

**SPECIAL POINTS OF INTEREST:**

- Eat more nuts & yogurt, fewer potatoes
- Safely dispose your RX drugs!
- Walking while I work
- Breast Cancer Statistics
- Health Fair Season

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## Sitting: The Silent Killer

Think about all the sitting that people do in daily life. We sit during meals, while driving (or commuting via bus/train/plane), watching TV, playing video games, watching sports, shopping online, working on a computer, during meetings or classes, and many people sit all day long at their jobs. Humans have not always lived this way. In fact, our lifestyles have included more sitting only relatively recently as computers, televisions, and other technology have simplified things people do and have become a central part of daily life. Add in household appliances that simplify chores, the automobile, and suburban-living (requiring more commuting) and it equates to even

more sitting. The result is that our population is sicker and fatter than ever before. We rely more heavily than ever on drugs and medical technology to keep us alive, as is reflected in the incredible rates of healthcare inflation.

A few months ago, a colleague forwarded me a slide show titled "Sitting is Killing You: The Truth About Sitting Down" put together by [medicalbillingandcoding.org](http://www.medicalbillingandcoding.org/sitting-kills/) (to see it visit <http://www.medicalbillingandcoding.org/sitting-kills/>). Despite its simplicity, or perhaps because of it, this collection of slides was very powerful. Quite honestly, I was a little panicked when I thought about how much I sit throughout the day and started coming up with ideas to change my ways. First, here's a look at some of the latest, startling research.

Several studies demonstrate that more time spent sitting leads to higher rates of cardiovascular disease, type 2 diabetes, and mortality from almost all causes – this seems

logical...except here's the kicker: it doesn't matter what other exercise you do! A study done in Canada that included over 17,000 people over 12 years found that those who spent more time sitting had higher incidence of cardiovascular disease and higher rates of death from all



causes (except cancer). This was true, even after adjusting for age, sex, smoking, alcohol consumption, and the amount of leisure time physical activity. In other words, even if participants were physically active, they still had a higher rate of disease and mortality with higher rates of sitting. This is important and groundbreaking because it means that high rates of sitting cannot be compensated for with occasional workouts, even if those workouts amount to more than the current minimum physical activity recommendations of 30-60 minutes a day. In fact, there is evidence that the physiological mechanisms associated with excessive sitting are different than the physiological benefits of regular exercise.

**What happens when we sit that is so bad? Or what doesn't happen?**

In terms of caloric burn, sitting is one of the most passive things you can do. The more you move throughout the day, the more you burn. On top of that, sitting leads

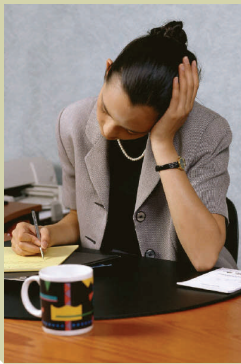
to slower metabolizing of fat and cholesterol. There is a molecule produced by many tissues in the body called lipoprotein lipase – it plays a central role in how the body processes fats and low levels are associated with a variety of health conditions, including heart disease. Studies of rats show that leg muscles only produce this molecule when they are actively being flexed (i.e. when standing or moving). Further research (on pigs, rats, AND humans) found that the enzymes in blood vessels of muscles responsible for fat burning are shut off within hours of not standing. In addition to this impact on metabolism, sitting inhibits circulation, leading to stiff joints and muscles, headaches, and fatigue. One easy way to test this out – after you've been sitting at your desk for a couple hours, stand up and simply march in place, swing your arms around in circles, or just wiggle your whole body for a minute. Feel silly? Try doing some stretches instead. Either way, how do you feel? Probably more awake, focused, and clear-headed!

**How much sitting does it take to tip the scales to the higher rates of disease?**



Research at the University of Missouri found negative physiological changes associated with a higher risk for type 2 diabetes in people

*(Continued on page 3)*





# Nuts & Yogurt: Weight Loss Tools!

Much of the research on diet and weight over the years has focused on how people who are already overweight can lose weight, but this past summer, the Harvard School of Public Health released research that looked at what habits lead to the most weight gain over time. They followed more than 120,000 people over the course of as many as 20 years to see what they ate and how it affected their weight. The foods most closely associated with weight loss were nuts and yogurt. The foods that caused the most weight gain: potatoes of any kind (boiled, baked, fried, or otherwise) and sugary beverages.

In general, highly refined foods including sugary beverages, potatoes, white bread, and white rice caused the most weight gain over time. One of the study authors, Walter Willett, explained in an interview that the sugary drinks were actually the biggest problem because people take multiple servings a

day. As far as potatoes go, he says the hypothesis is that since we cook them, they are very rapidly broken down into sugar which is quickly absorbed into the blood and then removed rapidly by the action of insulin, making us hungry again in a few hours. In general, they are not very satiating.

On the flipside, the foods that were closely associated with weight loss or lower weight gain over time were fruits (not including fruit juices which were on the bad side), vegetables, high-fiber foods, nuts, and yogurt – the last two being the powerhouses. Willett admitted they are unsure of the exact reasons why nuts and yogurt were at the top of the list, but they have some pretty good ideas. Nuts are packed with fat, fiber, and a lot of micronutrients that are absorbed very slowly; plus, we chew them more and they stay in the stomach for a while so they are more satiating, leading to less hunger. He said there has been a lot of work in recent years on how the types of bacteria in the colon

influence a person's state of inflammation and weight loss – so it may well be that the healthy bacteria in the yogurt are helping change the mix of bacteria in the colon and influencing weight.

Regardless, the results of the study show that simply counting calories is not the only way to lose or avoid unwanted pounds. Just because a food contains fat, doesn't mean it will make a person fat. Further, how satisfied a person feels plays a big role in helping to control caloric intake. Another interesting tidbit from the study is that those who slept 6-8 hours per night gained less weight than those who slept less than 6 or more than 8 hours. Physical activity and TV viewing were also factors that influenced how much a person gained. The authors of the research noted that while weight changes associated with any one factor were relatively small, when they added up multiple factors (i.e. sleep, activity, and diet), the change was significant, particularly in the area of diet and nutrition.

Source: *National Public Radio* and *Harvard School of Public Health Press Release*



## Breast Cancer In Women

In 2011...

About 230,480 new cases of invasive breast cancer will be diagnosed among women.

About 39,520 women will die of breast cancer.

Breast cancer is the 2nd leading cause of cancer death in women (behind lung cancer). The chance that BC will be the cause of a woman's death is 1 in 36 (about 3%).

Death rates have been declining since 1990 due to early detection, awareness, and improved treatment.

## Men Have Boobs Too!

In 2011...

About 2,140 new cases of breast cancer will be diagnosed among men.

About 450 men will die of breast cancer.

For men, the lifetime risk of getting breast cancer is about 1 in 1,000.

The prognosis for men with breast cancer is about the same as for women.

## Breast Cancer: Save The Ta-Tas!

### Examine Your Breasts Routinely

- **Perform self-exams.** Have your health provider teach you how and learn what feels "normal" for you.
- **Report changes** to your health provider immediately. Generally changes are not cancer, but report them to be sure.
- **Get clinical exams.** The American Cancer Society recommends at least **once every three years while in your 20s and 30s; after that, once a year.**

### Know The Risks

- **Leading risk factor:** Advancing age.
- **High risk factors:** Having a mother, sister or daughter who has been diagnosed with breast cancer
- **Somewhat higher risk factors:** Dense breast tissue; early menstruation; late menopause; never had children or first baby after age 30; prolonged hormone therapy.
- **Lifestyle risk factors:** Alcohol intake (>1 drink per day), being overweight or obese (particularly excess fat around the waist), lack of exercise (<45-60 min 5 days/wk)

### Mammograms

- **If at average risk:** Yearly starting at age 40
- **If at high risk:** Yearly starting at age 30, or as recommended by a physician.



# The Silent Killer, cont'd

(Continued from page 1)

who transitioned from high activity (10,000+ steps per day) to low activity (less than 5,000 steps per day). A similar study had a group of men cut back from 10K steps a day to about 1,350 and in as little as two weeks, all of them saw more body fat around their middles and all had become worse at metabolizing sugars and fats. A study of over 73,000 women found that those who reported sitting 16 or more hours a day had a much higher incidence of cardiovascular disease than those who spent less than 4 hours sitting each day. Another one reported that people who spent less than half of their time sitting had a lower risk of mortality (all causes) and cardiovascular disease compared to those who spent more than half their time sitting. One body of research found that in looking just at sedentary people, the difference between those who are lean and those who are obese is that the obese individuals are seated for 2.5 hours more per day than their lean counterparts.



Other research has focused not specifically on sitting, but on the activities that are typically done while sitting. For instance, earlier research showed that television viewing is associated with obesity, metabolic syndrome, and type 2 diabetes. More recently, television viewing was shown have the same effects in a sample of adults who were exercising 2.5 or more hours per week (moderate to vigorous physical activity). On top of that, an Australian study found that more time spent in sedentary behavior led to increased waist size and metabolic risk factors, regardless of time spent in moderate or vigorous physical activity. Bottom line: every bit of movement counts and every bit of sitting counts against you!

### How can you sit less? Modification and Interruption

Think about each of the things you do that you currently sit for and ask yourself if there is a way to modify that activity so it doesn't involve sitting (or at least not as much sitting). Here are some ideas.

- Commute by bike or foot whenever possible (and stretch the meaning of possible, challenge yourself)
- Have a walking or standing meeting (they don't last as long and can be very productive)
- Try a standing workstation
- Try a walking workstation

- Try a biking workstation (i.e. [www.fitdesk.net](http://www.fitdesk.net))
- Do simple exercises while you watch TV (i.e. leg raises, crunches, lifting hand weights, etc)
- Park farther from the building
- Walk to a co-worker's desk to talk versus sending an email or using the phone
- Play actively with your kids
  - Use a stationary bike or treadmill while you read

Obviously there are times when you do have to sit for extended periods of time. If you are unable to change how you work, for instance, consider the power of interrupting your bouts of sitting. Research released earlier this year showed that significantly more energy was expended (and thus calories burned) during 30 minute bouts of sedentary behavior (i.e. reading, working on the computer, etc) when participants took a walking break of only one to five minutes. The pace didn't matter, but getting up and moving did. According to the numbers they found, a person who worked 50 weeks a year, 5 days a week, for 8 hours a day at a desk job, could burn an additional 33,000 calories\* per year just by standing up and walking for five minutes per hour during every workday. With no other changes in diet or activity, this could mean losing about 9.4 lbs (based on 3500 kcals/pound) in a year.

Doubtful that you can change your ways or that it will make a difference? One study of junior doctors doing the same job, on identical wards found that some individuals walked four times farther than others at work each day. While none of the doctors were overweight, the "long-distance" docs were thinner than the "short-distance" docs. For a story closer to home, check out the *Note from the Editor* on page 4. Only about a quarter of Americans are getting the recommended daily amounts of exercise, but many researchers in this field are predicting that doctors are going to start advocating for patients to limit sitting time, just like they recommend limiting exposure to sun and second hand smoke.

\*It should be noted that in everyday language, when people refer to calories, they really mean kilocalories. I'm using the two terms interchangeably here.

Sources: Univ of Missouri News Bureau, Medicine & Science in Sports & Exercise 2008, BioMed Central 2011, American Heart Association 2006

## How Much Do You Sit?

Wondering how much time each day you spend sitting? Use this worksheet to come up with an estimate. Then see what items can be done either standing or even better, in motion.

Breakfast/Morning News \_\_\_\_\_

Morning commute \_\_\_\_\_

Work—AM \_\_\_\_\_

Lunch \_\_\_\_\_

Work—PM \_\_\_\_\_

Evening Commute \_\_\_\_\_

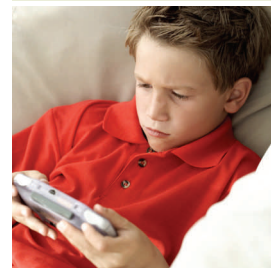
Evening news/TV viewing \_\_\_\_\_

Entertainment \_\_\_\_\_

Watching kids play \_\_\_\_\_

Other hobbies \_\_\_\_\_

TOTAL: \_\_\_\_\_



Wonder why childhood obesity is such a problem? Take a look at how much kids are sitting.

### US Diabetes Facts 2011

**Total:** 25.8 million people (8.3% of population) have diabetes  
**Diagnosed:** 18.8 million  
**Undiagnosed:** 7 million  
**Pre-Diabetes:** 79 million  
**Total cost of diabetes (diagnosed):** \$174 Billion (includes direct medical and indirect costs)

#### In Alaska

**12.8% of the population (includes diagnosed and undiagnosed) as of 2008**

**November is Diabetes Awareness Month—Find out if YOU are at risk!**

# Note from the Editor: Changing My Default

**Tread-Desking:  
The First 2  
Months**

**Days Used  
27**

**Miles Walked  
34.5**

**Walking Time  
24 Hours**

**Pounds Lost  
2**

**Average Speed  
1.5 MPH**

Upon learning about the harm of sitting for extended periods of time, I decided to take action. Like many people, I struggle with fitting exercise into my daily routine. Just when I had figured it all out, I became a mom and my whole routine went out the window. Now, multitasking is the norm in all that I do! Despite being a wellness consultant, much of my job requires working on a computer, which generally means sitting. But it doesn't have to. I had some experience with employees using standing workstations in the past, but I had also heard about a walking workstation. After looking online and balking at the price tag, I decided that I would build my own. I turned to Craigslist, which is teeming with used treadmills, and negotiated down to \$80 for a working treadmill in great condition. Next came the design – a piece of cardboard from an old broken down box was helpful to make a prototype of the desk part and get measurements right. We happened to have a lovely piece of wood sitting around leftover from a project and after I drew out my desk, my handy husband cut it, sanded it, and finished it with a sealant. We attached it to the treadmill with some simple brackets and supports and voila,

my tread-desk was born! Total price: approximately \$90 (versus \$2,500+)



I love my walking workstation, although it has definitely been an adjustment. August 12<sup>th</sup> was my first day in action, walking while I worked. I usually walk about 1.5 miles per hour, so it's very easy to type, write, talk on the phone, etc while I walk. There have been many positive benefits to this setup. I am more energized during the work day and feel more awake, even in the afternoon. I don't feel as guilty if I have a particularly heavy workload and can't make it to the gym. I snack less and drink more water. It's actually easier to concentrate and focus when I haven't been sitting for hours. I've lost a couple pounds without changing my other

habits. There are a few cautions to watch out for if you plan to make the switch to a walking workstation. One is that it becomes much easier to talk yourself out of a trip to the gym – yes, it's great that you're getting so much walking in, but this is not a replacement for intentional workouts. A second one is that it takes some time to get used to all this standing and walking – just like any exercise program, you'll want to ease into it. I was ambitious at first and would walk 2 hours at a time, but by the end of the day, I was actually sore and so I had to push myself to get back on. It's better to work up gradually to the longer bouts of walking. On the plus side, I have changed my default to standing or walking with a few short sitting breaks throughout the day. Even when I haven't been up for walking (i.e. due to a sore foot), I generally spend most of my day standing. Now, I sit for special projects that require graphic work because I have a bigger monitor at my sitting station that makes that type of work easier, but when I'm done, I get back on my feet. I would highly recommend the walking workstation for any office-bound job. Alternatives include a standing workstation, which can be ordered from office supply retailers, or a biking work station (see fitdesk.net)–my next planned endeavor, stay tuned! –Cara Fox Fairbanks



## Streuseled Sweet Potato Casserole

This is a delicious and healthy dish, great for a Thanksgiving side or anytime! If you would like to add some heat to it, add 1/8 tsp of ground pepper.

14 cups (1 inch) cubed peeled sweet potato (about 5 lbs)

1/2 cup half-and-half

1/2 cup maple syrup

1 tsp vanilla extract

3/4 tsp salt

1 large egg, lightly beaten

1/2 cup all-purpose flour

1/2 cup packed brown sugar

1/4 cup chilled butter, cut into pieces

1/2 cup chopped pecans

Cooking spray

Preheat oven to 375°. Place potato in a Dutch oven, and cover with water. Bring to a boil. Reduce heat; simmer 12 minutes or until tender. Drain. Combine the half-and-half and next 4 ingredients (half-and-half thru egg) in a large bowl, stirring with a whisk. Add potato to egg mixture; beat with a mixer at medium speed until smooth. Spoon potato mixture into a 13 x 9 baking dish coated with cooking spray. Combine flour and sugar in a food processor; pulse to combine. Add chilled butter; pulse until mixture resembles course meal. (This can also be done with a fork or pastry blender). Stir in pecans; sprinkle over potato mixture. Cover and bake at 375° for 15 minutes. Uncover and bake an additional 25 minutes or until the topping is browned and the potatoes are thoroughly heated. Yield: 18 servings. (serving size: about 1/2 cup).

Calories 250; Fat 6.3g (sat 2.4g, mono 2.5g, poly 1g); Protein 3.3g; Carb 46.1g; Fiber 2.7g; Chol 22mg; Iron 1.2mg; Sodium 149mg; Calc 49mg. **Source: Cooking Light**



# Calendar of Upcoming Active Events



## ANCHORAGE/EAGLE RIVER

**Mondays/Thursdays** - 6:30 PM Alaska Outdoors Weekly Hiking. Monday for beginners/families, Thursday is more challenging. \$1.00 for non-members. [www.alaska-outdoors.org/sgg/fl0000.htm](http://www.alaska-outdoors.org/sgg/fl0000.htm)

**Wednesdays** - Run or walk with friends! Meet at Westchester Lagoon to walk or run for 1 hour on the coastal trail. 6 PM [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

**Tuesdays** - Tues Night Race Series 6PM, distances up to 10K, races start 6:30, \$5, <http://home.muni.org/parks/tuesday.cfm> family event, goes through fall.

**Throughout Winter** - Adult & Youth beginning cross-country ski lessons through the Muni. Go to [www.muni.org/Departments/parks/Pages/Skiing.aspx](http://www.muni.org/Departments/parks/Pages/Skiing.aspx)

**Ongoing:** Anchorage has many trails, parks, rinks and frozen lakes perfect for walking, skiing, sledding, and ice skating in the winter. Check out conditions and a listing of locations at <http://www.muni.org/iceimages/parks/RinkTrailsStatus.pdf>

**Oct 11 Winter Biking**, equipment and clothing discussion, 6PM, REI, FREE

**Oct 12 Map & Compass**, Do you know what declination is? 6PM, REI, FREE

**Oct 15 Zombie 1/2 Marathon, Marathon, & Kids Boogie Man 2K**, times vary, see website for details. Learn to avoid being eaten! [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

**Oct 18 Moose Safety**, What to do when you encounter a moose! 6PM, REI, FREE

**Oct 20 Susitna 100 & Little Su 50K Prep**, how to prepare, 6PM, FREE, REI

**Oct 22 Eagle River Ski Club Swap**, 9AM-12PM Gruening Middle School, gear drop off Fri 5-7PM & Sat 8-9AM

**Oct 25 Winter Bike Commuting**, all the how-tos, 6PM, REI, FREE

**Oct 26 Waxing 101**, learn how to wax your skis, 6PM, REI, FREE

**Oct 27 Intro to Snowshoeing**, 6PM, REI, FREE

**Nov 1 Avalanche Awareness**, 6PM, REI, FREE

**Nov 2 GPS 101**, Learn the Basics, REI, FREE, 6PM

**Nov 5-6 West High Ski Swap**, Sales Noon-5PM Sat & Noon-3PM Sun; Used alpine & Nordic gear; more info at [www.alyeskaskiclub.org/](http://www.alyeskaskiclub.org/)

**Nov 5 REI Outdoor Organization Open House**, 12-4PM, REI, lots of outdoor groups with information to share

**Nov 5 Ski Swap**, NSAA annual meeting, **Celebration of Snow!** 2:30-4PM gear dropoff, 4-6PM shop gear, 5PM waxing demo, 6PM potluck & live music, 6:30PM meeting, Kincaid Chalet. [www.anchoragenordicski.com](http://www.anchoragenordicski.com)

**Nov 8 Snowshoeing for Women**, 6PM, REI, FREE

**Nov 9 Map & Compass**, Do you know what declination is? 6PM, REI, FREE

**Nov 10 Winter Biking**, 6PM, REI, FREE, learn the basics about gear, what to wear, etc.

**Nov 12 Waxing 101**, 6PM, REI, FREE, tips for waxing skis and snowboards

**Nov 15 Moose Safety**, What to do when you encounter a moose! 6PM, REI, FREE

**Nov 17 Outdoor Photography 101**, 6PM, REI, FREE

**Nov 18-20 Bowling Tournament to Benefit Special Olympics**, to volunteer contact [volunteer@specialolympicsalaska.org](mailto:volunteer@specialolympicsalaska.org)

**Nov 19 Waxing 101**, 11AM, REI, FREE, tips for waxing skis and snowboards

**Nov 22 Intro to Snowshoeing**, 6PM, REI, FREE

**Nov 29 Waxing 101**, 6PM, REI, FREE, tips for waxing skis and snowboards

**Nov 24 Turkey Trot**, 8:30AM Bartlett H.S., 3.14mi & 1 mi kids race, flat, paved, race time 10AM. Fee \$15 [www.usatf.org](http://www.usatf.org) or Joe at [alward\\_joe@asdki2.org](mailto:alward_joe@asdki2.org)

**Nov 25 14<sup>th</sup> Annual Turkey Day Shake Off** (Turnagain Pass), backcountry ski tour with Nordic Ski Assoc., meet 9AM, appropriate for beginning skier who can go 6 mi roundtrip on flat terrain. Call hotline 248-6667, ext 4. [www.anchoragenordicski.com](http://www.anchoragenordicski.com)

**Nov 30 Winter Camping**, 6PM, REI, FREE, Learn how great bug-free camping can be!

**Nov 27 Wooden Ski Classic**, noon, Kincaid Park, family event, get your old wooden skis out, benefits Sons of Norway scholarship and local ski team...this is tentative, look for details online.

**Dec 1 World Aids Day** <http://aids.gov/world-aids-day/>

**Dec 3 Jingle Bell Walk/Run**, meet 9:30 AM, 5K, race time 11AM, Snow Goose Restaurant, benefits Arthritis Foundation, [www.anchoragejinglebellrun.kintera.org](http://www.anchoragejinglebellrun.kintera.org)

**Dec 4 Beginning Skijor Clinic**, AK Mill & Feed indoor session followed by outdoor session. 349-WOOF

**Dec 7 GPS 101**, 6PM, REI, FREE, learn how to use that cool gadget you've got.





# Calendar Cont'd...

**Dec 10 Waxing 101**, 11AM, REI, FREE, tips for waxing skis and snowboards

**Dec 11 Peters Creek Tour**, backcountry ski tour with Nordic Ski Assoc., meet 9AM, appropriate for intermediate skiers. Call hotline 248-6667, ext 4. [www.anchoragenordicski.com](http://www.anchoragenordicski.com)

**Dec 17 Polar Plunge**, 10AM-3PM, Goose Lake, Benefits Special Olympics Alaska, [www.specialolympicalaska.org](http://www.specialolympicalaska.org)

**Dec 24 Santa Skis Free!** Wear a Santa suit (hat, beard, jacket & pants) & ski free all day at Alyeska Resort!

**Jan 1 TriFlake Winter Triathlon**, 11AM Service HS, 5K run, 10K bike, 10K ski, [www.upandrunning.com](http://www.upandrunning.com)

**Jan 2 Spirit Walker Tour**, backcountry ski tour with Nordic Ski Assoc., meet 9AM, appropriate for intermediate skiers. Call hotline 248-6667, ext 4. [www.anchoragenordicski.com](http://www.anchoragenordicski.com)

**Jan 7 Frosty Bottom 50/25**, 8AM, Kincaid, 50 & 25 mi, run, ski, bike, \$45 entry [www.chainreactioncycles.us](http://www.chainreactioncycles.us)

**Jan 14 Beginners Skijoring Clinic**, AK Mill & Feed, \$25, Info at <http://www.skijoring.org/default.aspx>

## MAT-SU VALLEY

**Oct 8 Mat-Su Ski Club Swap** 10AM-2PM, Colony High School

**Nov 19 Go for the Gravy! Corre! (Wasilla)** 9AM, 5K, 3K, & Kids run Wasilla H.S., Race time 10Am, Fee \$20, free for kids, benefits the Spanish Immersion charter school, Contact Melissa 232-7036 or [mtw@mtaonline.net](mailto:mtw@mtaonline.net)

**Dec 11 Colony Christmas Triathlon (Palmer)** 11 AM race time @ Peak Fitness (reg at 9AM), 5K run, 10K bike, 1/2 mi swim; [www.palmerchamber.org](http://www.palmerchamber.org)

## FAIRBANKS/INTERIOR

**Sundays** - Winter Bike Rides - Meet at Goldstream General Store. Info at [www.fairbankscycleclub.org](http://www.fairbankscycleclub.org)

**Tuesdays (starting NOV)—Snowshoe training runs**, 5:30 PM, check website for locations. [www.lathroprunning.com](http://www.lathroprunning.com)

**Wednesdays—Fahrenheit-Be-Darned Winter Training Runs**, meet 5:30, UAF Patty Center, distances vary, in any weather [www.runningclubnorth.org](http://www.runningclubnorth.org)

**Fridays/Saturdays** - Borealis Contra Dance hosts dances at Pioneer Park. <http://contraborealis.latitude65.org>

**Wanna Dance the Winter Away?** Check out [www.fairbanksdancecentral.com](http://www.fairbanksdancecentral.com) Lessons, events, all kinds of dance!

**Oct 9 Hay Bale & Heath 6K** Noon, Dog Musher's Hall, Euro style circuit, XC run, fee \$15/20 [rwsayre@hotmail.com](mailto:rwsayre@hotmail.com)

**Oct 15 Nordic Ski Lessons Registration** Adult & Juniors, 10AM -2PM, Randy Smith Middle School, [www.nscfairbanks.org](http://www.nscfairbanks.org)

**Oct 22 Cache Creek Warmup** 10 AM, Cache Crk Road at junction with mile 8.6 Murphy Dome Rd. 10K, out/back, hills. Running Club North.

**Oct 29 Winter Bike Clinic** (Tentative, call to confirm) FREE, Beaver Sports, All levels and abilities welcome! 479-2494 for info.

**Oct 29 Halloween Family Fun Run** Race time 10AM, UAF Patty Ctr, 2 or 10 miles, short flat or long hilly. Family event, FREE. Call Jane 457-3910. [www.runningclubnorth.org](http://www.runningclubnorth.org)

**Oct 30 Fast & Female**, 2-5PM Birch Hill X-C Ski Center, an afternoon of inspiration for girls ages 9-19, hosted by Olympic skiers Kikkan Randall and Holly Brooks, and Olympic hopeful Becca Rorabaugh. [www.fastandfemale.com](http://www.fastandfemale.com)

**Nov 18-20 Tour de Ski**, 3 days of ski racing at Birch Hill, more information at [www.nscfairbanks.org](http://www.nscfairbanks.org)

**Nov 19 Turkey Trot**, Race time 10AM, 6K staggered start, flat course, entry \$1, UAF Patty Center, prizes, [www.runningclubnorth.org](http://www.runningclubnorth.org) or Jim 452-4986

**Nov 25 Turkey Day Relays**, 11AM-2:30PM, Birch Hill [www.nscfairbanks.org](http://www.nscfairbanks.org)

**Dec 3 Heart of Darkness Snowshoe Race**, Noon, 3K & 7K, end of Eldorado Rd, hilly, any weather, running club north.

**Dec 10 Solstice Snowshoe Shuffle** Noon, 1 mile, Morris Thompson Cultural Center, extra snowshoes available, Chad Carroll 458-7173, [www.lathroprunning.com](http://www.lathroprunning.com)

**Dec 17 24th George Bloom Memorial Mid-Day Sun Fun Run** 11AM race, UAF Patty Center, 6.5 mi hilly, [www.runningclubnorth.org](http://www.runningclubnorth.org)

**Dec 23 Longest Night Ride**, 8PM, Ivory Jacks, about 2 hours bike ride, depending on temp, [www.fairbankscycleclub.org](http://www.fairbankscycleclub.org)

**Dec 31 New Year's Eve Run** 11:30 PM at The Diner on Illinois St. 3 mi, FREE, regardless of weather, [www.runningclubnorth.org](http://www.runningclubnorth.org)

**Jan 7 Moose Mountain Snowshoe Challenge**, 12Noon, 5 & 8K on single track trails, 2875 Monteverde Rd, Call Chad 458-7173 Running Club North

**Jan 14 32<sup>nd</sup> Annual Airport Run**, 11AM Pikes Landing, 4 & 8 miles out and back, any temperature, FREE, [www.runningclubnorth.org](http://www.runningclubnorth.org)



**AROUND ALASKA**

**Saturdays - Barn Dances (Juneau)** St. Ann's Hall 7:30-11PM, [www.juneaucontras.org/](http://www.juneaucontras.org/)

**Sundays - Juneau International Folkdancers**, 6-8 PM, learn new dances and then try them out, JRC/Alaska Club downtown, beginners encouraged, variety of music styles, [www.jifdancers.org](http://www.jifdancers.org)

**Oct 15 Walk a mile in her shoes (JUNEAU)** meet 9:30AM Sandy Beach log shelter, 1mi & 5K trail. Benefit for domestic violence awareness. Contact Paul 586-6709. [Pdesloover@yahoo.com](mailto:Pdesloover@yahoo.com)

**Oct 30 Halloween Costume Crawl (HOMER)** 10 AM Baycrest Trailhead trails & road, downhill, FREE, Contact Andy Haas [yatra@ak.net](mailto:yatra@ak.net)

**Nov 26 Turkey Trot (HOMER)**, 10AM race, Two Sisters Bakery, 5K, entry fee donation to Share the Spirit, Rachel 235-3250

**Nov 25 Thanksgiving Dance (JUNEAU)** 7:30-11PM, St Ann's Hall, folk dance, [www.juneaucontras.org/](http://www.juneaucontras.org/)

**Dec 10 Girls on the Run Fall Season 5K (JUNEAU)** 9:30AM Dimond Park Field House, race at 11AM, [www.awareak.org](http://www.awareak.org)

**Dec 31 New Year's Eve Barn Dance (JUNEAU)** 7:30-11:00 at St. Ann's Parish Hall, [www.juneaucontras.org](http://www.juneaucontras.org)



**Statewide Safe Prescription Drug Disposal Event**

**Saturday, October 29th  
10 AM to 2 PM**

**Safely dispose of your unused/expired medications.**

**Dropoff sites located throughout the state, many at participating Fred Meyer stores and military bases.**

Visit [www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html) to find a location near you!

**Protect our children, families, water supply and senior citizens!**

**Fast Facts: HIV in the United States**

- More than 1 million people are living with HIV in the US.
- One in five living with HIV is unaware of their infection
- By race, African Americans face the most severe burden.
- Every 9.5 minutes, someone in the US is infected with HIV.

Despite increases in the total number of people living with HIV in the US in recent years, the annual number of new HIV infections has remained relatively stable. However, new infections continue at far too high a level, with an estimated 56,300 Americans becoming infected with HIV each year. More than 17,000 people with AIDS still die each year in the US. Gay, bisexual, and other men who have sex with men are strongly affected and represent the majority of persons who have died. Through 2008, more than 617,000 people with AIDS in the US have died since the epidemic began in 1981.

**What is HIV/AIDS?**

**H = Human**—this particular virus can only infect humans.

**I = Immunodeficiency**—HIV weakens your immune system by destroying important cells that fight disease and infection. A deficient immune system can't protect you.

**V = Virus**—a virus can only reproduce itself by taking over a cell in the body of its host.

The key difference between HIV and other viruses such as a flu virus is that the human immune system can't seem to get rid of it. Over time, HIV can destroy so many of a person's T-cells that your body can't fight infections and diseases anymore. When that happens HIV infection can lead to AIDS or Acquired Immuno-Deficiency Syndrome, which is the final stage of HIV infection.

**How do you get HIV?**

HIV is found in specific bodily fluids. If any of those fluids enter your body, you can become infected with HIV. Those fluids include: blood, semen, pre-seminal fluid, breast milk, vaginal fluids, and rectal mucus.

**Prevent HIV by...**

Practicing Safe Sex

Practicing Safe Drug Use

Getting Tested

Following Safety Procedures in The Workplace (especially in healthcare and in emergency response)

**Learn more. Stay Safe. Get Tested.**

Visit <http://aids.gov/>



# Northrim BENEFITS Group

An affiliate of Northrim Bank

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Northrim Benefits Group, an affiliate of Northrim Bank, is a dynamic employee benefits agency. We specialize in developing customized benefits solutions for small to mid-size businesses. We act in an advisory role for the purchase of your benefit services and the ongoing maintenance of your benefit plans.

Our staff is responsive to the special needs of Alaska businesses. We are technology-driven and service-oriented. We pride ourselves on thinking outside the box to find the right package of benefits for your business. We are not an insurance company; instead we act as your business advisor.

**Please note:** This newsletter and all its contents are for informational purposes only and is not intended as medical advice or professional tax advice. Products offered by Northrim Benefits Group are NOT FDIC INSURED, NOT A DEPOSIT OF OR GUARANTEED BY NORTHRIM BANK, NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY, MAY LOSE VALUE.

## Health Factoids

**Dancing frequently can help ward off dementia.** Frequent cognitive activities do the same thing, but dancing is unique in that no other physical activity has the same effect. *Source: New England Journal of Medicine (2003)*



**Refined vegetable oils including soya and peanut oils are highly unlikely to trigger allergic reactions** according to new research released earlier this year in the Journal of Agriculture and Food Chemistry. *Source: FoodNavigator.com*



**Folic acid supplements during pregnancy might help protect against worsening depression up to 21 months after giving birth,** especially in women with a particular genotype that influences folate metabolism, according to research reported earlier this year in the European Journal of Clinical Nutrition. *Source: Nutraingredients-usa.com*



## November is Diabetes Awareness Month

### Know Your Numbers - Know Your Risk!

**The Alaska Health Fair** is a non-profit organization dedicated to a mission of promoting statewide health education and medical screenings. They provide opportunities for Alaskans to participate in health fairs, both at worksites and in the community. These health fairs offer high quality, affordable medical screenings. All fairs are staffed by trained volunteers. They offer comprehensive blood tests for \$45 (**fast for 12 hours prior & drink lots of water!**), Thyroid blood test for \$30, Prostate blood test for \$25, A1C blood test for \$25, and a Vitamin D blood test for \$50. **Upcoming community fairs are listed below - please go to the website at [www.alaskahealthfair.org](http://www.alaskahealthfair.org) for the latest dates, times and locations. Or you can call AK Health Fair at (907)278-0234.**

**Oct 18 - Fairbanks** Credit Union 1, 7:30-9:30 AM

**Oct 22 - Chugiak** Senior Center, 22424 N. Birchwood Lp, 8AM-Noon

**Oct 22 - Seward** AVTEC School, 519 4th Ave, 8AM-Noon

**Oct 29 - Hope** Hope School, 19635 Hope Hwy, 9-11AM

**Nov 4 - Fairbanks** Senior Center 1424 Moore Street, 7:30-11AM

**Nov 5 - Nome** Nome Rec Center, 8:30AM-2PM

**Nov 5 - Houston** Mid Valley Sr. Center, 11975 W. Midvalley Way, 9AM-Noon

**Nov 12 - Anchorage** University Center Mall, 3901 Old Seward, 8AM-Noon

**Nov 19 - Cooper Landing** School, 1900 Bean Creek Rd., 9AM-1PM

### Take Action!

**“The smallest act of kindness is worth more than the grandest intention.” - Oscar Wilde**

**“Gratitude is the memory of the heart.”  
- Jean Baptiste Massieu**

**“Kindness is the language which the deaf can hear and the blind can see.” - Mark Twain**