



NEWS FROM THE FONTANA CENTER

HAPPY FATHER'S DAY!



The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972–58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States. www.history.com

This year, Father's Day is Sunday, June 20th, so start planning that fishing trip now! If Dad isn't a fisherman, perhaps a good Sunday afternoon barbeque in his honor would suffice (there is a great bbq ribs recipe on the back of your newsletter!). Sometimes, the simplicity of spending quality time with Dad is the perfect Father's Day gift. Check out the "Father's Day Gift Guide" on the back of your newsletter for more ideas. And on behalf of the Fontana Center staff, we would like to wish all of our FitFamily dads a very Happy Father's Day!

SWIMMING LESSONS

Back by popular demand, we are offering private swimming lessons this summer. Private swim lessons will be one-on-one (or two if living together in the same household) with a certified swim instructor. Lessons will be available to members and non-members so spread the news to your friends and family. All swimming lesson participants must be fully potty-trained at the time of registration. We also offer adult swimming lessons because it is never too late to learn how to swim! The greatest lesson one can learn is how to save your own life.... Stop by the front desk for more details and pricing or feel free to contact us at **337-234-7018**.

JUST BREATHE (by Martha Harris)

Breathing is such a fundamental process that we hardly pay it any attention. The speed of our breath depends heavily on our external and/or internal environment and changes rapidly throughout the day. Stress breathing can be identified as shallow and rapid and is done unconsciously. Sometimes, in extremely stressful situations, breathing can actually stop, forcing us to take a deep sigh or gasp for air.

So can we take control of an unconscious physical reaction?? Yes!! Here are a few breathing tips and exercises that will keep you at a steady state:

1. Stand up, take a long deep through your nose and fill the abdomen with air, exhale.
2. Take a walk or stretch to shift the body into a more relaxed state.

Reshifting can become a habit if you practice. The key is paying attention to your body and noticing when stress breathing begins to occur. Eliminating the stressors from your life can also have a positive effect. Remember, when life seems to be getting the best of you: keep calm, and just breathe.



CONGRATULATIONS TO OUR
MAY BIRTHDAY DRAWING WINNER

FATHER'S DAY GIFT GUIDE:

BERYL DEJEAN

We asked a few dads at the Fontana Center to tell us about their favorite Father's Day gifts. Here's what they had to say....

1. The material things don't matter; thoughtful gestures and having all the kids together at the house is the best part of Father's Day. "My favorite Father's Day gift is a picture my granddaughter drew of the two of us." – Scotty Turner
2. A premium bottle of liquor...try Marcello's or Total Wine for a gift basket with Dad's favorite bottle of Bourbon, Whiskey or Scotch. – Ricky James & John Guidry
3. If he's a golfer, a specific golf club or golf bag. – Ralph Self
4. A FaceTime phone call from family who live out of town is always nice. – John Turner
5. A membership to the Fontana Center would make an excellent Father's Day Gift! We also have punch cards available at the front desk (\$50 for 5 visits + 1 free and \$100 for 10 visits + 2 free) to give Dad on his special day.
6. Jeannie Chastant (our licensed massage therapist) was there for Mom on Mother's Day; she can also be there for Dad on Father's Day. Stop by the front desk to get a gift certificate for a massage.



BBQ RIBS (Recipe courtesy of Kathie Lee from: *Food Network Magazine*)

Ingredients:

1/4 cup brown sugar	Kosher salt and freshly ground black pepper
2 tablespoons chili powder	1 teaspoon dried oregano
1/2 teaspoon cayenne pepper	1/2 teaspoon garlic powder
1/2 teaspoon onion powder	2 racks baby back ribs
1 cup low-sodium chicken broth	2 tablespoons apple cider vinegar
1 cup barbecue sauce	

Cooking Instructions:

Combine brown sugar, chili powder, 1 tablespoon salt, 1 teaspoon black pepper, oregano, cayenne, garlic powder and onion powder in a small bowl and rub mixture on both sides of ribs. Cover and refrigerate 1 hour or overnight. Preheat the oven to 250 degrees. In a roasting pan, combine broth and vinegar. Add ribs to roasting pan. Cover with foil and tightly seal. Bake 2 hours. Remove ribs from pan and place them on a platter. Pour the liquid from pan into a saucepan and bring to a boil. Lower heat to a simmer and cook until reduced by half. Add bbq sauce. Preheat an outdoor grill to medium high. Put ribs on the grill and cook for about 5 minutes on each side or until browned and slightly charred. Cut ribs between the bones and toss them in a large bowl with bbq sauce. Serve hot.

<https://www.foodnetwork.com/recipes/katie-lee/best-barbecue-ribs-ever-3364398>

****Coupon included for one free guest pass!****