

**Knox Wellness News  
You Can Use**



**Summer 2009**



**A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.**

**~James Dent**

**Gym Rats Welcome!**



Beginning Tuesday, June 9, the E. and L. Andrew Fitness Center will operate under the following summer schedule:  
Monday – Friday 6:30 am – 8:30 am, 11:00 am – 1:00 pm, 4:00 pm - 6:30 pm, Sat/Sun 9:00 am -11:00 a.m. and 4:00



**Mammograms Offered Week of August 24 -28**

Knox Wellness and Galesburg Cottage Hospital have teamed up once again to offer a week of mammogram screenings for Knox faculty, staff, spouses, and retirees, August 24 – 28. The co-pay is \$40 for the screening. Scheduling will begin on Tuesday, July 7. The appointments are divided into 30 minute time frames. Please allow about 1 hour (includes traveling to and from, etc). You may call ext 7121 or email with the preferred day. You will need to obtain a physician's order prior to the screening. This wellness offering is not connected with Knox insurance.

p.m. – 6:00 pm The T. Fleming Fieldhouse hours (closed June 1-8) are as follows: Monday – Friday 6:30 am-6:30 pm, Saturday and Sunday 9:00 am – 6:00 pm. Pool is not opened during the summer months.

**Celebrate Men's Health Week**



**June 15- 19**

As we give a celebratory high five to the guys in our lives on Sunday, June 21, let's take a moment to encourage them to take charge of their health. The following website offers a library of men's health articles from the connection between healthy relationships and good health to a nifty fact sheet on atherosclerosis:  
[www.menshealthlibrary.org](http://www.menshealthlibrary.org)

**Summer Health  
Tip.....**



**Use spf 30 even on  
cloudy days**



**Massage Happens  
During Summer**

Experience a pain in your neck while lying in the backyard hammock? You will be pleased to know Xiaoqi Wu will continue to offer onsite table massage throughout the summer. The cost is \$15 for the 15 minute deep tissue (tuina) massage. Here are the dates (Tuesdays, 11:00 am -1:00 pm): June 9, June 23, July 7, July 21, August 4, and August 18. To make an appointment, call ext 7121 or email.

*\* Encourage a child.*

**31 Days of Wellness  
Challenge Begins July 1**



Jump into July with both flip flops and sign up for the 31 Days of Wellness Challenge.

This is a fun way to keep track of daily wellness practices throughout the month using a calendar with a list of over 100 wellness ideas to choose from. At the end of July simply send the completed calendar to K-238 and your name will be entered in a drawing for a chance to win one of the following prizes: a digital photo key ring, ice cream maker, or a \$50 Target gift card. Calendars and list of wellness activities will be available later in June.

**Recipe Spotlight**



(Everyday with Rachael Ray magazine)

**Waldorf-Salad-Style Penne**

Serves: 6

1 lb. whole wheat penne

3/4 c. mayonnaise

1/4 c. sour cream

3 tablespoon fresh

lemon juice

1 1/2 tsp. ground cumin

3 ribs celery, chopped

8 slices bacon, cooked, crumbled

4 nectarines, 3 coarsely chopped, 1 sliced

1 bunch chives cut into 1/2 inch lengths

3/4 cup coarsely chopped salted, roasted pecans

Directions:

Cook the pasta until al dente in large pot of boiling salted water. Drain and rinse with cold water. In a separate bowl, whisk together the mayonnaise, sour cream, lemon juice, cumin, and 1/4 c. water. Add the pasta and toss to coat; let sit for 10 minutes. Stir in the celery, bacon, chopped nectarines, half of the chives and half of the pecans. To serve, top the pasta with remaining chives, pecans, and sliced nectarines.

**Fun and Festivals in our  
own Backyard**



Sampling strawberry shortcake as far as the eye can see or witnessing a rhubarb pie eating contest are two examples of events taking place this weekend in our neck of the woods.

Elmwood Strawberry Festival Saturday, June 6

([www.peoria.org/events/](http://www.peoria.org/events/))

Aledo Rhubarb Festival Friday/Saturday June 5/6

([www.aledomainstreet/](http://www.aledomainstreet/))

Galesburg Railroad Days Saturday/Sunday June 27/28

([www.galesburgrailroaddays.org](http://www.galesburgrailroaddays.org))

To explore more Illinois festivals go to:

[www.EnjoyIllinois.com](http://www.EnjoyIllinois.com)