

The Building II Online

June begins the summer outdoor grilling and BBQ season. In this edition, we will have a summer recipe that is healthy and won't make you feel guilty. Also, every month, I look for observances for that particular month. Two of June's observances are "Fresh Fruit and Vegetable Month" and "Turkey Lovers Month". The first one is obvious, the second seems a little strange to me, but hey, who am I to judge. So we will touch on some fruits and veggies that are in season this month.

Mass For Jimmy Ellis

As some of you may know, one of our members, Jim Ellis, is battling an illness. There will be a Mass held on Monday June 2nd at 8:00 am at Holy Rosary Church in Juniata. All are encouraged to attend to show your support, send your thoughts and offer up prayers on behalf of Jimmy and his family. Thank you in advance.

What's New At The Building II:

***Karate:** The Building is now offering "Tang Soo Do" The classes are Monday, Wednesday, and Friday evenings. The cost is \$50 per month and the instructor is Master Gary Josefik, a certified instructor in the World Tang Soo Do Association. If you are interested you may pick up a flier at the desk or call Master Josefik at 914-934-2854.

***Pole Dancing:** Yes you read that correctly. The Building II is offering a "Sensual Fitness Pole Dancing Workshop" to benefit the American Cancer Society. The date is Saturday June 28th. The times are 10:30am to 12:00pm and 12:30pm to 2:00pm. The cost is \$25 per person or \$30 at the door. That includes the workshop, beverages and a snack. It's basically an aerobics class, so don't get scared off. Give it a try. If you have questions or want to register you can register by calling Heather @ 814-207-0627 or mailing her at hworkinger@gmail.com.

Get Better Gas Mileage:

I was watching the CBS Early Show today when a story about "Hypermiling" came on. Basically the story went like this...two identical cars driving from Chicago to NYC, an 800 mile trip. One driver drove normally, as anyone would, the other drove by "Hypermiling". One car, the normal driver, got 40 mpg, and had to stop for gas, the second got 71 mpg and made it on one tank. Granted they were driving hybrids, but that's not the point. Look at the website and see what you think. It can't hurt to try a few of these tricks when you go on your summer vacation. Go to www.hypermiling.com.

And On That Note...

The Summer Newsletter Special: \$20 per month. For the next 3 months, June, July, and August the Building is offering a monthly membership at only \$20 per month. We know gas prices are taking a big chunk from everyone's wallet, and we'd like to help a little. That is open to anyone, new members, or current members. Tell your friends at other clubs, who pay more, and make sure they mention they heard it from the newsletter, when if they want to sign up. We know that some people may forgo their membership over the price of gas, but the stress of high gas prices can be alleviated by a good workout. We hope this helps a little. Ask Mark or Ann for more details.

Exercise Of The Month: Bench Dips (Triceps)

Place two flat benches parallel to each other about 4 feet apart. Sit on one bench with your hands grabbing the side of the bench. Using your hands to support your weight, put your feet onto the other bench so that your body is suspended between the two benches. Slowly lower your body toward the floor by bending your elbows until your upper arms and forearms form a right angle. Do not go below a 90* angle, this can cause injury to your shoulders. Slowly raise back up to the starting position by straightening your arms. For added resistance you can place a weight on your legs.

Stretch Of The Month: Triceps Interlock

1. Extend one arm down your back, fingers bent, palm facing your spine.
2. Bend your other arm behind your back, palm facing outward with your fingers bent.
3. Grasp both hands with your fingers.
4. Exhale, pulling on both arms, keeping the fingers interlocked
5. If you can't grasp your hands, use a towel.

Fruits And Veggies:

Blueberries: Early American colonists made grey paint by boiling them in milk. Choose firm, plump, berries, with a dusty blue color, uniform in size. Low fat, no saturated fat, good source of fiber. Freeze them for a hot afternoon treat.

Honeydew: Honeydew taste better if left un-refrigerated for a few days before eating. Choose well shaped fruit that are nearly round. Should have a waxy and not fuzzy feel. Fat free, low sodium, high in vitamin C.

Nectarines: A nectarine is a species of peach without the fuzz gene. Choose firm nectarines with a smooth skin. Low in fat, saturated fat, sodium free, cholesterol free.

Zucchini (Also known as Summer Squash): If you grew up in an Italian household, your grandmother nearly stuffed it down your throat. Choose glossy, small to medium sized, heavy for size. Zucchini are fat free, saturated fat free, low calorie, and high in vitamin C.

Green Beans: Also known as string beans, they're picked while the inner bean is still immature. Choose fresh well colored beans that snap when broken. Fat free, sodium free, good source of fiber.

Sweet Corn: The average ear has 800 kernels arranged in 16 rows. There is one piece of silk for each kernel. Low fat, sodium free, cholesterol free, good source of vitamin C.

Recipe Of The Month From Amy's Kitchen: Easy Grilled Chicken

Prep Time: 15min Cook Time: 15min Ready In: 1:30 Serves 4

Ingredients:

1 Cucumber - peeled, seeded and chopped

1 tablespoon chopped fresh parsley

- 1/8 cup chopped red onion
- 1/2 cup chopped yellow bell pepper
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon ground cumin
- 1/8 teaspoon chili powder
- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast

Directions:

1. In a medium bowl, prepare the relish by mixing together the cucumber, parsley, chopped onion, bell pepper and pepper flakes. Set aside.
2. In a small bowl, mix the cumin and chili powder with the olive oil. Rub the mixture onto the chicken, and place in a shallow dish. Marinate in the fridge at least 1 hour.
3. Prepare grill for medium heat
4. Lightly oil the grill grate. Grill Chicken 8 minutes per side, or until juices run clear. Serve with cucumber relish.

Nutritional Info: Per Serving; 9.8g fat, 67mg cholesterol, 62mg sodium, 3.2g carbs, 0.7g dietary fiber, 25.2g protein

Class Schedule for the Month of June:

Monday:	Tight-n-tone with Phyllis	10:00-11:15 am
	Step with Aimee	5:45-6:45 pm
Tuesday	Cardio Kickboxing with Lisa	5:30-6:15 pm
	Pilates with Lisa	6:15-7:00 pm
Wednesday	Tight-n-tone with Phyllis	10:00-11:15 am
Thursday	Step with Aimee	5:45-6:45 pm
Friday	Tight-n-tone with Phyllis	10:00-11:15 am
Saturday	Cardio Kickboxing with Lisa	9:00-9:30 am
	Pilates with Lisa	9:30-10:30 am

(Classes are included with your Building II Membership)

Summer Hours:

Monday thru Thursday 5:00am - 10:00pm

Friday 5:am - 8:00pm

Saturday 7:00am - 2:00pm

Sunday 7:00am - 12:00pm

We want your feedback. E-mail us at Thebuilding2@wvdsi.net

Visit our website for more information

www.thebuilding2.com