



OJAI VALLEY
ATHLETIC CLUB

November

OJAI VALLEY ATHLETIC CLUB

2010



OVAC Can Dance!



CARY SOLOMON, OUR NOVEMBER MEMBER OF THE MONTH IS A GEM!

Cary's life has more facets than any gem stone. Her career as a professional dancer started when she was just seven. At eleven she was accepted by Stanley Holden and resided at the Los Angeles Music Center. Cary began teaching ballet and jazz at sixteen, and by eighteen she had her SAG and AFTA cards and appeared on stage, television, film and music videos.

If that wasn't exciting enough for spunky Cary, she toured with a circus in South America and continued her world travels as a magician's assistant on the QE2.

Cary likes to keep her mind as active as she keeps her body. She has studied fashion design and won the Save a Life Award. She is an award-winning painter, spins her own yarn and makes lace shawls. She also designs jewelry. Her love of estate jewelry led her to earning a graduate degree from the Gemology Institute of America.

Cary lives in Ojai with her husband, Mark, a retired writer/producer and their "children" (their dog, Oscar and 3 birds).

Diagnosed with osteoporosis Cary needed to find a way to increase her bone density. ZUMBA! She says dance has saved her life. She has also discovered different ways to move in our stretch and yoga classes. Cary believes that one important facet of her health is to keep busy with the things she loves: dancing, yoga, stretching, and friends. Cary says Ojai Valley Athletic Club provides her all of these things and more. It is her new home.

Did we mention that Cary is a little exuberant? Her closing comment to us was, "OVAC is the flippin' best!" Thanks Cary! You inspire all of us and certainly make us smile. You're a jewel!



TURKEY TROT FUN RUN THANKSGIVING DAY

Join Juliana Sproles at 8:00am for a fun run that everyone can do. Run, jog, power walk, or saunter a 2-mile or 4-mile out and back loop starting at OVAC and continuing along the Ojai Valley Bike Path. \$10 per person, ages 10 and under free. For more information, email triojai@att.net

GIVING THANKS ON THANKSGIVING

Please join Rowan Frederick Lommel for a one hour yoga practice to honor all that we are grateful for. Using the tools of asana, pranayama and meditation we will get into the holiday spirit by giving thanks for all our blessings through movement, breath and sound.

Monday, November 22, 5-6pm; Free to OVAC members

Rowan Frederick Lommel is a teacher in the tradition of the Krishnamacharya Healing Yoga Foundation.

**Start your holiday shopping early!
Gobble up some Thanksgiving Savings at THE NOOK in November!
10% off any jewelry purchase in November!
Come take a look in THE NOOK!**

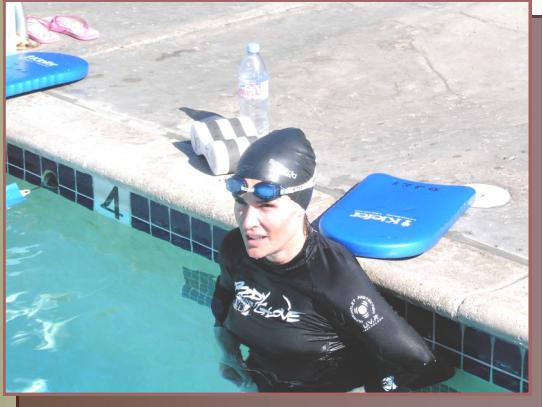




SGT IN THE MORNING-ONLY 2 SLOTS LEFT

"The holidays are right around the corner and I know I can get you into the best shape of your life by the new year. You deserve this – you deserve to feel fit and empowered."

Fitness Director Danielle Williams would like to invite you to join her Wednesday mornings at 7:30am for fun and invigorating Small Group Training sessions. All ages and fitness levels are welcome. Cost is \$30 per session and reservations are required. For questions or to reserve your spot, call Danielle at 818-219-4835



MASTER'S SWIM SCHEDULE

MONDAY-WEDNESDAY-FRIDAY

6:00 am Masters

9:00 am Technique

12 Noon Lunch Bunch Masters

4:30 pm Masters

TUESDAY-THURSDAY

8:00 am Masters I

9:00 am Senior Swim

SATURDAY

7:30 am Masters I

SWIM MEET!

NOVEMBER 13TH, 2010 -WARM UP AT 9:00AM

The lap pool will be closed from
9am to 12noon

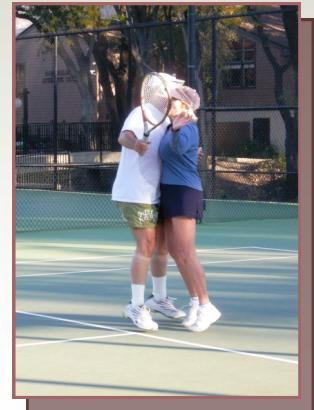
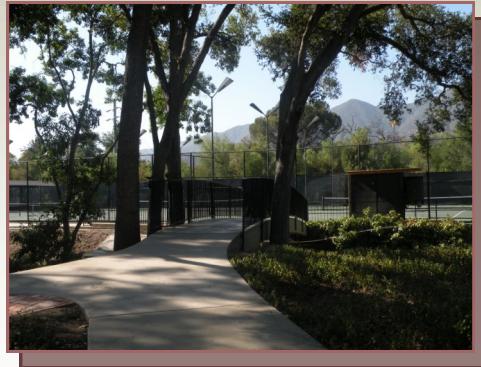
Come out and support our
Junior Swim program!
For questions... contact
Coach Elin at 646-7213.



TURKEY TROT

SUNDAY, NOVEMBER 21ST 1:00PM

This is always a great event for the Mixed Doubles Crew! We will have a Mixed Doubles Round Robin with the winner getting the famous Turkey! It's a great way to meet new people and have a great competitive time. You will need a partner. After that just sign up at the front lobby and you are good to go! Remember, this is FREE to all Tennis Members!! Contact Ryan with any questions.



FALL CLINICS AT OVAC

Junior Tennis

PEE WEE CLINIC

Ages 5-7

Thursdays 4:00 – 4:30pm

Cost: \$8.00

FUTURES CLINIC

Ages 8 & Up

Tuesdays 4:00 – 5:00pm

Cost: \$14.00

ADVANCED CLINIC

Contact Ryan

TENNIS UPDATE

I hope everyone is having a great time out on the courts this fall. We had a weird, wet October but I'm sure November will be perfect! We had a great Friday Night Tennis/Wine & Dine last month. I want to thank everyone who came and made it a great success. We will have another one in the near future. It was great seeing fresh faces out there on the courts. I hope everyone gets out on the courts during the Holiday Season. I know it can be tough but nothing beats the Holiday stress like a couple hours on the courts. If you have any questions please feel free to contact me at the club.

See Ya on the Courts!

Ryan



WHAT?!? GIVE UP COFFEE?

By Fitness Director Danielle Williams

Old habits are hard to break, but drinking coffee, or any caffeinated beverage, maybe doing more harm to your body than you realize. Caffeine negatively affects your organs, your blood sugar levels, your adrenal glands, your estrogen levels, your cortisol levels, and your testosterone levels. Although you may enjoy the pick-me-up feeling from caffeine, unfortunately it also stimulates the adrenal glands to produce more cortisol (a stress hormone). The result is that you experience anxiety and fatigue. Caffeine contributes to the adrenals getting overworked and eventually they are unable to produce necessary hormones in sufficient amounts, or can't use the hormones they do produce. Adrenal exhaustion makes you a slow metabolizer, tired all the time, and generally unwell. Adrenal exhaustion symptoms include weight gain (especially around the belly), weakness, blemishes, insomnia, lethargy, dizziness, headaches, memory problems, food cravings, poor immunity, allergies, blood sugar imbalances, premature aging.

You may work hard on exercising, diet and use lots of wonderful skin-care products to fight off the effects of aging and keep a beautiful body, but there is another powerful force that should not be forgotten: organ health. The liver and other organs get worn down by drinking too much caffeine and the cumulative effect is aging. This is because caffeine robs your body of nutrients required by the organs.

If weight loss is your goal, caffeine is a definite no-no. Plain and simple, caffeine can cause a drop in blood sugar levels that lead to fat storing. Estrogen levels increase in those having more than two cups of coffee per day. Too much estrogen means weight gain, cellulite, and contributes to some female cancers. Increased estrogen also slows down your thyroid gland (which controls metabolism). Estrogen causes water and salt to be retained in your body's tissues making you look bloated. In turn, this activates an enzyme that makes your body store fat. Too much estrogen can cause anxiety, brain fog, low sex drive, and poor blood sugar control.

Drinking more than two cups of coffee or four cans of caffeinated sodas a day will cause a drop in testosterone levels. Testosterone is critical for both men and women. It builds muscle, burns fat, boosts energy, increases sex drive, strengthens bone, lifts depression, and increases optimistic thinking.

Beware of things that contain caffeine that you may not be aware of, like Excedrin or dietary supplements. Ingredients like guarana, yerba mate, and green tea are all caffeine-rich herbs. In a study funded by the Agricultural Research Service, scientists analyzed 53 dietary supplements and found that approximately half contained the equivalent of up to two cups of coffee per day!

Water is an excellent replacement for caffeine beverages to cleanse the body and to feel naturally energized.
Source: "This is Why You're Fat" by Jackie Warner, Hachette Book Group, 2010

THANKSGIVING HOLIDAY HOURS

Thursday.

November 25th, 2010

8 am—12 Noon

