

Village Voice

West Fork Village

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Wellness Tip

Foods to help you sleep better:

Cherries are naturally high in melatonin, a compound that makes us sleepy, you can try eating a cup as a snack before bed or drink 8oz of tart cherry juice.

Many types of **fish** contain sleep-inducing tryptophan, including shrimp, cod, tuna and halibut. (Try to stay away from fish that could be high in contaminants or that are over-fished). Easy picks—Pacific cod from Alaska or pole-caught Albacore tuna from the U.S. or British Columbia.

Carb / protein combo. You've probably heard that warm milk can help you sleep, since milk contains tryptophan. But the key is to combine carbs with a protein containing tryptophan to help your body better utilize the sleep inducer. Try pairing a cup of whole grain cereal with organic milk before bedtime.

Lemon Balm. This lemon-scented member of the mint family has been a sleep-inducing superstar for ages. Other benefits include better digestion and decreased agitation. Try making lemon balm tea (if you take thyroid meds, talk to your doctor before using lemon balm.)



Healthy heart

Other herbs. If lemon balm is not your thing, sage, also works as a natural sleep aid. Chamomile tea and valerian teas, other sleep inducers, are more widely available.

(be careful when using valerian root, prolonged usage can cause serious side effects---ranging from itchy skin to liver damage.)

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YourFitness.com

I recently read an article in the August 22, 2011 Fitness section of the Denver Post about "gym etiquette." I thought the article would be a great reminder for us as we use the fitness room this year.

A question was asked Linda J. Buch the writer of the article in AskTheTrainer by reader Gordon Greene,

Bellevue, Wash. "I have been a gym member for many decades. It seems, however, that people are becoming less respectful of others.

Perhaps a reminder on gym etiquette is in order?"

Here is Linda's response. (Please, note I've only included those items

pertaining to our fitness room.)

Myopia strikes most everyone with a gym membership, often blinding us to the fact that others are using the same space. Somehow we manage to miss the towel on the floor, the sweat on the machine, or the plates on the barbell.

Behavior matters:

- Put your equipment away.
- Clean up your own seat.
- Share equipment.
- Put away personal items.
- Control your personal noise levels

Newsletter Articles

If you would like to write an article for the "Village Voice" please write it up and put it in the check slot in the mail room or give it to the Manager.

"The doctor of the future will give no medicine, but will interest his patients in the care of human frame, and in the cause and prevention of disease"

T.A Edison

Behavior matters

It behooves us all to remember that, when we are in public, our behavior matters and affects others. Each of us must be mindful of whether we want that effect to be positive or negative. After sifting through many sources for gym member complaints about the behavior of others, here are the top Dirty dozen (not in any particular order):

1. Put your equipment away. If you can put the weights on the bar, you can take them off; if you can pick up the dumbbells, you can put them back on the rack. (think of it as part of your workout.)

2. Clean up your own sweat. No one likes to lie down on someone else's sweat or grab onto a bar or handle that is slippery with someone else's bodily fluids. Use a towel to both lie down on and to clean up after yourself. Many gyms provide spray bottles with disinfectant to spray down and clean your workout when you are through. Use them.

3. Share equipment. Resting between sets is normal. Resting on the equipment while others are waiting is wrong. Always allow others to work in while you rest. Also, reading magazines and making phone calls while sitting on the equipment is equally frustrating for others who are waiting.

4. Put away personal items. Your gym bags, purses, briefcases, clothing and extraneous electronic gear should not be cluttering the floor.

5. Control your personal noise levels. Screaming, oofing and grunting while working out is unnecessary and disturbing to others. Equally annoying are cell phone conversations shared with the entire gym. Take conversations outside.

6. Clean your workout clothing. It is great that you are working out hard enough to create sweat but no one really wants to smell your efforts. Remember how you had to take your high school gym clothes home every week to be cleaned? This rule still applies.

7. Report broken equipment. If you notice that a treadmill is making a funny noise or that a cable is fraying let management know immediately. Letting things go could cause harm to the next person who uses the equipment or put a piece out of service for a long time.

8. No bullying. Hovering around equipment, staring at the current user, huffing and pacing in a childish attempt to hurry them along, is just plain bad behavior. No workout is set in stone. You should always have a Plan B and even a Plan C for yourself just in case the equipment you want is unavailable.

9. Share the space. Be mindful of others working out and try not to walk in front of the mirror they are using or impede the flow of traffic by setting up a stretching area where people need to walk.

Linda J. Buch is a certified fitness trainer in Denver; linda@ljbalance.com

Drawing

West Fork Village O.A. Board of Directors is doing a drawing for a **\$25.00 gift card**.

We need your information, so we can start an e-mail data base.

The box where you can deposit your information is inside the clubhouse next to the packages.



Guest Suites... There's Always Room for One More!

Do you have out-of-town guest coming for a visit? Book a Club-advantage of the competitive rate at just \$60 and \$75 a night.

Your visitors will enjoy full access to the Clubhouse facilities including the pool, sauna, fitness room and fireside lounge. Guests will enjoy a complimentary continental breakfast in the Guest Suite breakfast nook every morning of their stay (if booked and requested in advance).

Not only will your visitors love their luxurious accommodations, but you will avoid the headache of deep cleaning your home and navigating extra piles of luggage. Call (970) 378- 7502 to reserve your suite today.

Guest Suite A The Family Suite

\$75.00/night + tax
(Sleeps 4).

Two queen beds, jetted tub, computer desk, TV, large closet, continental breakfast if requested.

Guest Suite B The Honeymoon Suite

\$60.00/night + tax
(Sleeps 2).

One queen bed jetted tub, TV, continental breakfast if requested



Food for fun

We'd like you to help us find the best recipes in West Fork Village. Send us (or drop in the HOA slot) your favorite recipe for savory dishes, side dishes or deserts. We just may use it in the next Village Voice.

Slow Cooker Easy Cilantro Lime Chicken

Prep time – 10 minutes

Cook time- 4 hours on high or 7 on low 6 servings

- 1 (16oz) jar of your favorite salsa
- 1 (1.25 oz) pkg of dry taco seasoning mix
- 1 lime juiced
- 3 T chopped fresh cilantro
- 3 lbs. skinless chicken breast halves
- Cheese (optional)
- Sour Cream (optional)

Place the salsa, taco seasoning, lime and cila into a slow cooker stir to combine. Add the chicken breast, stir to coat with the salsa mixture. Cover, set on low or high and cook until chicken is very tender. Shred chicken with 2 forks. Serve over rice, on taco shell or flour or corn tortilla.

Add: corn &/or black beans for variety



Games

	8	5	7				
7	9		1	3			
1			6	9	4		
	1		8				7
4			3	1	7		2
2			9				1
		2	6	7			1
			4	5		2	9
				1	7	8	

Find the solution to this Sudoku in our next Newsletters

www.westforkvillage.org

Greeley, CO 80634

5775 W. 29 St., # 1601

CONDOMINIUMS



December 2011

Effective immediately,
NO ADDITIONAL DOGS

Will be allowed to reside at
West Fork Village Condominiums until further notice.
For more information about this and other important
resolutions just recently passed by the Board of Directors
go to www.westforkvillage.org or
receive copies at the Club House during office hours.