.sagor@chcfc.org

Congratulations to Liz Dolby and Corky Sysun for winning 1st place and Deb Putnam and Emil Kay for winning 2nd place at the Crumpin Fox Golf Tournament. All of these ladies had participated in the Pro-Golf program, and apparently it WORKS!

Congratulations to Cathy Powell who took 1st place in her age division at the Hatfield and McCoy Marathon in West Virginia!

Sun Safety

A sunburn will fade, but damage to deeper layers of skin remains and can eventually cause cancer. That's why sun-safe habits should begin in childhood and last a lifetime.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. "Slip! Slop! Slap! ... and Wrap" is a catch phrase that reminds people of the 4 key methods they can use to protect themselves from UV radiation. Slip on a shirt, slop on sunscreen, slap on a hat, and wrap on sunglasses to protect the eyes and sensitive skin around them from ultraviolet light.

Cover Up:

When you are out in the sun, wear clothing to protect as much skin as possible. Clothes provide different levels of protection, depending on many factors. Long-sleeved shirts, long pants, or long skirts cover the most skin and are the most protective. Dark colors generally provide more protection than light colors. A tightly woven fabric protects better than loosely woven clothing. Dry fabric is generally more protective than wet fabric.

If you can see light through a fabric, UV rays can get through too. Be aware that covering up doesn't block out all UV rays. A typical light T-shirt worn in the summer usually protects you less than sunscreen with a sun protection factor (SPF) of 15 or higher.

Wear Sunscreen of SPF 15 or higher:

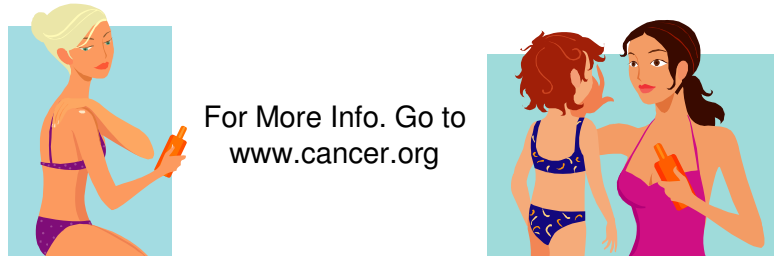
A sunscreen is a product that you apply to your skin for some protection against the sun's UV rays, although it does not provide total protection. Sunscreens are available in many forms -- lotions, creams, ointments, gels, wipes, and lip balms, to name a few.

Some cosmetics, such as lipsticks and foundations, also are considered sunscreen products if they contain sunscreen. Some makeup contains sunscreen, but only the label can tell you. Makeup, including lipstick, without sunscreen does not provide sun protection. Check the labels to find out.

Always follow the label directions. Most recommend applying sunscreen generously to dry skin 20 to 30 minutes before going outside so your skin has time to absorb the chemicals. When applying it, pay close attention to your face, ears, hands, and arms, and generously coat the skin that is not covered by clothing. If you're going to wear insect repellent or makeup, apply the sunscreen first. For high-glare situations, a higher SPF sunscreen or zinc oxide may be used on your nose and lips.

Protect your Children from the Sun:

Children require special attention, since they tend to spend more time outdoors and can burn more easily. Parents and other caregivers should protect children from excess sun exposure by using the measures described above. Older children need to be cautioned about sun exposure as they become more independent. It is important, particularly in parts of the world where it is sunnier, to cover your children as fully as is reasonable. You should develop the habit of using sunscreen on exposed skin for yourself and your children whenever you go outdoors and may be exposed to large amounts of sunlight. If you or your child burns easily, be extra careful to cover up, limit exposure, and apply sunscreen



For More Info. Go to
www.cancer.org



Owners: Jeff Anderson and Liz Dolby

306 High Street Greenfield, MA 01301

(413) 774-2138

www.tbs-opt.com

Manager: Steve Shattuck

Newsletter Editor: Lindsey Anderson