

BAXTER'S BACKCOUNTRY BUGLE



A seasonal newsletter published by Backcountry Outfitters, Kent, CT

Autumn 2006

T.G.I.F. (Thank ~ God ~ I'm ~ Female)
Wednesday, November 8, 2006 ~ 6 pm – 8 pm

Finding Inner Peace

I think I've found inner peace. My therapist told me a way to achieve inner peace was to finish things I had started. Today I finished off a bag of potato chips, a raspberry cheesecake, a pound of shrimp, a bottle of Montrachet, and a small box of dark chocolate candy. WOW...I feel better already!

A woman's spirit can take a real beating. Whether you are battling work deadlines on the job or teenage moodiness at home (or both), the strain of day in and day out challenges can take their toll. Carve out some time for yourself and join BCO for a special **"Thank God I'm Female" (T.G.I.F.)**, an evening dedicated to stress management.

Dr. Frank McNeary of New Milford Chiropractic will speak on several key factors of women's wellness. He will present a comprehensive approach to the management of stress and health.

Dr. McNeary will help you learn to:

- Identify physical, chemical and emotional signs of stress
- Effectively manage stress
- Lose weight and manage a healthy body
- How to incorporate exercise into your lifestyle
- Safely and effectively use natural health care

He will present a comprehensive approach to the management of stress and health. Dr. McNeary says "our bodies are constantly healing, constantly in a state of repair. A state of wellness is achieved when repair is greater than the breaking down." His presentation will include a formula for achieving a state of optimal health and wellness through proper diet, regular exercise and preventative care. The presentation will begin at 7 pm.

Dr. McNeary has appeared on Connecticut Public Television and has presented wellness programs throughout the Northwest Corner. His credentials include a Doctor of Chiropractic degree from the University of Bridgeport College of Chiropractic and a Bachelor of Science from Southern Connecticut State University in Human Performance and Nutrition. His work has also included affiliations with the Verticle Club of Manhattan, Total Fitness, 3030 Park, and the Stratford Athletic Club.

In addition to Dr. McNeary's presentation, there will be information tables with other women's health and wellness brochures. Pick up literature on health, nutrition, exercise, hiking and skin care. There will

also be refreshments and time to get a jump on the holiday shopping. Admission is free.

Save the Date ~ Wednesday, November 8
6 pm- 7 pm: refreshments, socializing and shopping
7 pm: Presentation by Dr. Frank McNeary of New Milford Chiropractic.

IN THE BUFF

The Buff uses a basic design to create a multifunctional piece of headgear. The design is tubular in shape and made of a microfiber fabric that can be transformed into a beanie, headband, neck gaiter, doo rag and many other styles. The Buff offers technical performance such as wicking and sun/wind protection. Great colors make for a stylish appearance for men and women. The Buff is actually one of those things you buy and then wonder what you did without it. Priced right for the holiday gift giving season at \$21.99.

NORDIC WALKING...walking, only better

Nordic walking began as a summer training program for skiers but has since gained a new-found respect. Nordic walking is a time efficient and low stress level of exercise. Check out the benefits.

- *Burns up to 40% more calories during your walk
- *Pumps up cardio by increasing oxygen up to 25%
- *Strengthens upper body and creates resistance to build better bone density.

The list goes on and on.

At BCO, we carry Nordic walking poles by Leki. The Spin model (staff pick, we own it) has an aluminum shaft, is adjustable and has an SLS locking system. It also comes with a walking "lite" rubber tip. Whether you are walking your way into shape or increasing and expanding your exercise program, Nordic poles by Leki are a great addition to your gear collection.

Panini Special

This coupon entitles the bearer to
one free medium coffee
with purchase of our signature breakfast sandwich,
the bagelini.
(egg, cheese, choice of ham, bacon or sausage, on a
bagel, grilled)



Panini Café, 7 Old Barn Road, Kent, CT

One per customer ~ valid only 8am to 10am.
You must present the original coupon.
Expires 11/10/06.

